

Tom Fazio is a peak performance trainer, a martial artist of 25 years, a published author, and founder of the mind-body integration system Weightlessness.

www.weightlessness.co



He first discovered Weightlessness for himself in the summer of 2003 while living in the jungle of Phangan Island, Thailand. He's spent the last 15 years innovating, trialing and testing the principles and methodology of Weightlessness with leaders and wellness enthusiasts globally. He currently offers online programs through the Weightlessness Academy and coaches high performers bi-annually through a live, 12-week intensive transformation experience – the Weightlessness Process.

<https://academy.weightlessness.co>

For years Tom was one of the most sought-after personal trainers and body transformation specialists in Shanghai, China. His no-nonsense, unorthodox approach to mind-body training has made him an effective catalyst for extreme transformations among those who have found no success with conventional methods. After publishing "Weightlessness" in 2014, Tom committed fully to the development and propagation of his mind-body system Weightlessness by way of immersive peak performance programs with small tribes of high performing individuals - entrepreneurs, executives, athletes, and fitness enthusiasts.

Tom's career in martial arts spans decades under the tutelage of dozens of experts around the world and spanning a variety of disciplines. He's studied empty hand striking under masters and grandmasters of Taekwondo, Karate, and Muay Thai in the United States and Thailand. He's studied traditional kung fu weaponry and qigong in China under Shaolin protector monks. And he's studied practical self-defense with military combative instructors and professional MMA fighters. Tom was the first to introduce practical women's self-defense workshops to Hong Kong and Shanghai, China. He is also the developer of a specialized soft weapons training system that highlights his innovation *The Sash*, which has a following on [YouTube](#).

While he's held black belts in several martial arts, Tom believes that rank and lineage distract from the essence of martial arts training. Though his system is progressive, there are no certifications that qualify someone for the harshness of the streets, or the uncertainty of life. One must develop confidence and self-sufficiency born of consistent hard work and dedication to the craft.

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