



MEET EDUARDO SACCO CAPROTTI



*“Looking at others can be inspirational.
Looking after others can be educational.”*

“I am a Sport Scientist by trade and an eager researcher at heart. I believe that we can learn way more than exercises through physical training. Moving our body is life experience in itself. Through the motion of our body we can look at living in its entire meaning. I aim to improve lives through movement delivering physical training with genuine care. I invite clients to explore and broaden their physical possibilities in a safe environment and with a playful attitude. I promote ageless athleticism, a way of building long-lasting results through sustainable yet developmental physical training.

I am currently based in Adelaide where I provide individual and interactive training sessions. I also run workshops interstate based on my experience with the movement research group Fighting Monkey (FM).”

WHERE DID THE FM STYLE OF TRAINING ORIGINATE FROM?

My training practice has dramatically changed since I started working as a trainer and I am sure that it will keep

changing over time. I am a sport scientist by trade and I have been running individual and group training sessions for over a decade now. I have explored and integrated ideas from numerous practices: performance and therapy focused.

About four years ago I came across the Fighting Monkey / Rootlessroot practice and it has dramatically changed the way I train and live. The FM practice works on the underlying principles and ideas that have brought about the creation of scientific theories and ancient disciplines. This means that it offers a platform on which every practitioner can tap in and create meaningful training sessions.

WHAT IS THE METHODOLOGY BEHIND IT?

The way I share the material is an essential point of the physical education I propose. I adopt different pedagogical methods depending on the context but one common aim is leaving space for self-learning. This means purposefully leaving certain things untold allowing the athletes to solve problems by themselves. This practice exposes ourselves to how we deal with something unknown and complex, a metaphor for “life” if you wish.

“Ageless athleticism” is a term that I currently use to easily communicate what I offer. It is an approach that focuses on structural integrity, muscle elasticity and joint articulation. I work on those qualities refining one’s observation, coordination, rhythm, manipulation of abstract tools and interactive movement situations. Foundational elements are given and experienced under pressure so to test one’s ability to maintain basic qualities in

WATCH EDUARDO IN ACTION ▼



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