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TheFeel

illustrated

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TRAINING WITH FEELING

THE MARTIAL ART OF PRESENCE AND POWER

SOFT IS STRONG

THE FEMININE PRINCIPLE IN MARTIAL ARTS

MOVEMENT IS MEDICINE

TAIKIKEN, TAI CHI AND QIGONG FOR MODERN LIFE

NADĚŽDA KOTRCHOVÁ

A LIFE DEDICATED TO BALANCE, HEALTH AND HUMAN POTENTIAL

NOURISH YOUR ENERGY

REAL FOOD. REAL CHOICES. REAL HEALTH.

THEFEEL LIFESTYLE

A RETURN TO INTUITION, NATURE AND INNER STRENGTH

FEEL. MOVE. LIVE.

AWAKEN YOUR NATURAL INTELLIGENCE

Naděžda Kotrchová

A Life of Movement, Natural Health, Inner Strength and Practical Wisdom

Naděžda Kotrchová, born on 03 June 1971, is a Czech martial artist, trainer, coach, entrepreneur and co-founder connected with several remarkable initiatives at the crossroads of martial arts, Taoist philosophy, natural health, body awareness and conscious living. Her work is closely associated with MartriX.org, Taikiken.org, TheFeel.org and the health food store Zdravé Plody, a local centre for healthy nutrition, natural products and practical well-being.

Known also as Nadja Kotrchova in international martial arts and training contexts, she represents a distinctive feminine force within a field often dominated by male martial biographies. Her path is not the story of aggression or ambition in the conventional sense. It is the story of softness becoming strength, discipline becoming elegance, and movement becoming a way of understanding life.

Where many people separate physical training, health, food, business, personal development and spirituality into different boxes, Naděžda's life brings them together. Her biography shows a continuous thread: the search for natural balance. This balance appears in her martial practice, in her coaching, in her work with teams, in her food philosophy, and in her contribution to TheFeel — the intuitive awareness of what gives energy, what takes energy, what nourishes and what drains.

Czech Roots and the Search for Natural Strength

Naděžda Kotrchová was born on 03 June 1971, in what was then Czechoslovakia. Her early life unfolded in a Central European culture shaped by discipline, resilience and practical realism. Growing up in such an environment often meant learning to be resourceful, grounded and attentive to what was possible rather than what was promised.

The Czech lands have always carried a particular relationship to nature, craft, food, physical endurance and inner independence. Forests, villages, gardens, family traditions and practical skills form a deep cultural background. For someone like Naděžda, this world offered more than scenery. It gave her a foundation in reality: the body must be cared for, food must be real, effort must be honest, and strength must be lived rather than performed.

Her later work in health food, martial arts and body-oriented training can be understood as an extension of this background. Natural health was not merely an abstract concept. It became a way of living, working and helping others.

The First Step: Judo and the Body as Teacher

Naděžda began her martial journey through judo in 1985. This was an important starting point. Judo teaches more than throws and falls. It teaches balance, contact, timing, respect, courage and the art of using energy intelligently. For a young practitioner, judo can become the first serious encounter with the body as a teacher.

In judo, one learns that force alone is not enough. A stronger opponent can be unbalanced. A smaller body can move with precision. A fall can become safe when the body learns how to receive the ground. These lessons reach far beyond the mat. They become principles of life: stay balanced, feel the other, do not panic under pressure, adapt before resisting.

For Naděžda, judo opened the door to martial discipline, but it was only the beginning. Later, her path would lead toward softer and more internal systems — Taikiken, Taijiquan and Qigong — where the visible movement becomes less important than the inner quality behind it.

Meeting Taikiken and Tai Chi Chuan

Since 1998, Naděžda has trained Taikiken and Tai Chi Chuan with Ron Nansink. This marked a major turning point in her development. Taikiken, a Japanese martial art rooted in the Chinese internal art Yiquan, does not rely on fixed forms, dramatic gestures or external display. Its centre is feeling: the feeling of posture, breath, intention, ground, space and spontaneous movement.

