

## LEG THOUGHTS

Your Legs Run the World

LEG GOALS:

### Leg Thoughts

Perhaps the true sign or signal as somebody's wealth and or health is in their legs?

Also, with weightlifters, bodybuilders, etc.... both men and women in general, the number one and only thing to do is look at their legs!

Strong legs, strong soul?

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### **“Check out the legs on that one!”**

It's interesting because I think when it comes down to it... one of the great ways that men rate the attractiveness of a woman is based on her legs. How long they are, how healthy it looks like their skin is, their overall gait and shape etc.

Also, when it comes to age, people getting into older age etc.... as long as people have strong sturdy tree trunk like legs, full of muscle strength and vigor, they will be fine. Even my mom who is now 69 years old, she has very strong legs, and is still doing a lot of world traveling hiking backpacking mountaineering with her friends etc.

*First look at their legs, then look at everything else.*

Also, posture. I wonder if this is somehow connected to the strength of your legs?

## **Looking at their legs**

You could tell easily; if you look at somebody's bare legs, assuming that they're wearing shorts, short shorts, a bikini, whatever... you could look at their legs and judge their health.

I think the big issue with leggings is that it is difficult to ascertain the health as somebody's legs, their skin quality.

For example, if you look at women, just their legs, you could actually tell how old they are. Younger women, their skin and their youth in their legs has a different tone than a woman in her 60s, however fit she may be.

Also with men -- short shorts are the future!

## **Leg shaming?**

I think a lot of capitalism and consumerism, selling clothes and overpriced clothing is centered around making people feel shameful about their naked bodies.

For example, men, it seems the de facto fashion is for men to wear long pants, to cover up their legs. Even when men wear shorts, very rarely do they wear short shorts. Or speedos!

In fact, I've been spending a lot of time going to the beach, Santa Monica, etc.... And I don't recall the last time I've ever seen a man in America wear a speedo? Only Europe?

Also, the funny thing with men that somehow nowadays, it is seen as embarrassing or shameful for man to show his crotch, or his crotch bulge?

This is where the whole fitness transformant emerged, wearing leggings and simple athletic shorts over your leggings to not show off your crotch bulge?

However one great innovation that I've done is just wear tights by itself, show the crotch bulge it is fine! I find it very bizarre that there is this weird double standards; a woman can show all her body parts, butt, butt cheeks, breasts, crotch etc.... but for men you have to hide it and cover it up?

## **Chicken legs**

Also a funny trend is that honestly speaking... it is actually very rare rare that I see men with strong looking legs? Even in the weightlifting bodybuilding community?

For example, the only every time I see people or men with really really strong formidable looking legs is at the gym with powerlifters, but a lot of these powerlifting men tend to either be short and squat or average size but more on the fat side?

For example, very rarely do I ever see men who are muscular and lean like myself, with really really insanely buff muscular legs?

Takeaway point: **every day train your legs!** No legs, no future.

## **Your legs are the most important asset as a parent**

If you want to raise your child to become the greatest grandest individual here she could become... The parent, a.k.a. you require the strongest, the best legs possible.

Even as a thought experiment, as you train your legs, you will also train your upper body.

For example, I've actually discovered when doing my atlas lift, or even squat walks, when I rack up the barbell with lots of heavyweights, seven or eight plates, I feel a really really a big workout in my shoulders, shoulder stabilizer joints, upper body etc.?

Also even as a simple thoughts; if you are a man with enough power and strength in your body to lift 1000 pounds off the squat rack, certainly one must still have great upper body strength to do it.

Or let me give you another example... Let us say that you trained to the point that you could lift 2000 pounds off of the squat rack, and you literally only ever do that exercise, you never do any upper body exercise. Certainly you will build upper body strength as well!

*Lower body strength and leg strength also includes upper body strength?*

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### **Why only focus on the upper body?**

If you were a spartan, engaging in hand hand combat, nobody's going to care how much you could bench. In fact, if you have your spear, sword, shield or whatever... certainly much of the power will actually come from your legs, leg drive.

Actually in fact even some of the top weightlifters who could bench six or seven plates or whatever... apparently the secret is actually leg drive?

Even the number 1 thing I learned in tennis is that if you want to hit the ball really really hard, it is actually not your arms and shoulders and bicep strength or whatever, it is about 99% hip and leg drive?

