



About Natural Motion Systems.

Why the name Natural Motion Systems?

Natural as it refers to Nature.

Motion as it refers to movement or the activity of Nature.

Systems as it refer to the systemization of Nature.

In systemization of natural motion we will find Philosophy, Principals, and Function.

Translated into the vocabulary of NMS these are:

Philosophy = Strategy

Principal = Tactics

Function= Technique

Researching beyond the limits of any style, as a pursuit of understanding, Internal (integrated) principles of NMS' dynamic system, both for Martial and Health sciences. The focus of NMS is on movement and it's (Essence) = Consistent and a Comprehensive relationship of the Universal principles (Laws of nature). (Evolution) = The natural Law of change and its inevitable development.

"... That among entities there must be some cause (Essence) which moves and combines things ... There must then be a principle of such a kind that its substance is activity"
(Aristotle Metaphysics).

The item to be aware of is if the movement follows correctly and naturally its governing principles. The goal of this system is to research, reeducate, and reclaim the mind, the body, and the spirit so that all movement and action returns to the natural instinctive abilities of the human body.