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Life & Work with Mark Stas



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Today we'd like to introduce you to Mark Stas:

Hi Mark, so excited to have you on the platform. So before we get into questions about your work-life, maybe you can bring our readers up to speed on your story and how you got to where you are today?

As long as I can remember, I have been incredibly passionate about martial arts. My journey began in a small room where I trained alone, inspired by anime, Bruce Lee movies, and books from the local library. When I was finally old enough, my parents allowed me to join a martial arts class, and I took my first Karate lesson. This only fueled my passion further. During my youth, I became a regional Kata champion and, after several years of Karate, I transitioned to Taekwondo due to my love for kicking techniques. I trained rigorously, competing in numerous championships and often securing first or second place.

In the early nineties, I left my home country to live in Germany and train very intensively the martial art that would become the foundation of my Wing Flow System (WFS). Officially established around 2017, WFS took about five years to perfect. I developed a structured teaching program to ensure a comprehensive and effective system. My martial arts journey has taken me across the globe, from Thailand to Brazil, Argentina, Canada, Miami or Europe, where I was invited and shared my passion and expertise with much success. Traveling the world (and thanks to the five languages I speak fluently) has given me immense joy, allowing me to meet passionate and incredible individuals.

My skills eventually opened doors to the action movie industry. The renowned action star Ron Smoorenburg, best known for his role in the Jackie Chan movie “Who Am I”, discovered my talent and brought me into the world of action cinema.

My dedication and hard work in martial arts have not only earned me titles such as “Legend in Martial Arts” and “Self Defense Master of the Year” in various Hall of Fames but also accolades as an award-winning fight choreographer, producer, and actor in the movie industry.



It's been a fulfilling journey driven by passion, perseverance, and a deep love for martial arts.

Can you talk to us a bit about the challenges and lessons you've learned along the way. Looking back would you say it's been easy or smooth in retrospect?

The journey has certainly had its challenges, but my passion for martial arts has made my 40 years of intensive training, the ups and downs and emotional difficulties, more than worth.

One of the biggest changes in my life, was when I left everything behind in Belgium after having my degree in Physiotherapy: I moved abroad with no money and barely speaking the language, solely to pursue martial arts training.

Despite the initial hardships, it turned into one of my most beautiful life memories.

Another significant challenge came during a period when I needed an emotional break in 2016. I decided to travel to Thailand and accepted Ron Smoorenburg's invitation to meet him.



Although the trip was primarily to regain my equilibrium and focus on my personal training, this big change provided me with the opportunity to dedicate time to developing my Wing Flow System (WFS) and get involved in action movies.

Some people in the movie industry told me that I would never have a chance to get involved in movies in Asia because I am Asian and things aren't easy. But I continued to believe in myself. I went to Thailand, and in a very short time, I played in three action movies and made one short film, which

became an award-winning short.

What I have learned in life is that if you know what you want, continue to walk your path, work hard and don't let yourself be influenced by others or your inner fears, then beautiful things can happen.



Experience has also taught me to distance myself from negative and ego-driven people, whether I worked with them or encountered them along the way. While it might sound egoistic, I don't want to waste time with those who derive pleasure from breaking others down.

These challenges have not only strengthened my resolve but also enriched my journey, making it all the more fulfilling.

Appreciate you sharing that. What else should we know about what you do?

I specialize since now four decades, in martial arts, with a specific focus on my Wing Flow System, which has not only been a personal passion but also opened doors to the movie business. I'm incredibly grateful for the opportunities to work as an actor and fight choreographer in action movies.



Regarding my newest project, which is initially linked to our World Wing Flow System Association, I'm excited to announce the creation of new online lessons. Although I was initially against learning via video, I changed my vision after seeing how online coaching can significantly improve the instructor's level. More information will be released on my website, wingflowsystem.com.

Although I am very proud of the recognitions I've received in martial arts, I feel more blessed that martial arts training gives me this feeling of love and passion in my life. While many have invited me to join their Hall of Fame, I am very selective at this stage, choosing to maintain my personal conviction of not simply accumulating awards.

In the movie business, I am proud to have won several prestigious awards for the projects I've been involved in. These include the Best Choreography-Award of Prestige, Best Actor-Special Jury Award, and Best Action Award.



Additionally, I am deeply honored by the interest of the Belgian press and media, such as Nieuwsblad, RTL, La Une, L'Avenir, RingTV and radio stations like Vivacité, to name a few, which have interviewed me and dubbed me the "Belgian Bruce Lee."

Even my colleagues and some customers at my professional workplace have noticed my work online or in the news and follow my journey.

What sets me apart from others is that despite all the recognition, I remain deeply passionate about training and retain the same mindset when it comes to martial arts. My dedication to continuous

improvement and simply loving to train, fills me with the same joy as when I was a boy who discovered the pleasure to train..

Can you talk to us a bit about the role of luck?

In my life, I've made many decisions that people told me were crazy. However, I always followed my heart. I believe that my strong character has allowed me to combine these decisions with belief and a bit of luck.

Luck has played a role, but it was often intertwined with my determination and hard work.

For instance, moving abroad with no money and barely speaking the language might have seemed like bad luck to some, but my perseverance turned it into one of my most beautiful life memories. Similarly, in the movie industry, I was told I would never succeed in Asia because I am Asian and things wouldn't be easy.

But by continuing to believe in myself and seizing opportunities, I turned those challenges into successes.

So, while luck has certainly had a role, it was my willingness to take risks, stay true to my convictions, and work hard that maximized the positive outcomes.

Luck has also played a role in my personal life. I've witnessed that it's never too late to find luck and happiness, especially in my love life. Meeting the right person at the right time can change everything, just like being at the right place at the right moment has done for my career.

Combining decisions with belief and the luck has indeed shaped my journey, making it both challenging and incredibly rewarding.

Contact Info:

- **Website:** <https://www.wingflowsystem.com>
- **Instagram:** https://www.instagram.com/markstas_wfs/
- **Facebook:** <https://www.facebook.com/markstaswfs/>
- **Youtube:** <https://www.youtube.com/@MARKSTASWFS>