I think the only reason why there is such an obsession with upper body, upper body strength and muscles has to do with film cinema, cameras, video and film, social media etc. For example if you're doing a film, if you're using some sort of close-up lens, maybe you could show the actors midsection up, rather than a full body shot.

Also, if you're doing a selfie on your iPhone, typically it will only show your upper body. Also, media at being at the pool or whatever... It is typically a full frontal shot, your abdominal muscles, your six pack, your chest etc. **It is difficult to display your legs on camera!**

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### **Yoga leggings vs biking shorts?**

A new trend I saw for a minute, especially in Orange County was that a lot of women were trading in their yoga leggings, their Lululemon leggings for what looks like these biker shorts, or booty shorts? Kind of like a very very short short tight for women, or imagine like a woman wearing very short boxer briefs?

In fact, when it comes to yoga, I'm not 100% sure why people wear leggings in general. Maybe to give them more friction when it comes to doing certain yoga poses? Because actually in fact, if you're doing hot yoga or if you're in a heated room, having leggings are bad because it gets really really insanely hot. The ideal outfit is to just do hot yoga wearing a speedo, whether you are a woman or a man.

*Make speedos cool again!*

### **The happiest people are the ones doing beach volleyball?**

Now that it is forever summer here in LA, I've been having a natural propensity to hit the beach! I think when the weather is good, there's nothing better than the beach.

Looking at all the people, it seems that the happiest people are the ones who are playing beach volleyball! They all have the best hands, or having the most fun, and I have some theories:

1. First, the social element! Beach volleyball is in the great outdoors, at the beach, with the beautiful water, the lovely sand inbetween your toes, and I think it is one of the few sports in which the de facto thing is to do it barefoot? I don't think there is even any Olympians who have special beach volleyball shoes?
2. Second, the fund of just running around and jumping around, and being physically active.

3. Third, sun exposure, the joy and delight of the sun! It looks like professional beach volleyball players, even kids, actually saw some kids doing some sort of beach volleyball camp in front of the Annenberg Beach House in Santa Monica, **they all have a great tan!** I think typically speaking, when you see people with a nice tan, it is a very good sign of their health!
4. Very rarely do you see somebody with a great tan being in a depressed mood, and typically speaking **you when you are at the beach, everyone is an insanely phenomenal mood!**
5. Theory and idea -- let us see that you do email or computer stuff for a living, or zoom calls whatever... Why not just take your iPhone Pro and AirPods Pro's to the beach? To just have Verizon, the best 5G connection, and just be happy at the beach? And do work there?
6. I think the only reason you would not do work at the beach in a gay happy and jolly mood is because *your coworkers might feel envious or jealous of you?* But this is where it is good to be a bad person. *Imagine how terrible of a life it would be if you just lived your whole life in such a manner which prevented others from being jealous or envious of you?* Typically my advice for any individual working for any company, or a person or whatever... **just do the minimum amount of work necessary to not get fired.**

### **Economy car**

Currently reading Carl Menger's the principles of economics, the father of the school of Austrian economics.

It's funny because in today's world, economics, or if you talk about the economy in general, is seen as the apex field of study. Why? To study business and or economics, as soon as the ultimate pragmatic major introduce world to make money.

Making money, conserving money, and growing it; the trifecta.

Some people are very good at making money, but terrible at conserving it or investing it! For example, MC Hammer, 99.99% of rappers etc.

## **Growing your money**

*Double your money and make it stack! - JAY Z*

I think this is still the strange hypocrisy in money economics wealth etc.;

*In theory, the ideal is to take 99% of the money you earn or make, and invested into something like bitcoin, and see your numbers forever go up.*

However what most people *want* to do is to earn \$1M and to *spend* that \$1M on something. People think:

*“What’s the point of earning a million dollars if you can’t spend it?”*

For example, the poor mistake that a lot of young rappers do is that they get their first check for \$1 million, \$10 million whatever... and instantly the first thing they will do is buy a Rolls-Royce ghost or Phantom or Bentley... but it would actually be better to have use that money to just buy bitcoin, Which is essentially wealth on wheels, and just smile to see the numbers keep going up!

## **Don’t blow your load**

One of my friends who used to be at Ferrari collector, told me that after collecting all these Ferraris, rare cars and exotics etc.... essentially he just got fed up with all of it, sold them all, and just now just drives around in a Lexus RX in Minnesota. And also, very very interesting advice that I’ve got from really really truly rich people that I know is to just buy a Lexus. Why?

