What is Flexible Steel?
Flexible Steel is a mobility, flexibility and strength system developed by Taekwondo Grand Master and Kettlebell Master Jon Engum. The basic principal behind Flexible Steel is that one should not sacrifice flexibility for strength or strength for flexibility rather we should strive for a flexible and strong resiliently balanced body. A body that is like flexible steel!

The Flexible Steel Program borrows from many different systems and experts. Bruce Lee is often quoted as saying “Take what is useful and disregard the rest!” and that is exactly what Flexible Steel has done. Engum has taken the pearls of wisdom from some of the top flexibility and Marital Arts Grandmasters, Functional Movement Systems, Pavel Tsatsouline, and some hard won techniques of his own and seamlessly combines them into a system that is guaranteed to help you and your clients break through performance barriers and achieve outstanding results.

Flexible Steel will unlock the secrets of instant flexibility and strength:
- Discover The “Escape” Program.
- How to use just one kettlebell to bring back vibrant mobility and restore lost functionality.
- Find out Master Jon’s progressions to break the chains of time and gravity – and the order that makes them work.
- How to eliminate tight shoulders.
- How to get your “kicks” up.
- Can’t touch your toes? You will at this course …Pain Free.
- Close to doing the splits? Learn Advanced Strategies to break through plateaus.
- Say good bye to rusty joints and tight muscles Forever.
- Discover Reciprocal Inhibition: Force your tight muscles to relax using this principle.
- Learn Isometric Stretching: Find out how to become flexible and strong at the same time. This method is claimed to be as much as 275% more effective as regular static stretching.
- Fist and Face? What does the fist and face have to do with stretching? You’ll find out…
- Find out Pneumomuscular Flexibility Training: A spelling test nightmare, but a very powerful technique to improve flexibility.
- How to use imagery to dramatically improve the splits.
- Make prying and wedging effective by doing this and you will become more flexible than you ever imagined.

WWW.PUREPOWER.INFO
WWW.EXTREMETRAINING.NET/FLEXIBLESTEELWORKSHOP.HTML
– Discover The Pink Panthers Technique: Several people have instantly gained 4 to 5 inches in ROM using the Pink Panther Method.
– How to Use Shutdown Threshold Isometrics: A thermonuclear bomb to use against stubbornly tight muscle.

What do I need to do to successfully achieve my Flexible Steel Level 1 Instructor Status?
1. Take the Flexible Steel Level 1 Instructor Certification
2. Pass the Flexibility–Strength Test (One controlled hanging leg raise)

What They Say About Flexible Steel and Jon Engum’s Flexibility Training

INSTANT FLEXIBILITY
I recently attended a flexibility workshop with Sr. RKC Jon Engum in Chicago. I have all of Pavel’s materials on stretching, flexibility and rehab. I also have Beyond Stretching. All of those are great, I have made good gains with them, but it is still not like doing it in person and having someone correct you on the finer points. I really did not know if I would get much out of this class or not, but I was very impressed with Jon and the material he taught. I am glad that I attended. My shoulder flexibility increased dramatically, hips got more loose and unstuck, overall body range of motion increased easily. Also at the end we really worked hard on some hip mobility and my legs were shaking when the class was over. I was not looking forward to a 6 hour drive home, but after some water it was gone. The next day I felt good instead or sore. Great experience and well worth attending. I will probably take another one of Jon’s classes in the future.
Scott Stiffey / Palmyra, MO, USA