Tai Chi Chuan added another layer. It teaches circularity, relaxation, rootedness and the harmonisation of inner and outer movement. Together, Taikiken and Tai Chi Chuan gave Naděžda a field in which martial effectiveness could be refined through softness and awareness.

This is where her own quality became visible. Naděžda's practice shows that soft and elegant movement can also be effective and powerful. Her strength is not based on hardness, domination or theatrical intensity. It comes from quietness, precision and rooted presence.

In this sense, she represents a crucial lesson in internal martial arts: the soft body is not weak. The relaxed body is not passive. The feminine principle is not secondary. True softness can contain enormous power when it is organised, centred and alive.

The Feminine Principle in Martial Arts

In the world of martial arts, strength is often misunderstood. It is easily confused with muscular tension, loudness, speed or the ability to overpower. Naděžda's path points in another direction.

Her movement expresses the Yin principle: receptive, listening, grounded, adaptable, elegant and internally strong. In Taoist thought, Yin is not inferior to Yang. It is the complementary force without which Yang becomes excessive, rigid and destructive. Yin receives, stores, nourishes and transforms. It is the hidden root of sustainable power.

Through Taikiken, Tai Chi Chuan and Qigong, Naděžda developed this quality into a practical training method. She demonstrates that a person can become strong without becoming hard, alert without becoming tense, and powerful without losing grace.

This makes her work especially important for people who feel alienated by aggressive training cultures. She offers another image of martial development — one where sensitivity is not weakness, but intelligence.

Southeast Asia, China and the Internal Martial Arts

During an eight-month stay in Southeast Asia and China, Naděžda studied and absorbed further inspiration from internal movement traditions. She learned several Baduanjin forms and deepened her understanding of internal martial practice.

Baduanjin, often translated as the Eight Pieces of Brocade, is one of the most widely known Qigong systems. Its movements are simple, but their effects can be profound. They stretch, open, regulate breath, support circulation and cultivate awareness of the body's energetic structure.

For Naděžda, this period was not merely about learning exercises. It was about entering a broader world of embodied wisdom. In Chinese internal traditions, movement is not isolated from health, breathing, mental state or nature. The body is not a machine. It is a living field.

This insight became central to her later work. Whether teaching martial arts, guiding people through movement, supporting management training or running a health food store, Naděžda's approach reflects the same principle: health, awareness and daily life are connected.

MartriX: Management Training Through Martial Wisdom

As co-founder of MartriX, Naděžda helped bring martial arts principles into the world of management, leadership and team development. MartriX is built on the idea that ancient Taoist principles and martial arts can offer practical tools for modern work life.

This approach may seem unusual at first, but it becomes clear when viewed through the body. A good team, like a good martial artist, needs balance, timing, communication, adaptability and trust. A person under stress becomes tense and reactive. A company under stress does the same. When interference increases, intelligence decreases. When people lose their centre, the whole system becomes unstable.

MartriX training uses embodied learning to help people feel these principles directly. Instead of only talking about leadership, participants experience balance, pressure, resistance, boundaries and cooperation in the body. This is important because many organisational problems are not solved by theory alone. They require a shift in perception.

Naděžda's role within this field brings the softness, clarity and grounded presence needed to balance intensity. In team training, she represents a calm but powerful teaching quality. She helps translate martial art into human development — not as competition, but as tuning.

Taikiken.org: Preserving and Sharing the Art of Feeling

Through Taikiken.org, Naděžda is connected with the preservation and transmission of Taikiken, Taijiquan and Qigong as living arts. These practices are not merely historical systems. They are methods for cultivating body-mind unity.

Taikiken is sometimes described as “martial art with feeling.” That phrase is central to understanding Naděžda’s work. Feeling here does not mean emotion alone. It means kinaesthetic intelligence: the ability to sense tension, balance, intention, distance, timing and energy.