First, if you are really really rich, actually ideally... you don’t want people to know that you’re rich! You don’t want to be held by hostage, or for ransom etc. I’m starting to also discover, being low-key poor, when in fact you’re really rich is very very good, the second that people know that you’re really rich, you actually start to concern yourself a little bit with security. The second people,,, like even your handyman maintenance guy asks you to borrow money... bad sign. I’m happy with

my 2010 Prius -- if someone asks me to borrow money I just tell them I'm poor and unemployed and point at my beater Prius! Imagine doing that if you had the Pink Rolls Royce.

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### **The best car or the most interesting car?**

*Real rich people drive Lexus's*

Nowadays Lexus cars are so common place, it doesn't really mean much in terms of prestige. However, if you want the ultimate in terms of comfort, the Apex quality of materials inside the car, and the ultimate and drive comfort, and also the highest in reliability (a Lexus is a Toyota after all), and also other benefits like having a hybrid engine which means that you don't have to fill up the tank as often... All very good things.

Even when I went to Alexis experience center at fashion Island, I jumped into one of the new Lexus cars, I was shocked how high-quality the materials were, compared to Tesla cars, which feel very cheap.

I think at the end of the day, certainly Tesla is the more sexy and interesting car, but in fact if you think about real real real real quality and the best... Lexus is better.

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### **Work from home or work from beach?**

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## **Legs**



Leg Leverage

Your Legs Run the World

Everyday is Leg Day

Instead of buying the loser Lamborghini, the loser Porsche, the loser Ferrari...  
better to instead to juice up your legs?

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### **Your legs are the ultimate lever and leverage**

There is a funny meme in the world of fitness, life etc.; which is the notion of "skipping leg day"-- the idea that we men are so obsessed about getting massive biceps, a massive chest, deltoids or shoulders etc.... that we instead of exercising our legs, we only focus on upper body movements which will show up on camera?

My theory is that perhaps this meme has only created itself because of the camera, social media, etc. I think before cameras were invented, maybe before the ancient Greeks even had mirrors... muscles, show muscles weren't really a thing.

For example, imagine the Iliad, ancient Greece etc., ultimate question is who killed who? In terms of ultimate PVP, person versus person, player versus player combat... Who would kill who?

For example, on the battlefield... The question was who could kill Achilles? Nobody.

I'm sure certainly these ancient Greek heroes, king Leonidas, the Spartan 300 had insanely epic muscles. Yet, assuming that when you're in battle, and you have battle armor on, certainly nobody is looking at your muscles, in fact, your muscles are only your metaphorical horsepower for your body and your lethality.

## **Chest?**

A funny thing; ever since I got my 60 pound weight vest, and I strap it on, I instantly gained about five or 6 inches in my chest. The funny thought; a lot of weightlifters and bodybuilders obsessed over having a big and a massive chest. Isn't it easier to just drop on a 60 pound weight vest instead?

Also, when it comes to combat, does ones chest muscles actually do anything in terms of making one more imposing fighter? I don't think so.

## **Posture**

Becoming sexier --

First, I think what we men seek is to become sexier. Also the same thing goes with women.

In fact, talking about revealed preferences or whatever; the reason I don't like talk, is that people have all this fake talk about blah blah blah, but revealed preferences show what is truly critical:

For example, if you go to a wedding, and everyone is dressing up to the 10's-- how is it that everyone wants to dress? The women want to look sexy and beautiful, the men want to look handsome, confident, sexy as well.

As a random sidenote, there is a common outage in the world of marketing that sex sells. This is true.

Even the reason why I like to study marketing for women is that I think it shows revealed preferences; even the female clothing brand Reformation has a delivery car with the motto "On our way to make you look sexy."

Even the reason why the clothing brand ALO yoga is killing Lululemon, especially in Los Angeles is that it seems that aloe has become the sexier brand, and sexier women wear ALO yoga, even though ALO YOGA clothing materials (Bella +

Canvas) is inferior to Lululemon materials; but the big issue Lululemon here has that it seems that only older, middle-age women are starting to wear Lululemon, and younger women are starting to flock to ALO yoga instead --

### **No more focus on sexiness?**

Also, I think the problem is in today's world, sexiness, is no longer sexy. Rather, the new fashion trend is ugliness?

