

A photograph of Sensei Ron Thomas, a bald man in a dark blue t-shirt and blue pinstriped pants, speaking into a microphone on a stage. He is holding a small device in his left hand, which is illuminated by a bright spotlight. The background is dark with some stage lights.

# SENSEI RON THOMAS

ACTOR | SPEAKER | PERSONAL DEVELOPMENT TRAINER



# ABOUT SENSEI RON THOMAS



Sensei Ron Thomas is an internationally recognized actor with a fan base that spans the globe. The OG Cobra with compassion and common sense, his role as Bobby Brown in the iconic film *The Karate Kid* and the number one Netflix series in the world, *Cobra Kai*, is forever etched in the hearts of fans worldwide.

Sensei Ron is also an inspiring speaker, author, and personal development expert. In his roles away from the big screen, Ron has helped thousands of students gain access to their full potential. Early on, his winning athletic background gave him a firsthand understanding that focus and mindset are essential to success.

As a result, he's achieved national and world champion status in martial arts and regional and national rankings in competitive swimming.

Ron's background, combined with his knowledge of the esoteric principles of the martial arts and specialized training in human behavior, have laid the foundation for his approach to helping others realize their potential.

Truly unique in the marketplace of speakers and trainers, Sensei Ron Thomas brings celebrity to the table and combines it with expertise backed by real-world success, knowledge, training, and experience. After working with Ron, world-class athletes, CEOs, sales professionals, doctors, actors, entrepreneurs, and many others have all experienced a higher level of clarity and results.





## CAREER HIGHLIGHTS

### Film and TV:

- The Karate Kid
- The Big Bet
- Cobra Kai
- Best of Times
- 52 Masters

### Some Organizations who have hired Ron

- Team Trainer for the United States Sport Jujitsu Team
- California Association of Health Underwriters
- San Diego Association of Health Underwriters
- Kaiser Permanente
- Showball Baseball
- Quattro University
- Aflac
- American Home Shield
- Troop Real Estate

### Notable Clients:

- Gabe Kapler - MLB player, Two-Time World Series Champion, San Francisco Giants Manager
- Jordan Thompson - NCAA most valuable player, USC Water Polo
- Ashly Moniz - Actress
- Garry Finnernan, PGA Professional

DISCOVER  
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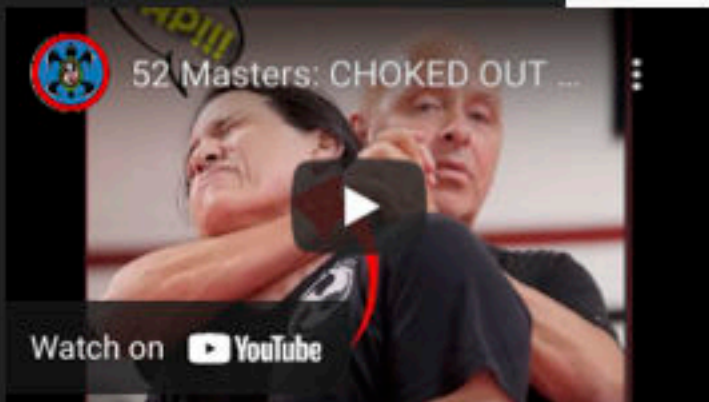
# WATCH



**SPEAKER DEMO**



**ACTING DEMO**



**52 MASTERS EPISODE**



**MENTAL POWER HOUR INTERVIEW:**



# EXECUTIVE TRAINING AND SEMINARS

"Sensei" is a Japanese term that means teacher, a title Ron has earned through his many years of teaching martial arts. Because teaching is one of his passions, he uses the title outside of the dojo, too, where he's trained hundreds of individuals and groups in the arena of Mastery.



Confidence, Focus, Discipline, Leadership, and Perseverance, are but a few qualities that are groomed in the dojo. Ron integrates character-building qualities such as these with esoteric principles of the martial arts, giving students an unstoppable success formula. Combining dojo wisdom with other influences of human behavior and success studies – like NLP (neuro-linguistic programming) and athletic psychology – Ron facilitates training for organizations who want to give their people a higher skillset in the area of excellence:



Perfect for off-sites, team building, and breakouts.

Sensei Ron is available for in-person or virtual training. If you would love to have Ron train your team, he will develop customized training for your organization.