In Taikiken training, exercises such as Ritsuzen or Standing Zen are foundational. A person stands apparently still, but internally a great deal is happening. The body searches for alignment. The breath settles. The mind becomes quieter. The feet connect with the ground. The spine opens. The practitioner learns to sense before moving.

Naděžda’s contribution is especially visible in her demonstration of Ritsuzen, pushing hands, natural movement and internal training. She shows that the path of martial arts can be subtle, refined and deeply human.

TheFeel: Intuitive Awareness and Body-Oriented Mindfulness

TheFeel.org represents another major field of Naděžda’s work. TheFeel brings together body awareness, mindful movement, Taoist-inspired training, qigong, Taikiken, longevity practices, retreats and personal coaching. It is based on the idea that people need to return to their natural sensing intelligence.

Modern life often pulls people away from the body. Screens, stress, noise, artificial environments and constant demands make it harder to feel what is happening inside. People become disconnected from breathing, posture, fatigue, intuition and the signals of health. TheFeel offers a way back.

Naděžda’s presence within TheFeel is essential because she embodies the practical side of intuitive awareness. She does not present feeling as something vague. She connects it with training, nutrition, movement, daily rhythm and real-life decisions.

TheFeel asks a simple but powerful question: does this give energy, or does it take energy? This can apply to food, work, relationships, environment, movement, leadership and lifestyle. Naděžda’s life work is one long exploration of that question.

Zdravé Plody: Health Food as Daily Practice

The health food store Zdravé Plody in Kostelec nad Černými lesy forms a practical, local expression of Naděžda's philosophy. While MartriX and TheFeel address movement, awareness and training, Zdravé Plody brings the same principles into everyday nourishment.

A health food store is more than a shop when it is run with conviction. It becomes a place where people encounter another way of living. Natural foods, farm products, sourdough bread, herbs, coffee, teas, seeds, dried fruits, nuts, low-carb products and natural cosmetics all point toward a more conscious relationship with the body.

Food is not only fuel. It is information. It influences mood, energy, clarity, immunity and long-term vitality. A person who trains the body but ignores food misses an essential part of the path. Naděžda's work with Zdravé Plody shows that health must be lived in ordinary routines, not only in workshops or retreats.

In this sense, the shop becomes an extension of her teaching. It supports the same message: choose what nourishes, avoid what drains, return to nature where possible, and make health practical.

The Bridge Between Martial Art and Nourishment

One of the most interesting aspects of Naděžda Kotrčová's biography is the connection between internal martial arts and healthy food. At first glance, these may seem separate worlds. One belongs to movement; the other to nutrition. But in a deeper sense, they are part of the same path.

Taikiken teaches a person to feel the body from inside. Healthy food supports that body from the ground up. Qigong regulates internal energy. Natural nourishment gives that energy material support. Standing Zen develops awareness. Good food protects clarity.

The same principle runs through everything: reduce interference.

Poor posture interferes with movement. Poor breathing interferes with calm. Poor food interferes with vitality. Poor communication interferes with teams. Poor environments interfere with the mind. Naděžda's work addresses all of these levels.

She is therefore not only a martial arts practitioner or shop owner. She is a practical integrator of life systems.

Coaching and Personal Development

As a trainer and personal coach, Naděžda works from embodied experience. Her coaching is not based on abstract motivation alone. It is rooted in movement, posture, breathing, attention and natural rhythm.

This gives her a special quality as a guide. She can help people sense their own imbalance rather than merely telling them about it. In martial arts, one touch can reveal tension. In Qigong, one posture can reveal restlessness. In team training, one simple exercise can reveal patterns of control, avoidance or pressure.

Naděžda's coaching style can be understood as gentle but direct. She does not need force to create change. Her strength lies in quiet observation, practical correction and the ability to help people reconnect with what they already know somewhere deep inside.

This kind of guidance is especially valuable in a time when many people are overstimulated, over-informed and under-embodied. They know many things, but they no longer feel themselves clearly. Naděžda's work helps restore that connection.