### **Why I prefer Los Angeles**

*"I'm sexy and I know it"*

I think the reason why I still leave LA to be the Apex place is that this is where all the sexy women are! Even as undergraduate at UCLA; I know that going to UCLA was super then going to UC Berkeley because LA, UCLA were all the pretty and sexy girls went! UC Berkeley has a reputation for being grungy, dark, overcast, ugly, etc. And I think it is true.

### **Why does sexiness matter?**

If you think about it, ultimately, sex might be the most important human virtue. Why? If you don't have sex, you cannot produce children! And if you do not produce children, there would be no longer a human race!

### **Are kids recession-proof?**

I met the founder of this local child's clothing brand and store, Sean Macklemore; and he told me that the reason he got into the business was that babies are recession proof!

At first, I was a bit skeptical; wasn't the reality that when there was a recession, people stop having kids? But it seems that the truth is actually, whether we like it or not, we will always prefer to have children!

For example the current trend of having a dog, reducing your carbon footprint not having kids or whatever... I think this is just a weird degenerate trend. I think it will die out. In fact if you look at more product cities in the future like Irvine, Still very encouraged for people to have at least 2.2 kids, a single-family home, etc.

I think they really really families, at least the smart ones, we always prefer to have children! Why? The really intelligent families with much power, they realize that the true Legacy is three generations from now, imagine trying to give your inheritance to your dog will die before you.

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### **Why the Privilege is Your Legs**

There's this quote from Archimedes that says "Give me a place to stand, and I shall move the world!"

Note, he says a place to **stand**, not a place to *sit*.

### **Taiko drumming?**

The other day at the LA public library, the Mar vista branch, we saw this epic Taiko drumming show, and what was very interesting is that the Taiko drummers, when they were drumming at full force, would actually spread their legs and it looks like a lot of the power of the leg drive to hit the drums actually came from the legs?

## **Weightlifting for your upper body that also uses leg drive?**

Could we invent an innovate new styles of weightlifting that worked out your upper body that also encouraged you to use your legs?

## **Don't be the cripple in the Rolls Royce**

Questions; if I told you that you had to be a cripple, that you could not stand, use your legs, and you had to permanently be bound to a wheelchair for the rest of your life... But I would give you an unlimited collection of Rolls-Royce cars, Lamborghinis Ferrari Porsches whatever... McLarens ,, name it... would you do the trade? Of course not!

## **Consumerism is all about sacrificing your legs?**

what are things are products which are marketed to us? It seems anything that has to deal with sitting, our butts.

For example, sofas couches, chairs?

The Herman Miller chair, lounging, sitting, first class... The strange sacrifice of your legs?

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## **The best fitness**

The ultimate exercise is just movement? Like walking around and moving around?

I've been thinking a lot about outside your type of exercise, movement, etc., and I think the first thought that I have is that the ideal movement has to deal with walking, movement, your legs?

Even taking things up a notch; I've mastered the 60 pound weight vest, could I do 100 pound and beyond?

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### **Generate new things**

Where does your wisdom come from? Your innovation... your legs!

For thinker, mathematician, scientist, innovator etc.... If you want to come out with new ideas, the best strategy is first start walking, a lot, an hour or two, and then the thoughts will naturally arise?

Also, for more productive presentations, conversations, interviews... Ideally the people would be outdoors walking together? Ideally in nature?

Rather than having two individuals being stocked in a cramped podcasting interview room, better instead to have them both wearing Lavalier mics, Walking wall interviewing one other in the great outdoors?

In fact, ultimately the quality of voices is not as important as the quality of the ideas.

Better to have worse audio quality, but more unique creative ideas?

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### **Why your legs?**

When it comes to life, health, existence etc.; what is the ultimate privilege? Your legs, being able to walk, etc.

For example, as a photographer and a street photographer, what is our ultimate passion? To travel, travel the world, to hit the streets, and to shoot street photography, ideally all day every day, with great gusto, and no fatigue.

Let us consider, mobility, which means walking with your legs, is the most critical elements when it comes to travel.

For example, a lot of Americans work really really hard, hoping to retire at the age of 65 with a fat pension fund, and then travel the world, whatever... but what if by the time you are 65 years old, you are so fat, fat and obese, type two diabetes, that even though you have a huge pension fund, you can no longer stand nor walk?

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## Legs

With health, you don't really appreciate it until you lose it.

The other day I went to a friends wedding, tons of fun, tore up the dance floor etc.... And I'm just chatting with the ballet guys, about the richest guy, the richest car etc.... And the guy wisely asked me--

*"Are you healthy?"*

And I responded-- "I am extremely healthy!" Then he gave me a grin and said "Then you are the wealthiest one!"