ONE OF THE BEST WORKSHOPS I’VE EVER ATTENDED
I met Mr. Engum while assisting at an HKC in Omaha, NE, and was absolutely blown away by the amount of knowledge, professionalism, and in-depth knowledge and understanding Jon brought to the event – and my expectations were already high! I watched almost in disbelief as he turned relatively good kettlebellers into outstanding kettlebellers in literally just a few short hours. Even as someone who graduated from the RKC instructor course, I learned a mountain of usable information about how better to teach the swing, squat, and get-up. But for me, by far the most impressive was his Extreme Flexibility workshop. I am a pretty flexible and mobile guy as it is (I got a 20/21 FMS score the first time I was examined and have been told by a physical therapist that I have superior mobility), so I expected primarily to pick up a few tips and tricks, but was absolutely stunned at the amount I learned. I truly believe that his knowledge of the skills of flexibility and mobility and their hows and whys is second to none. This workshop was the first time in the years since having read “Relax Into Stretch” that I experienced any gains in flexibility, including the long-elusive full side splits. But better than all the above is that the next morning, I woke up without an ounce of pain in my shoulders and knees – areas that have been plaguing me since the beginning of this year. Physical therapy and numerous visits to the chiropractor took me far, but Jon’s knowledge and teaching skill took me to the finish line. If you ever get a chance to train with Jon, take it. His knowledge, professionalism, and superior teaching skills will make it one of the best decisions you’ll ever make in your training.
Aleks Salkin, SFG2 / Jerusalem, Israel
IT'S IMPROVED MY FLEXIBILITY, STRENGTH, AND STAMINA
I can’t speak highly enough about Jon Engum’s kettlebell training. I’ve been taking classes for years and have shown consistent improvement. Everything single technique and exercise has improved. Heavier weights. Better range of motion. Increased stamina. More reps. Higher ladders. It’s all there. It’s improved my flexibility, strength and stamina and it’s really paid off in my taekwondo training. Jon’s teaching technique is proven and solid. Just attend a class and watch doubters walk away confident and eager for more. It’s always a challenge and always productive. Simply the best workout I’ve ever had.
Mark Oehrlein / Brainerd, MN USA

INCREASING MY RANGE OF MOVEMENT AND STRETCHING TO PREVENT INJURIES
I had the pleasure of taking Mr. Engum’s Strength & Flexibility seminar this past weekend here in NYC at FivePointsAcademy- it was a fascinating, super-educational afternoon, and Mr. Engum himself was a terrific instructor. Any two or three of the stretches and fixes he showed our group would have been worth the price of admission, and he showed us dozens. As an intermediate jiu jitsu player and novice Thai boxer, I was especially interested in increasing my range of movement and stretching to prevent training injuries, and I got all that and more from Mr. Engum. He covered a huge amount of information with thoroughness and good humor, and managed to give each participant some personal attention and adjustment to suit their particular capabilities and concerns. All in all, a terrific seminar!
Hannah Fons / New York City, USA

THE RESULTS WERE INSTANT
I just attended Jon Engum’s Extreme Flexibility Workshop in Chicago and was more than impressed, yet again, with Mr. Engum’s instruction, knowledge, and methodology. My flexibility training had hit a wall, but Mr. Engum provided every student with the tools and techniques to not only improve one’s flexibility, but to increase it dramatically. The results were instant. This workshop is absolutely critical to anyone interested in improving their level of fitness.
Petra Orloff / Detroit, U.S.A.

I USED TO DREAD FLEXIBILITY TRAINING
In the few short weeks since Jon’s flexibility workshop I have made great progress in my flexibility training. I used to dread the flexibility part of my training because I was tight and I never seemed to make progress. I now look forward to my flexibility training because I am making real progress applying the skills I learned at the workshop! Jon has developed a frog progression that is very challenging, but when practiced over the span of the last few weeks I can feel a difference in the way my hips move. It is easier to get in proper deadlift and swing position! Jon is a great communicator with a fun, enthusiastic teaching style. It is obvious Jon loves what he does! I make it point to learn from Jon whenever I have the opportunity.
Cecily Casey / Highland Park, IL, USA
PRESEMINAR SPLITS WERE MORE THAN 10" FROM THE GROUND VS. IN THE SEMINAR I GOT ABOUT 2" FROM A FULL SPLITS
Jon Engum’s Instant Flexibility & Joint Mobility Seminar was incredible. Jon is a captivating, personable, educated instructor. He will leave you with excellent information to improve your performance in your sport. Jon is enthusiastic about teaching the exercise techniques, skills and drills. Jon is also eager to sharing the science behind the extreme exercise training. I learned how to take my parking brakes off and achieve greater athletic performance during the seminar. Pre-seminar splits were more than 10" from the ground vs. in the seminar I got about 2" from a full splits...awesome! Once you take Jon’s seminar, you will understand why it’s called extreme training. But, you will appreciate Jon’s seminar so much, that you will be asking for more! Thanks Jon!
Krista / St. Cloud, MN USA

WATCH MASTER JOHN [SIC] INSTANTLY PRODUCE RESULTS
Just attending a one-day seminar with Master John I was able to break through my flexibility plateaus and gain real, usable mobility. After three years of training Tae Kwon Do and feeling frustrated with my slow flexibility progress, it was really incredible to watch Master John [sic] instantly produce results and to feel results for myself.
Mr. Ben Thompson / Eagan, Minnesota