

KI CHO JA KI™

Korean Tai Chi.

*Grounded Strength.
Regulated Breath.
Focused Energy.*



SHAUN "BEASTMAN" ANDERSON
STRENGTH IS BUILT, NOT BORN

A breath system built on structure.

Ki Cho Ja Ki™ — Korean Tai Chi — is a structured breath-and-stance discipline rooted in authentic Korean martial lineage, refined for modern physiological performance.

It is not yoga. It is not meditation. It is not a wellness trend. It is applied breath mechanics under load — six techniques that train your diaphragm, regulate your nervous system, and build the kind of grounded presence that holds under pressure.

Every technique has a physiological purpose. Every stance creates measurable internal pressure. Every exhale is a mechanism, not a mood.

WHERE IT COMES FROM

Based on Ki Cho Ja Ki. I didn't create it — I took the framework, assigned meaning to it, and built it into a system, shaped by my training in Hapkido and Taekwondo.

BEGINNERS WELCOME.

6

CORE
TECHNIQUES

1

UNIFIED
SEQUENCE

0

EQUIPMENT
NEEDED

60 min

TO FEEL
THE DIFFERENCE

Six techniques. Six physiological intentions. Trained in sequence, they build a complete regulation architecture — breath, stance, and pressure as one system.

TECHNIQUE I

Lion*Structural authority under load*

Core pressurization · Pelvic floor

TECHNIQUE II

Monkey*Release unnecessary tension*

Thoracic mobility · Rib expansion

TECHNIQUE III

Crane*Controlled expansion and balance*

Scapular stability · Upper rib

TECHNIQUE IV

Dragon*Rapid state activation*

CO2 tolerance · Diaphragmatic speed

TECHNIQUE V

Gorilla*Internal pressure under deep load*

Pelvic floor stability · Abdominal pressure

TECHNIQUE VI

Tiger*Directional power with control*

Rotational diaphragm · Fascial glide



START FREE · NO CARD

Most people watch martial arts videos
for years and never train.

skool.com/the-lotus-vault-3538

Lion

Structural authority under load.

STANCE

Horse stance. Cross the hands, fist over fist, right over left. Pull the elbows back, open the chest — a thoracic hinge.

THE KIHAP

Deep breath in. Kihap — an energetic spirit yell, a deep guttural “Ayeir!” exhale with the abdomen tightening hard. Push, hold the contraction, kihap again. Fingers spread wide and tight. Hold the air.

THE EXTENSION

Push pressure out through the fingertips until the elbows lock. Rise slowly as the knees straighten. Turn palms down, fingers together, exhale.

BREATH PATTERN

Nasal inhale · kihap (“Ayeir!”) guttural exhale · held pressure · forceful exhale through the mouth on the rise.

PHYSIOLOGICAL TARGET

Core pressurization. Pelvic floor engagement.

PERFORMANCE CHECK

Where your posture collapses is where you are leaking pressure.

COMMON ERROR

Exhaling before the elbows lock, or leaning forward on the rise. Keep the spine vertical — authority is structural, not aggressive.

*Run it ten times, alternating the cross-fist side.
Notice where the pressure leaves. That is your first piece of data.*



KI CHO JA KI #1 — LION'S BREATH

"Your breath is the only autonomic function you can consciously control. That makes it the fastest lever into your nervous system."

VAGUS NERVE ACTIVATION

The vagus nerve is the primary channel between gut, heart, lungs, and brain. Slow diaphragmatic exhales stimulate vagal tone — shifting your nervous system from threat response into regulated performance state. This is the mechanism behind every KCJK exhale.

CO2 TOLERANCE

Most people over-breathe — exhaling CO2 too fast, constricting blood vessels, reducing oxygen delivery. KCJK trains controlled CO2 retention, building tolerance that improves endurance and sharpens focus under pressure.

INTRA-ABDOMINAL PRESSURE

Horse stance with diaphragmatic breath creates measurable intra-abdominal pressure — the same mechanism elite powerlifters use under maximal load. KCJK trains this architecture for postural integrity across all performance contexts.

DIAPHRAGMATIC MECHANICS

The diaphragm is a muscle. Most people use less than 40% of its capacity. KCJK systematically trains full diaphragmatic range — building the respiratory base that governs energy, focus, and stress response under load.

Repeatable. Measurable. Trainable.

Applied breath mechanics. Nothing mystical.

All Six Sacred Breaths. Complete Breakdown.

Every technique — stance, breath pattern, physiological target, performance check, common errors. Instant PDF.



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\$27

Instant PDF · All six techniques · Complete system



Start free.

The Lotus Vault — forms library, Foundation track, Day Zero.
No card. Beginners welcome.

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*"Breath is not survival.
Breath is sovereignty."*

— SHAUN "BEASTMAN" ANDERSON · KI CHO JA KI™ · LOTUS ENTERPRISE™

FREE

THIS GUIDE
& THE VAULT

\$27

VOL. 1
ALL SIX BREATHS

\$97

MILAN MANUAL
FULL EDITION

\$19/mo

LOTUS VAULT
PREMIUM

KI CHO JA KI™

Korean Tai Chi

A system that takes your whole life
from white belt to black belt.

He did not rise from the ashes. He built the fire.

January 2, 2020. He tried to end his life. He survived, and he did not know why.

150 days in residential recovery. Every morning, the same choice: breathe or disappear. He chose breath. Not because it was easy. Because it was the only lever left.

He returned to the mat with nothing but a body and a lineage. A Korean master handed him back the floor when no one else would.

Based on Ki Cho Ja Ki. He didn't create it. He built a system around it — from that floor, from that breath, from the understanding that the nervous system does not care about your story. It only responds to your mechanics.

Regulate the breath. Hold the stance. The rest follows.

— SHAUN ANDERSON · FOUNDER, LOTUS ENTERPRISE™

If you are struggling, call or text 988. Someone is there.