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## **"Who has the most expensive car in the valet at the wedding?"**

Don't be the cripple in the Rolls Royce:

I almost wonder if we could use this cripple, crippled metaphor for just modern day reality, philosophy, ethics etc.

Example, there are some people who are emotionally crippled, maybe has some sort of personal PTSD as a kid? Or people who lack empathy emotional social skills-  
- social cripples?

For example, I had the realization that in fact anyone who wears dark tinted sunglasses, all the time, even when they don't need to... It is because they are extremely shy?

And it doesn't really make sense for us to disdain people because they are shy?

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## **Bitcoin & emotions**

Like most humans, I am very emotional, especially when it comes to numbers, money, finances, gains and losses. This is why I never look at prices, too much noise and emotions.

I think my strategy of via negativa never checking prices is wise -- why? Essentially when I got to bitcoin at around \$6000, \$7000 a Bitcoin ... around 2017, 2018... I essentially "Set it and forget it!" After making my initial investment, I just switched my attention and focused to other random stuff like working out, weightlifting, one rep Max powerlifting, philosophy, etc. So hilariously enough when the whole FTX thing happened, Sam Bankman Fried... I was actually oblivious to it all. The only reason I even found out about it because there was a random guy at the gym who told me about it ?

## **The signal and the noise**



I am definitely on the Michael Saylor camp, -- trying to think about the next 100, 200, 300 years... and also thinking about what NASSIM TALEB talks about signal and noise... 99.9999% of things is just noise.

For example, if you think about bitcoin, which might be the ultimate volatile asset, maybe second after micro strategy stock... checking prices even on a daily basis is bad. And let us consider that most people are checking prices literally mid to minute, not good.

Instead let us imagine checking the prices only every four years. When bitcoin first hit my radar, when I was in Vietnam in Saigon in 2017, I recall bitcoin being only about \$300 a bitcoin, and people would comment that it would never hit 1000. Then fast forward a bit, bitcoin hitting \$20,000 a bitcoin... Big deal. Then it hitting \$60,000 of bitcoin, \$66,000 of bitcoin... Big deal. Then crashing down to sub 10,000, then back up to over \$70,000.. I think the all-time high thus far has been made around \$77,000 a bitcoin?

Anyways, assuming that the bitcoin having cycle is every four years, the truly empirical way to assess prices is to look at prices only every 4 years.

I think my general ethos of quitting the news, never looking at any news, has been wise... I've been able to dodge all this fake news about bitcoin being bad for the environment etc.... Which I think was essentially an insider lobbying scammed by Sam Bankman Fried and paying billions of dollars of promotion sponsorships and marketing to a bunch of random celebrities crypto influencers, green peace etc.... To try to spew this propaganda that bitcoin was bad for environment, and that somehow, their "green" token was much better ... like Luna token, FTT token whatever... Which all essentially went to zero.

I think one of the most clarifying things of having a child is that once you got a kid, your horizon expand. You no longer just think about your own personal short-lived existence... You start to intelligently think long-term.

For example, the next 30 years. I am currently 36 years old, Seneca is three years, three months old... So in 30 years Seneca will be 33, almost in his prime. I suppose for men, I think we hit our prime in our 40s 50s 60s, maybe even 70s? I think

physiologically things start to go downhill maybe when we hit our late 80s, but I suppose my great gratitude of being born a man is that as time goes on, my potency increases overtime.

### **Day to day?**

Some of their random thoughts: the wisdom of not thinking too far into the future:

First, every single day you wake up, you're going to feel a little bit different, and also the things you're going to care about is going to be different day to day.

I suppose what I am grateful about leaving the loser Bay area is that I am starting to slowly "de-techify" myself. Saying goodbye to loser Patagonia down jackets, insecure nerds with AirPods on, complaining about rent and property prices etc.

In fact, I am 1 trillion times happier here in LA than I ever was anywhere anywhere else. Why? Certainly there is always a learning curve to moving to a new neighborhood or a new city or a new local, but LA, Culver City is perfect. Literally the only place I've ever lived where I can walk... super well?

In fact, the currently sweet apartment that I got, I'm gonna hold onto that, forever. The ultimate squatter who actually pays his rent.

