



CONTACTS

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🌐 www.robertofagnani.com/en



PROFILE

Author of two books and founder of the HASHI Method, I love traveling, trying new experiences, and getting to know different people and cultures. I am passionate about research and teaching. I specialize in Kung Fu, meditation, and Qi Gong, exploring their beneficial and healing aspects both in Italy and abroad.

LANGUAGES

Italian - Mother Tongue
English - Advanced
Japanese - Beginner

REFERENCES

Available on request and at the link:
<https://www.robertofagnani.com/en/martial-education/>

Roberto Fagnani

**COACH OF ORIENTAL DISCIPLINES,
RESEARCHER, WRITER**

ACADEMIC EDUCATION

University of Siena

2015 - Bachelor Degree in Economics

Pegaso Telematic University

2024 - Master Degree in Sports Activities Management

ATS Sport Science

2024 - Specialization course in Sports Psychology and Mental Coaching

Accademia Iberoamericana de Hipnosis - Florence

2025 - Training in mesmerism, instant hypnosis, and regressive hypnosis

All Japan Shaolin Temple Qi Gong Association - Tokyo

2025 - Crane style, Zen meditation, four cycles of medical Qi Gong, and six forms for health care

SPORTS EDUCATION

2017 - Kickboxing and Musical Forms instructor at CONI - FIKBMS (now FEDERCOMBAT)

2018 - Wushu instructor at Wushu Institute of Florence

2021 - Kung Fu and Qi Gong instructor at CSEN

PUBLICATIONS (in Italian language)

2015 - "India between spirituality, culture and agribusiness" - Thesis

2019 - "The Traveler" - Novel/Adventure Thriller

2021 - "Fragments of a lost knowledge" - Essay

2024 - "The effects of Qi Gong and motor imagery training on Fibromyalgia" - Thesis

WORK EXPERIENCES

At private facilities and online | 2015-ongoing
Freelancer

A.S.D. Fenice Kickboxing | 2016-2020

S.S.D GOLD GYM S.R.L. | 2016-2023

Kung Fu and Musical Forms instructor

S.T.P. BLUE MOVE S.R.L. | 2019-2025

BUDO SPRING INTERNATIONAL - SIENA | 2026

Kung Fu and Qi Gong instructor

DOJO MUKEI | 2023-2025

A.S.D. COMBAT ACADEMY | 2025-ongoing

Kung Fu instructor

MONTEVERDI TUSCANY Resort | 2024-ongoing

SPAZIO ARCHE' Holistic Center | 2025

AREZZO - at schools and private facilities | 2024-ongoing

Qi Gong and Meditation instructor

GRADES AND AWARDS

2012 - Italian champion in the Shaolin short weapons discipline (saber)

2017 - Kickboxing second dan black belt

2026 - Shaolin Traditional Kung Fu third duan black belt