

強

STRONG BACK

Strength, stability,
boundaries, resilience.



柔

SOFT FRONT

Awareness, openness,
compassion, connection.

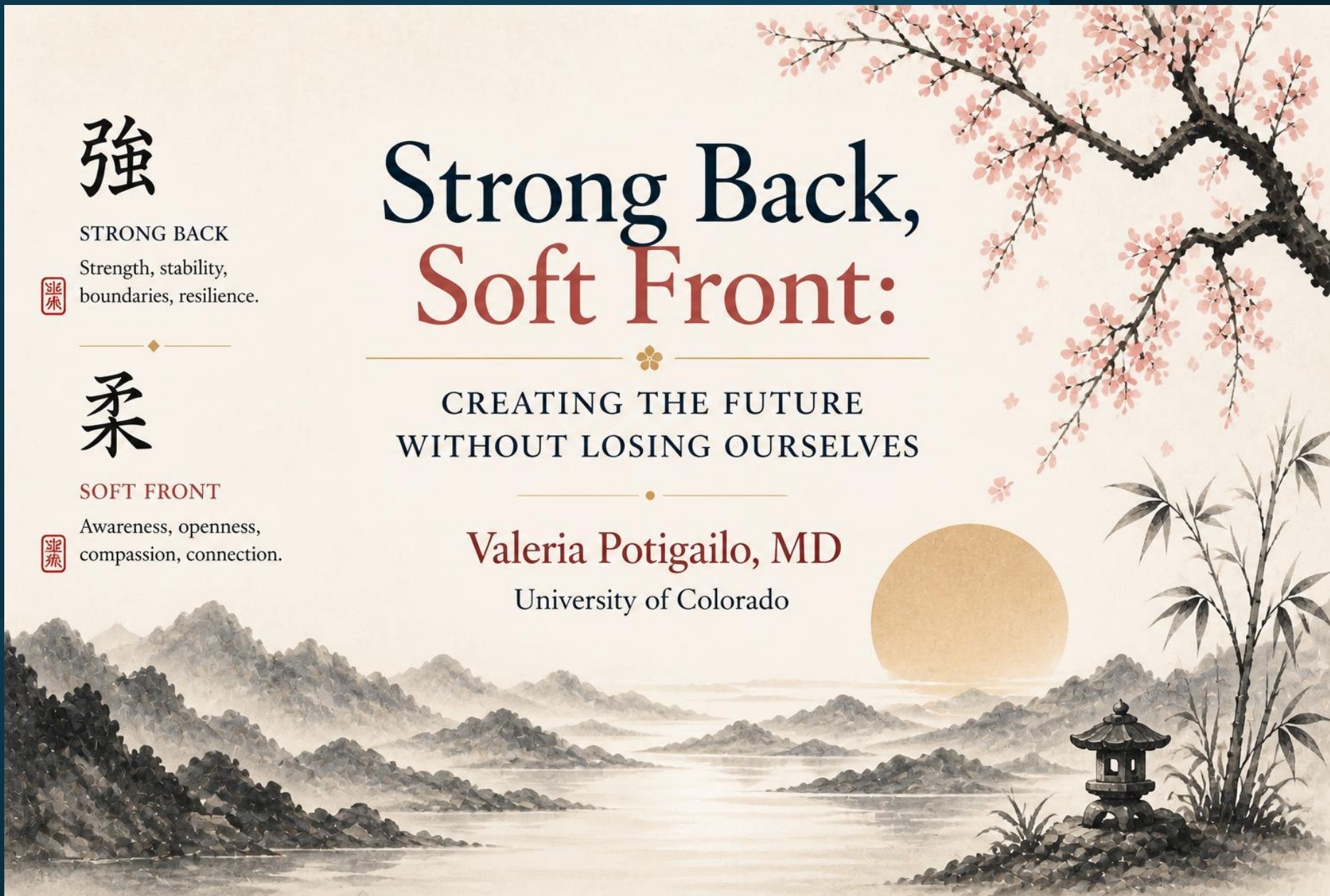


Strong Back, Soft Front:

CREATING THE FUTURE
WITHOUT LOSING OURSELVES

Valeria Potigailo, MD

University of Colorado



“The best way to predict the future is to create it”



SHU 守

to follow, to obey

This is where we focus on mastering the fundamentals—learning the structure by following it closely, without deviation.