## SPEAKING TOPICS

### THE HIDDEN LESSONS OF MR. MIYAGI

Based on his book, Sensei Ron breaks through the exterior of Mr. Miyagi's karate teachings to reveal the invaluable wisdom and life lessons hidden within.

### POSITIVE THINKING IS FOR SISSIES

Excellence requires more than mental gymnastics. Sensei Ron takes your audience on a journey beyond positive thinking and into the realms of mastery.

### THE BEST YOU CAN SUCK!

Doing our best is not the same as doing our potential. Ron discusses those elements that hold us back from reaching our full potential and what to do about them.

### THE COBRA KAI WAY

According to Bobby Brown, Strike first, strike hard, no mercy! No, not necessarily. Employing the core virtues of his Karate Kid character, Bobby Brown, Ron discusses the mindset of self-leadership that keeps us on track, even amid the forces of negative influence.



# PROGRAMS

## The Life Mastery Code

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Designed by Ron to help you do precisely as the title suggests: Crack the code of Life Mastery. Ron hands you the combination that will unlock the vault to a more productive, more fulfilling life. The aim is for you and your people to gain far more command over your mental and emotional states, actions and behaviors, relationships and interactions with others, career, and life as a whole. As Ron says, "Mastery leads to the kind of high-level results that mediocrity can't reach."

## The Hidden Lessons of Mr. Miyagi

The Hidden Lessons of Mr. Miyagi will take you on a deep dive into life mastery. Mindset expert and original Karate Kid and Cobra Kai star, Sensei Ron Thomas, Ron will uncover the deeper meaning behind the lessons Mr. Miyagi taught Daniel-san, and help you integrate these essential skills into your life. Based on his book of the same title, Ron shows you and your people how to neutralize the things that have been holding you back, knocking you down, and choking out your potential. Unleash your inner black belt and take command over your mind, body, and spirit!



## The Mindset Academy for Athletes

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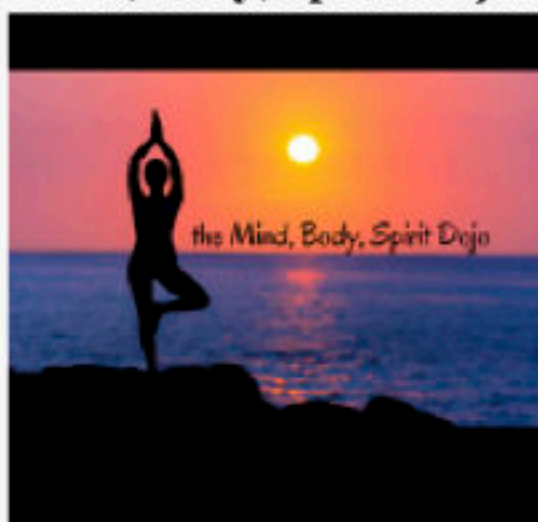


The Mindset Academy for Athletes is for competitive athletes who want to win. So whether you're a professional or an amateur, a high school athlete looking for a scholarship, a college athlete looking to go pro, or an elite competitor wanting to compete in the Olympics, Sensei Ron has one message for you: Mindset is Everything!

## The Mind, Body, Spirit Dojo.

Health, happiness, and an overall sense of wellbeing are a struggle for so many of us living in this fast-paced, modern world. In this training, Sensei Ron will explore areas of Wellness with you that most people aren't even considering. He will lay out common-sense solutions and identify unique concepts to help you and your people restore a sense of emotional, mental, physical, and spiritual harmony.

Happiness is not a choice, it's an intention, and Wellness is not an accident. Sensei Ron will help your people set themselves up for more energy, vitality, joy, and peace.



STRIKE FIRST  
STRIKE HARD  
NO MERCY



## CONTACT

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## TESTIMONIALS

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"At the highest level of athletics, or in life for that matter, a peak mental state is essential. Handling negative emotions, finding balance and the Zone are challenges. There's nobody better suited to help tackle these challenges than Sensei Ron!"

- Gabe Kapler  
San Francisco Giants Manager

"Few people understand the psychology of winning better than Sensei Ron Thomas."

- Sarano Kelley  
Author of "The Game"

"I made a 390% improvement in my scoring handicap index! Ron is an awesome mindset and performance coach!"

-Gary Finneran  
PGA professional

"Wow' is all that I can say about Ron Thomas. In my second month of working with Ron my agency sold the most policies in a single month in our history!"

- Ted Amorosi  
Farmers Insurance