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### **Who skips leg day? Not Batman!**

I think a general shift, a general shift I want to see is for us to become more gay, more jolly, grander, bigger, happier, louder, more joyful! Just go to a wedding, soak up all the good endorphins, and hit the dance floor!

Also don't forget, it doesn't cost anything to smile!

ERIC

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## **How to judge a weightlifter or a bodybuilder or a power lifter**

Very simple... first look at the legs, then look at everything else!

And also, if you really want to judge yourself according to any other man, ask them how much they could squat, deadlift, etc.

We real men glorify our legs!

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## **Clothes**

Just a simple thought, let us assume that you could load up the squat rack at your local gym with 11 (45 pound) plates on each side. And as a simple challenge, all you had to do was lift it off the rack with your shoulders and your legs in your back for a centimeter. If this were the case... physics don't lie. Could you do it or not?

## **Why rent control is good for us**

A wise economic thought --rent control, rent control for us is a very good thing.

Why? I can hypothesize that we are going through a low-key hyper inflationary environment. for example, right before my very eyes, I saw the price of a single burger patty go from \$1.49 all the way up to \$2.50! Literally ... I saw the price of a single burger patty almost double, nearly an 80% increase in price overnight!

\$20 an hour to work at McDonald's?

Anyways, this upcoming election cycle would be good for bitcoin. Why?

First, there seems to be about an 80% certainty that Donald Trump is going to win. And I think Donald Trump said he was actually pro bitcoin.

The issues here is that first, nobody likes Joe Biden, not even the liberals or the Democrats, not even myself, and I voted for him because he was the non-Trump candidate.

I don't even know who's running against Donald Trump.

Anyways, in a world of uncertainty and chaos, bitcoin gains.

For example it looks like the big trend here is that irregardless of whoever the presidential candidate is... Over along enough time span, I think the value of the US dollar will keep inflating. Already now I see a single-family homes in Culver City, super basic going for \$2.1 million?

Also, the new iPad Pro. I think it's wise that apple increase the price of the iPad Pro to \$999, instead of the customary \$799.

And also, certainly whether we like it or not, the price is the iPhones also must keep going up. I'm sure in the next five iPhone Pro cycles, we will see the iPhone pro being above \$1000.

### **So who will win?**

Ultimately I think the big winners here will be the people who maximally frugal, Spartan frugal, and direct almost all of their economic energy towards purchasing and gaining bitcoin?

### **Paying your taxes in Bitcoin?**

I wonder, if in the next 20 or 30 years, there will be an option that you could pay your US taxes with bitcoin? And this might be a good idea for the American government because she could start to store some of her wealth backed by bitcoin,

not the typical gold standard.

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### **What next?**

1. Download the Coinbase app for your phone, link it with your traditional bank account, and start buying bitcoin! I think if you link it with the plaid integration to your JP Morgan Chase or Wells Fargo or whatever... You could buy up to \$50,000 a day Without any wire transfers.
  2. Once you bought the bitcoin, delete the Coinbase app from your phone. Refuse to look at any crypto news bitcoin news or whatever... And instead use that time to just watch Michael sailor interviews, and for literature, start to tap into the school of Austrian economics, Karl Manger. “The Bitcoin standard” book was also a good read.
  3. Start to think more about peer to peer; for example, I’m starting to think that now even with photos and sharing photos, instead just publicly posting it to Instagram or Facebook, better instead to directly message it to your friends or family members, for them to enjoy! This is peer to peer photo sharing.
  4. If you exercise go to the gym or workout, make every day like day! There is 10x testosterone production in your legs than your upper body; so if you think about it, if you hit legs every single day, your upper body will also benefit. I recommend heavy one rep max “rack pulls” (partial deadlifts off the squat power rack) or just the atlas lift (Google and YouTube ERIC KIM 1,000 pound atlas lift).
  5. In terms of photography, still the best camera to have is a Ricoh GR III or a Ricoh GR IIIX, the new Ricoh GR 3 and 3XHDF is coming out soon, I’ll probably get one. My simple suggestion is if you have a growing kid, who likes to go rock climbing and play at the park etc., get the Ricoh GR III HDF (28mm equivalent), otherwise get the other one.
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## **The future of media?**

I just recently discovered that Apple podcasts automatically transcribes podcasts, and it is actually very very good! I'm doing this when I am taking a nap in the car with Seneca, and I could just read the transcripts of the podcast interviews with Michael Saylor, because I don't want to listen to the audio and wake up Seneca!

