



JEFF Patterson

Jeff came from a small town in southern Oregon. He has always loved outdoor activities like fishing, BMX, motorcycles, and baseball. At a young age, Jeff realized he needed to leave his hometown behind. He made the decision to join the Marine Corps and go to college. He became the first person in his extended family to attend college, and everyone had high hopes for his future, expecting him to land a big job and do something significant.

But his heart was drawn to martial arts, and he distinctly remembers telling himself that if he could earn just 30k a year doing what he was passionate about, it would be more fulfilling than making 100k sitting behind a desk, doing something that didn't resonate with him. One of his old teachers used to emphasize, "You want to make a life, not just a living." He's grateful that he followed this advice, because it led him down a path that truly fulfilled him.

After teaching 25,000 students in his martial arts academy and earning the equivalent of black belts in the martial arts of Brazilian Jiu-Jitsu, Eskrima, Tai Chi, Qigong, Muay Thai, and Kenpō, Jeff now shares personal experiences, age-old wisdom, and the philosophies of meditative arts with his readers and students.

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GETTING TO KNOW JEFF

- Author
- Entrepreneur
- Father
- Husband
- Adventurer
- Mentor

Passions

Brazilian Jiu-Jitsu, Eskrima, Tai Chi, Qigong, Muay Thai, Meditation, Fishing, and Music

What personal credo or belief is the most important to Jeff in his life?

"To stay close to earth and be humble."

What motivates Jeff:

Creating a fulfilling life with impact.

Credentials

Jeff's journey began at Portland State University, where he immersed himself in the world of business, specializing in finance, marketing, and management. Little did he know this academic foundation would form the bedrock of his remarkable career.

Drawing upon his diverse skill set, Jeff embarked on an entrepreneurial adventure that would change the lives of thousands. Three decades ago, he founded Northwest Fighting Arts, a martial arts haven imparting wisdom to a thriving community of over 25,000 students. Some of his top accomplishments include earning the title of Sifu in Tai Chi and Qigong, fourth degree black belt in Brazilian Jiu-jitsu, becoming a Guru-level instructor in Eskrima, and running one of the biggest martial arts academies in the Northwest. Also, creating two amazing kids who keep him positive.

With more than 30+ years of hands-on experience, Jeff's crowning achievement is his recent literary endeavor, "The Yielding Warrior." This work stands as a testament to his unwavering dedication to the world of meditative arts. In this captivating book, Jeff Patterson, a true connoisseur of the meditative arts, introduces a fresh and invaluable perspective on life's everyday challenges. Anchoring his advice in the core principle of yielding, Jeff invites readers to explore the transformative power of this principle in their own lives, offering a priceless resource for those seeking to enrich their lives and cultivate inner strength.



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SPEAKING TOPICS

01

How to have Optimal Performance in every area of your life though heightening sensitivity and awareness.

02

Enhancing Athletic Performance & Resilience: The Mind-Body Connection you might be missing in your ability to compete. 85% is fine, 95% is elite.

03

The 3 Types of Meditation (it's not about a quiet mind): Everyone knows the benefits of meditation but they can't figure out how to quiet their mind. These 3 practices will show you that meditation is easier than you think. Ritual, Active & Philosophical practices will give you all of the tools you need.

Authored Books

The Yielding Warrior

Discovering the Secret Path to Unleashing Your True Potential

Are you prepared to embark on a journey of personal growth and transformation that surpasses what you once believed was possible?

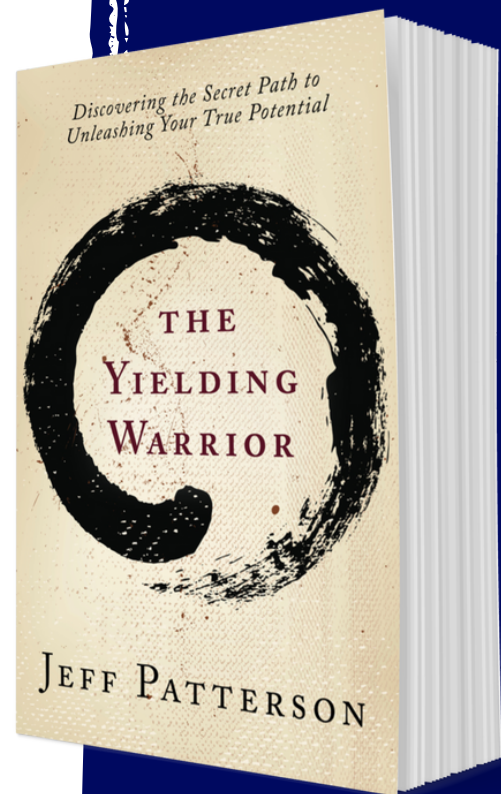
The Yielding Warrior offers a unique perspective on the intersection of meditative arts principles and life's everyday challenges. Incorporating the core principle of yielding into actionable advice, Jeff Patterson, an expert in the meditative arts, offers readers a priceless and life-enriching resource.

