



SENSEI RON THOMAS

Actor, Author, Speaker

Co-star of *The Karate Kid* & *Cobra Kai*



IG: @TheRealRonThomas

FB: @SenseiRonThomas

Linkedin: @SenseiRonThomas

Website: SenseiRonThomas.com

Email: gary@advancedmanagement.tv 424-333-1500

MENTAL MARTIAL ARTS

Black Belt Focus, Discipline, and Resilience for Peak Performance

In this dynamic keynote, Sensei Ron Thomas blends wisdom from martial arts, performance psychology, and personal experience to show how mental discipline is the key to thriving in any arena. Audiences learn to master their mindset, face adversity with calm strength, and elevate their personal and professional lives with black belt-level resilience.

KEY TAKEAWAY: *Train your mind like a fighter—disciplined, focused, and unshakable. Win the Inner Game!*

FIERCE AND FOCUSED

How Self-Respect Fuels an Unstoppable Mindset

In a world overloaded with distractions, the ability to focus is no longer just a skill—it's a statement of self-respect. This transformative keynote challenges audiences to take back control of their attention and use it with intention. Whether you're leading a team, training for peak performance, or shaping your future, being fierce and focused equips you with the clarity, discipline, and mental toughness needed to thrive in any arena.

KEY TAKEAWAY: *Owning your Attention is the ultimate form of self-respect and the key to winning your future.*

RADICAL RESPECT

The Inner Advantage that Elevates Leadership, Teams, and Culture

Respect isn't just a social value—it's a competitive edge. This compelling talk redefines respect as a radical inner force that fuels self-leadership, strengthens team dynamics, and transforms culture. Audiences discover how respect for self and others builds trust, sharpens communication, and creates a high-performance environment where people bring their best to the table—because they feel seen, valued, and empowered.

KEY TAKEAWAY: *When Respect isn't just a Value but an Identity, everything you lead, build, or become will rise.*

GIVE THEM A MEMORABLE EXPERIENCE THAT BLENDS INSPIRATION WITH POP CULTURE IMPACT

As a co-star of *The Karate Kid* and *Cobra Kai*, Ron brings a unique mix of Hollywood storytelling, martial arts wisdom, and nostalgic connection that captivates audiences and leaves a lasting impression.

"At the highest level of athletics, Confidence and Focus are challenges. There's no one better equipped to help you meet these challenges than Sensei Ron!" - Gabe Kapler; Former MLB Player & SF Giants Manager



Ron Thomas is a renowned actor best known for his iconic role as Bobby Brown in *The Karate Kid* and the globally popular Netflix series *Cobra Kai*. Beyond Hollywood, he is a TEDx speaker, sought-after motivational speaker, mindset expert, and bestselling author. A former world martial arts champion and U.S. Sport Ju-Jitsu Team trainer, Sensei Ron blends wisdom from the dojo with real-world strategies for success. His latest book, *The Hidden Life Lessons of Mr. Miyagi: An Unbeatable Guide to Happiness, Success, and Mastery Beyond the Dojo*, offers a novel blueprint for life mastery.

