

FIERCE YANG

Strength Outwardness Courage

GRACE YIN

Flexibility Awareness Sensitivity

FIERCE
(BEAST)
Full Expression

FG2
Fierce Grace Evolved

PRIMAL
Alignment / Flow

FLY
Balance / Bravery

WILD
Strength / Breath

FIIT
Stamina / Power



IN
Relax / Open

Deep Core
Flexibility / Release

S.O.B.
Rebuild / Realign

THE FIX
Energy / Fitness

Classic
Focus / Discipline