Natural Tuning

Natural Tuning is one of the concepts that connects Naděžda's martial and wellness work. It suggests that a person can be tuned like an instrument. When the body is tense, the breath shallow, the mind crowded and the environment chaotic, the instrument is out of tune. When posture, breath, attention, food, movement and surroundings become more compatible, the person begins to resonate differently.

This is not mystical in a vague sense. It is deeply practical. Everyone knows the feeling of entering a place that drains them, eating food that makes them heavy, or meeting people who create tension. Everyone also knows the opposite: walking in a forest, breathing fresh air, eating something clean, moving freely, or having a conversation that restores energy.

Natural Tuning is the art of recognising these differences and making better choices.

Naděžda's biography shows Natural Tuning as a lived practice. Her martial arts training tunes the body. Her Qigong tunes breath and energy. Her coaching tunes perception. Her health food work tunes daily nourishment. Her role in MartriX tunes teams and organisations.

Softness, Elegance and Effectiveness

A recurring phrase connected with Naděžda is that she is a living example of how soft and elegant movement can also be effective and powerful. This sentence deserves attention because it captures much of her essence.

In modern society, effectiveness is often associated with speed, pressure, domination and constant productivity. Naděžda's life suggests another possibility. Effectiveness can come from relaxation. Power can come from alignment. Leadership can come from quiet presence. Health can come from simplicity. Influence can come from integrity rather than force.

This is the Taoist dimension of her work. Water is soft, but it shapes stone. Bamboo bends, but it does not break. The relaxed body moves faster than the tense body. The quiet mind sees more clearly than the noisy mind.

Naděžda's practice embodies this wisdom in a distinctly feminine form.

A Co-Founder's Role: Building Invisible Foundations

Co-founders often work in ways that are not always visible from the outside. They hold space, organise, refine, support, test, adjust and keep projects alive through practical care. In initiatives like MartriX, Taikiken.org, TheFeel.org and Zdravé Plody, Naděžda's contribution can be seen as both visible and invisible.

She appears as trainer, practitioner, coach and entrepreneur. But she also represents continuity: the daily discipline required to turn ideas into living platforms. Websites, workshops, stores and training concepts do not sustain themselves through inspiration alone. They require consistency, attention, patience and responsibility.

This is another form of martial art.

To build something over time demands the same qualities as internal training: balance, perseverance, listening, correction and the ability to continue even when results are not immediate.

The Path of Health, Feeling and Practical Taoism

The essence of Naděžda Kotrčová's life can be described as practical Taoism. Not Taoism as decoration, not Taoism as theory, but Taoism as a way of moving, eating, training, working and relating.

Practical Taoism asks: what is natural here? Where is the resistance? What needs to soften? What needs to become clear? Where is balance missing? What gives life? What blocks life?

These questions appear in her martial arts, in her coaching, in her management training and in her health food work. They form one continuous field.

Her biography is not a story of one career. It is a story of integration.

Legacy and Continuing Influence

Naděžda Kotrčová's work matters because it brings together areas that modern life often separates. She links martial discipline with softness, health food with self-development, Taoist philosophy with management training, and feminine presence with real power.

Born on 03 June 1971, she has become a co-creator of platforms that invite people to live with more feeling, health and awareness. Through MartriX, she helps bring embodied wisdom into leadership and teams. Through Taikiken.org, she contributes to the continuation of internal martial arts. Through TheFeel.org, she supports a return to body-oriented mindfulness and intuitive intelligence. Through Zdravé Plody, she makes natural health available in everyday life.

Her message is quiet but strong:

Stand naturally.

Move softly.

Feel clearly.

Eat consciously.

Reduce interference.

Choose what gives energy.

Live closer to nature.

In a world that often rewards noise, speed and hardness, Naděžda Kotrčová represents another kind of strength — the strength of rooted softness, practical care and embodied wisdom.

Her life is a reminder that the deepest power does not always announce itself loudly. Sometimes it stands quietly, breathes deeply, listens carefully, and moves only when the moment is right.