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In The Yielding Warrior, you will learn:

- How to attain a higher level of proficiency in any sport or physical activity
- How to enhance emotional control and sharpen intuition for increased happiness and self-acceptance
- How to deepen self-awareness and esteem through the benefits of yielding
- How to apply meditative practices to excel in interpersonal communication and business relationships
- How to improve your focus by applying the skills attained through yielding awareness

Don't miss out on the opportunity to enhance your life with an engrossing book that offers realistic, easy-to-understand guidance in the ancient technique of yielding awareness.



How to Meditate:

Your Path to Successful Meditation

Learn the answers to the questions that nag and hinder new and experienced meditators. Give yourself the gift of clarity, peace of mind, deep relaxation, and relief from stress. Sifu Jeff Patterson has been teaching meditation and internal martial arts for 21 years. Thousands of students are benefiting from his teachings. He has traveled the world training with some of the best teachers and practitioners in the field and continues to grow with his training. Meditation and internal martial arts have been his passion in life. It is his desire to help as many people as possible to realize the benefits of the internal path.

Social Links



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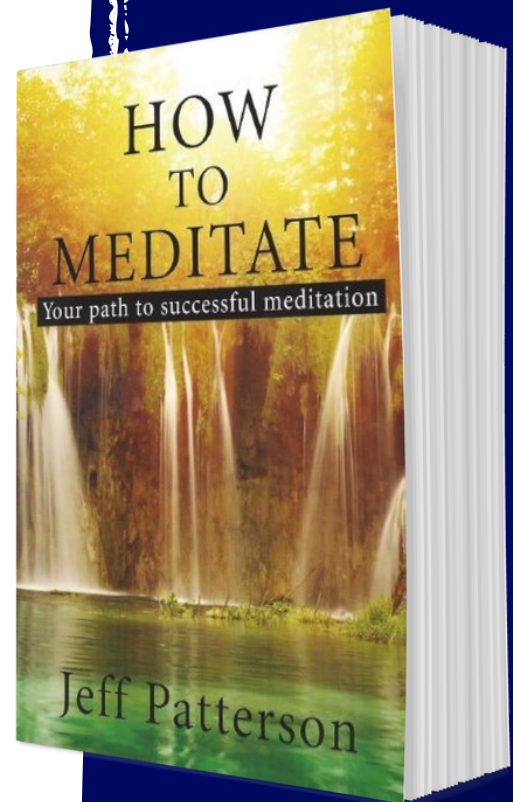
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Why work with Jeff?

Jeff has been an invaluable mentor for countless athletes as they journey to harness the power of meditation to enhance their sports performance. His latest venture, The Yielding Warrior, is dedicated to promoting emotional and mental resilience through meditation practices not only tailored to high-level athletes. With over three decades of personal meditation experience, The Yielding Warrior has been meticulously crafted to revolutionize the way we connect with our inner strengths, drawing on time-tested techniques to sharpen intuition for increased happiness and self-acceptance.

By collaborating with Jeff, you'll dive deep into the world of meditation and unlock its potential for personal growth and peak athletic performance. You'll gain insights into practices that build emotional fortitude, sharpen self-awareness, and empower you to conquer challenges in any arena with unwavering focus and composure. Most significantly, you will learn how to create lasting and impactful connections, not only with yourself but also with your partner, team, coaches, and competitors. Working with Jeff is an invitation to embark on a transformative journey of athletic and personal excellence, guided by an experienced meditation practitioner devoted to helping you become The Warrior you aspire to be.

Looking to collaborate with Jeff?

Jeff is always looking for ways that he can help influence others and offer thoughtful tips, tricks, and conversations with fellow life-fulfilling entrepreneurs and creators. Examples of collaborations include podcasts, live events, video conversations, product partnerships, and more.

Jeff is seeking to work alongside those who strive to leave an impact and hold a high drive for personal development to contribute to the world and the greater good.

To contact Jeff and his team regarding business opportunities, please email Jeff@JeffPatterson.com with your name, a brief overview of your business, and how you would like to collaborate.

