



SPEAKER SHEET

Shaun “Beastman” Anderson

Martial Arts Master Instructor · Founder, Lotus Enterprise™ · Keynote Speaker

A documented, first-person system for turning crisis into discipline — built on 30+ years on the mat and delivered to men who train, first responders, and audiences ready to rebuild.

30+

YEARS TRAINING & TEACHING

10,000+

CLASSES TAUGHT

28

COURSE CURRICULUM VAULT

3

BRANDS FOUNDED — KCJK™,
VIRILITAS™, LOTUS™

BIOGRAPHY

Shaun “Beastman” Anderson has spent more than three decades training and teaching martial arts — moving from student to instructor to founder, and building his curriculum around one principle every rank has to earn: the body and the breath are the first system you have to master. That practice became **KCJK™** Korean Tai Chi breathwork, and grew into **Live Your Beast Life**, a full ecosystem — the Lotus Vault, Warrior Reset, and Phoenix Reset — for men who train, families raising the next generation, and anyone ready to move from crisis to a rebuilt life. Shaun speaks from lived experience, not theory, pairing a documented personal story of collapse and rebuild with a system his students have used for over 10,000 classes.

SIGNATURE KEYNOTE

FLAGSHIP TALK

45–60 minutes

The Cathedral: Death, Descent, Rebirth, Construction

A warrior's path back — told first-person, staged through Shaun's own documented four-stage system. Built for keynote slots at martial-arts, men's-development, and corporate-wellness events; breaks into four standalone workshops below for full-day or multi-session bookings.

MODULAR WORKSHOP SERIES — 1 HOUR EACH

01 — DEATH

The Man at Zero

Stripped of ego and pretension — starting from the minimal, honest self.

02 — DESCENT

Surgical Clarity: Surviving the Fall

The founder's own crisis, told without glorification — earned authority, not theory.

03 — REBIRTH

The Phoenix Protocol

A day-by-day system for the rise — proof that structure beats emotion.

04 — CONSTRUCTION

Building the Cathedral

Completing the cycle and teaching it — for instructors and future leaders.

BEST-FIT AUDIENCES

◆ Martial arts industry & instructor training

◆ Men's mental health & first responders

◆ Corporate wellness & team resilience

◆ General self-development & podcasts