I still think that the future of media is still probably text based. For example, the famous Lex Fridman Michael Saylor interview which I think was three or four hours long, I just read the transcript of it, and therefore was able to download the information to my brain at least 1000 times faster.

## **Read or watch things or listen to things while you are walking?**

With iPad Pro.

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## **What next?**

Travel! Some good places I recommend:

1. Mexico City, stay in the Roma Norton neighborhood
2. Bangkok, Thailand
3. Phnom Penh Cambodia, Angkor wat / siem reap
4. Hanoi and Saigon in Vietnam
5. Seoul South Korea, Gangnam and all the cute hipster neighborhoods -- Hongdae, Itaewon, Garosgil
6. Tokyo, Osaka, Kyoto in Japan
7. New Orleans
8. Downtown LA, the fashion District
9. San Francisco Mission district, 24th street ...
10. Dubai, London, Paris, Prague, all the big cities in Europe. Amsterdam etc.

Still... traveling is the best thing for the buck for your photography!

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## **EK WORKSHOPS**

*Work your legs, your mind,,, your soul:*

1. SF BAY AREA, MISSION DISTRICT
2. DOWNTOWN LA
3. ANGKOR WAT, CAMBODIA

EK WORKSHOPS

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## **Leg exercise ideas?**

1. Buy a 60 pound weight vest -- [Titan.fitness](#), and just walk around town with it every single morning? Or go on a hike and just hike with it on?
2. If you have a gym membership, never do any exercises in which you are sitting, or lying on your back.
3. Think leverages; stop doing squats, rather do standing exercises. Atlas lift, atlas stand,,, rack pulls, partial deadlifts, "block pulls" etc.
4. When optimizing your life, minimal sitting lifestyle -- better to go on a walk, use your legs. This goes with yourself and your kids!
5. Maybe instead of obsessing over cars vehicles etc.... maybe let us fetishize instead weightlifting equipment?

## **Anti bikes?**

I think bicycles are seen as virtuous, but even bicycles have a downside that you have to sit? And often the issue with bicycles is that they are expensive, require a lot of maintenance, and dangerous if you live in a city.

Even Seneca has the intelligence, he has a standing walking bike, the one without pedals... But he has never once sat on it and wrote it like a bicycle; instead he uses it like a walker? He walks along side it?

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### **What else?**

At the gym, everyone is trying to show off how strong they are. But it seems that the ultimate idea is maybe when it comes down to it... The ultimate display of strength is the yoke walk.

For example, let it say that you have the cold gym in Venice Beach or whatever... And my simple thought is just have a standing yoke, have a permanently bolted down with a 1000 pounds... and there would be two goals:

1. Could you lift it off the floor?
2. If so,, how far could you walk it out in one go?

Then for competition ,, have two guys, with the same yoke, and the goal is to see who could do 100 yard dash with the yokes quicker?

### **Competition fitness muscles without the steroids?**

I think out of all of the exercise fitness trends, maybe the most productive one is the strongman ones. But even though, it is essentially a bunch of fat guys on steroids.

We got to make the yoke walk cool again.



In fact, there is this new scene in the Baywatch movie -- the one with the rock and Zac Efron, in which they are at the beach in Venice Beach I think, doing a yoke walk competition?

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### **The best shoes for photographers, travelers and street photographers**

Zero drop, barefoot... Vibram 5 finger shoes.

Currently the vibram five finger "EL-X" knit model.

We photographers spend so much money on our cameras lenses etc.... but how come so little money on our shoes, which is actually the most important element?

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### **How to improve your photography**

I also believe that the best thing to optimize in terms of your clothing is your shorts. Currently I believe the best shorts for photographers and street photographers to be the 5" length to train black shorts -- zippers in the front pockets.

Also, the simple ethos is that when you are out shooting, do you want to lighten your load to the minimum. RICOH GR III/X camera still seems to be peak.

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### **Now what?**

Ge sun is out! Hit the beach, go to a wedding, soak up the endorphins!

As much as possible, don't be in the loser indoors.

Don't let your kids watch movies, media, films, DVDs etc.; also you yourself unsubscribe and cancel your membership for Netflix HBO, Disney+ whatever.

Go on a walk, go on a hike!

Lately I've been getting Seneca into climbing, baby rock climbing the center city one, sender city for kids; but even ultimately... Even Seneca says he prefers to walk!

WALK ON!

ERIC

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