

The Samurai Science of Lifelong Health: Precise Movement & Delicate Diet

CULTURAL & INNOVATIVE
EVENINGS at CGJ Boston



Join Takashi Okada, Ph.D., as he decodes the secret of "Structural Longevity." Discover how the subtractive art of Washoku (Japanese cuisine) and the precision of region-specific training can optimize brain and gut health, freeing your joints and heart from the crushing burden of unnecessary mass. The session concludes with a light stretch/exercise workshop featuring the "Bulgarian Squat KAIZEN," allowing you to immediately install this ancient samurai logic into your own muscle fibers for a lifetime of pain-free, high-performance living.

When: **4:15 pm-5:15 pm**
Monday, July 13, 2026
Where: **100 High St, 6th Fl**
Boston, MA 02210

Talk will be given in **English**



Samurai Mechanics & Diet

The secret to performance and lifelong health. Unlock your health span.

Takashi Okada, Ph.D.

- Professor at Nippon Sport Science University
- WNBFF Pro Masters Bodybuilding World Champion
- Head of Strength and Conditioning for the All Japan Men's Olympic Judo Team (2016 Rio and 2021 Tokyo)



Free tickets here!

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