



Safety and Stress Management Company Hosts Four Generations of Martial Artists in Historic Event

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There will be a unique workshop on October 13 in Huntington, NY featuring internationally known martial artist Dr. Rodney Sacharnoski. Present will also be Internal Energy Plus founder Joseph Droual and co-founder Ryan R. Wilson. Internal Energy Plus offers unique programs for practical everyday use and specializes in stress-management and safety programs for individuals and corporations.

PR9.NET September 30, 2007 - Huntington, NY, USA. Internal Energy Plus™ and New York Martial Arts Hombu are proud to welcome Juko Kai Headmaster Rodney Sacharnoski for a special workshop during the weekend of October 13, 2007.

Internal Energy Plus™ is pleased to announce an unprecedented event in which four generations of Kang-Nei-Chin Gung Fu lineage will gather for a special weekend seminar taught by Kang-Nei-Chin founder and world famous martial artist, Dr. Rodney Sacharnoski.

Dr. Sacharnoski heads the Juko Kai martial arts federation and has been active in law enforcement self-defense training for over 40 years. He is most familiar to the public for his astounding appearances demonstrating "iron body" techniques - receiving strong blows to vital areas without injury - on the Steve Harvey Show, the Discovery Channel, and Ripley's Believe it or Not.

The seminar will gather over 100 years of martial arts experience in one room. It is by invitation only and will be held at New York Martial Arts in Huntington NY, where Joseph Droual, the current head of Kang Nei Chin has been teaching for 35 years. His most senior instructor, Ryan Wilson from Ann Arbor MI, will be bringing seven of his most accomplished students to participate in this historic event.

Training will encompass aspects of the entire person by helping them withstand the challenges of daily life as well as learning effective physical self-protection and body conditioning. Methods taught will synergize the body mind and breath through controlled focused exercises and drills. Internal Strength training helps people deal with daily life challenges by building self-esteem, positive mind intention and the skills necessary to live in accord with one's true individual purpose.

The art provides a balance of practical applications, philosophical principles for daily life, as well as adaptability to all ages and fitness levels.

A few years ago, Joseph Droual recognized the need for such training for the general public who want the benefits, but may not be able or interested in devoting themselves to a martial arts discipline. As a result he created a unique all-in-one wellness program called "Internal Energy Plus™." This system integrates and condenses their extensive knowledge using only twelve basic postures and mind focus exercises that are easy to learn and apply to an individual's personal goals and purposes.

Internal Energy Plus™ is a system that integrates mind, body and emotions to provide focus and clarity for personal and professional life. Programs specialize in practical safety and wellness training, including reducing and managing stress. All ability and fitness levels are welcome as this unique system allows for individuals to learn and develop at their own pace and comfort level - from complete beginner to advanced - and everything in between using the patented Twelve Postures system. These programs are suitable for everyone, no previous experience required.

As one Kang Nei Chin black belt and Internal Energy Plus™ consultant says, "You can grow old with the art, but never outgrow it."

Instructors of the system have been featured presenters at The University of Michigan, Eastern Michigan University, Oakland University as well as contributing to Strut Magazine, Natural Awakenings Magazine, Body Mind Spirit Magazine, and the Michigan Women's Forum, to name a few.

Internal Energy Plus™ offers DVDs, personal sessions, private workshops, corporate programs and email coaching for continued motivation.

The company offers discounts to non-profit organizations, has special group rates and proudly supports the Children's International Obesity Foundation, which is dedicated to providing wellness sources and funding to assist overweight children. Internal Energy Plus™ also feature divisions with specialties ranging from helping survivors of abuse to stress reduction for healthcare practitioners and safety training for corporations and college students. All programs are available nationwide and by appointment.

For more information, visit www.InternalEnergyPlus.com or call 866-PLUS-4-YOU (866-758-7496) or email RoyalDragonIEP@aol.com. You may also visit www.sokejoe.blogspot.com for a detailed interview with the founder.

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About Internal Energy Plus

Internal Energy Plus - Focus and Clarity For Your Personal and Professional Life.

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