SHUHARI

The Path of Mastery

HA 破

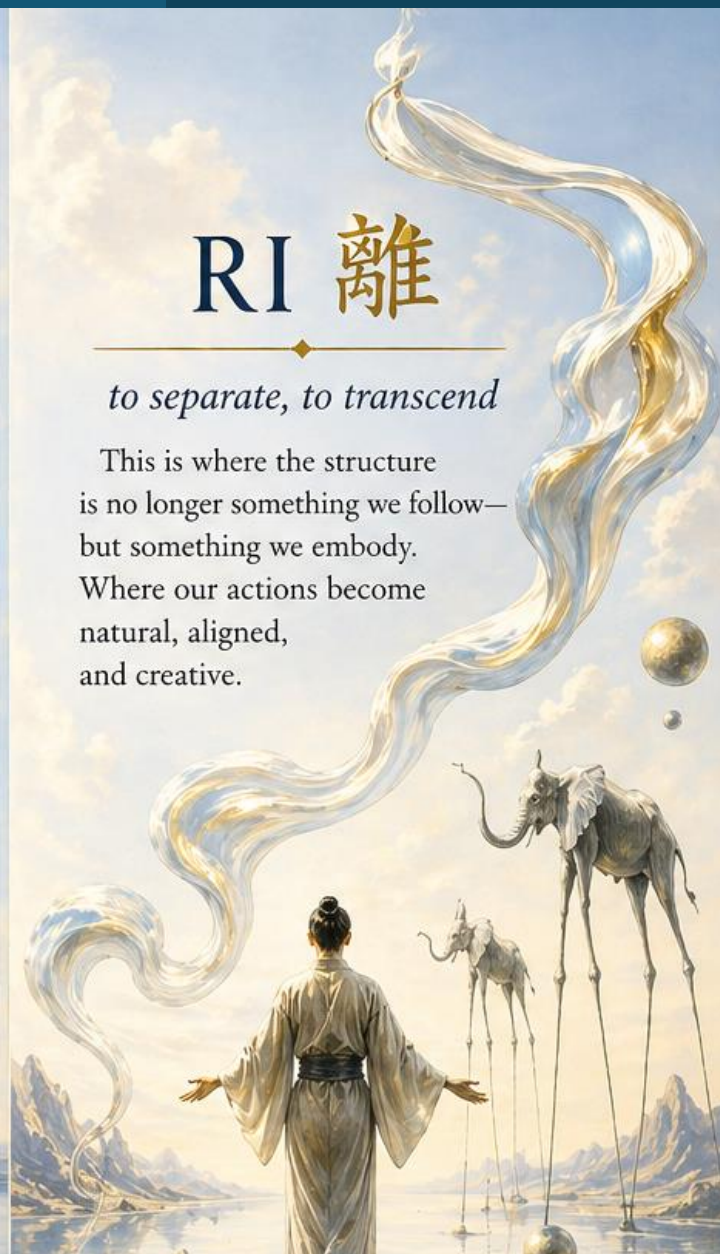
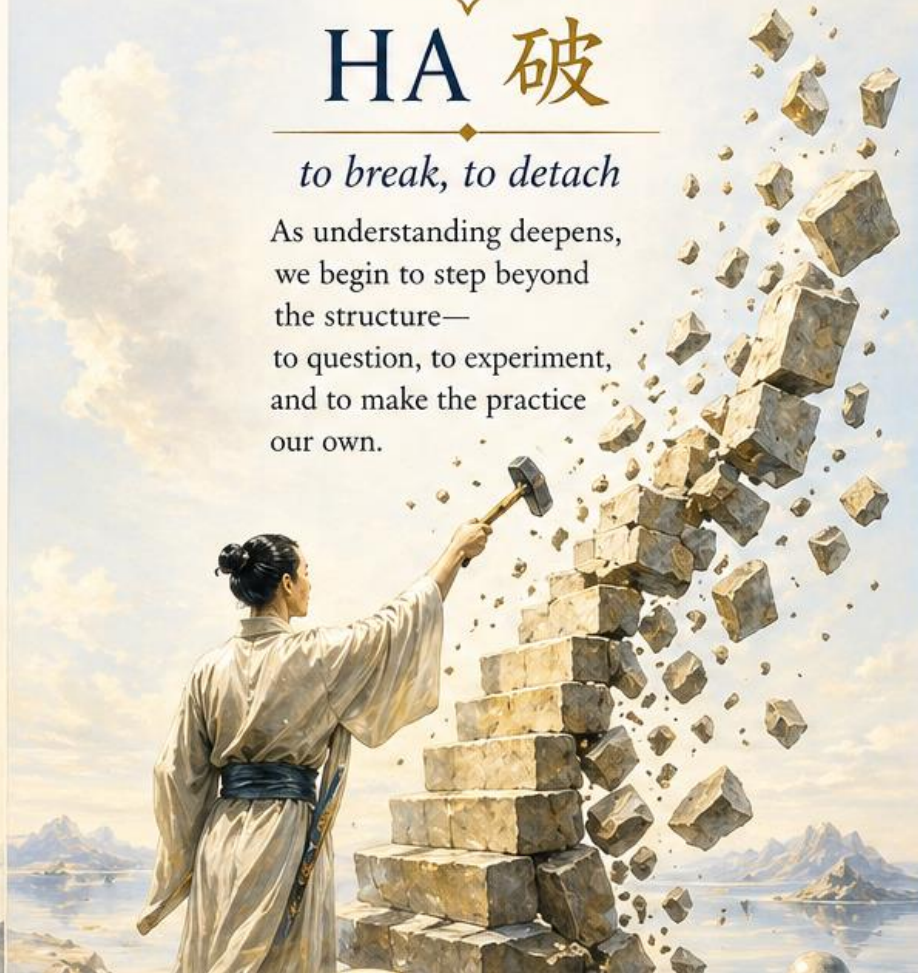
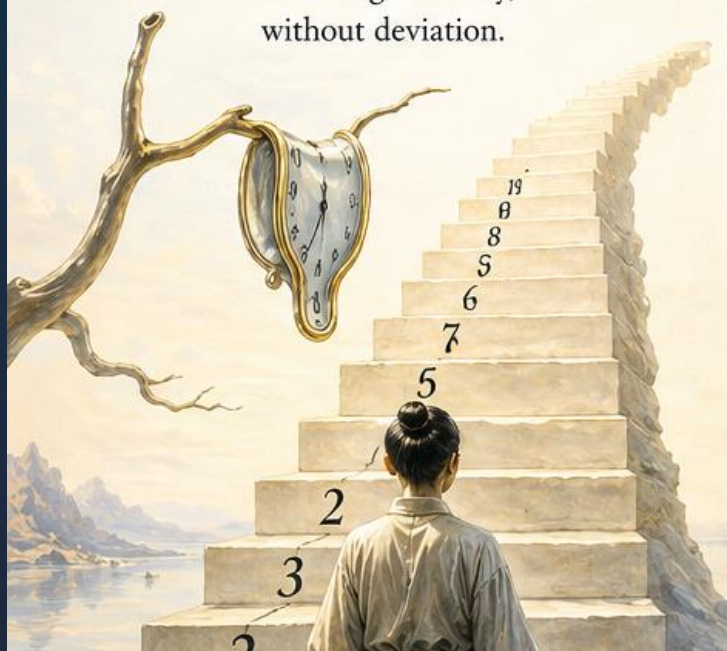
to break, to detach

As understanding deepens, we begin to step beyond the structure—to question, to experiment, and to make the practice our own.

RI 離

to separate, to transcend

This is where the structure is no longer something we follow—but something we embody. Where our actions become natural, aligned, and creative.







Thank you!