

## Sensei Chris Nicholas



Sensei Nicholas began studying martial arts in 1990 at West Coast Tae Kwon Do in Newark, CA. Six months later he began his training in Kodengan Jujitsu under Sensei Bob McKean. He continued with Tae Kwon Do for seven years earning a 2nd Degree Black Belt from Master Ev Pepper while also training in Kodengan Jujitsu. Chris has also cross trained in Kempo Karate (Tracy Style for 2 years), Kodokan Judo at San Jose State University (2 years), Krav Maga (3 years), Brazilian Jujitsu (3 years), and Kodengan Bokendo.

Sensei Nicholas worked in Law Enforcementsince from 1995-2020, starting as a Corrections Officer then becoming a full time Police Officer in 1999.Sensei Nicholas is certified as a law enforcement arrest & control tactics Instructor in both the F.B.I. and Krav Maga law enforcement methods of police defensive tactics. Sensei Chris completed his career in the traffic division as a motor officer and, after 15 years of

teaching at the Police Department, is a former firearms and arrest & control instructor.

Sensei Nicholas is one of the original students of the K.I.T.W. combat knife fighting course developed by the late Professor Bob Krull and Sensei Bob McKean in 1993. Chris has participated as a student, basic instructor and advanced instructor in these courses for the past 15 years. In 2008 Chris was promoted to the title of Master Combat Knife Instructor by Professor Bob McKean and Master Don Richardson. In 2016 in collaboration with Prof Mike Tucker, Chris and Mike developed the folding knife supplemental to the KITW curriculum and a full day training curriculum for the folding blade.

Chris balances his martial arts training by studying Master Okazaki's method of restorative massage. He began the basic study of massage with Jill McKean and received additional training from Professors Bob Krull and Bob McKean, and Master Don Richardson. Chris is continuing his study of massage with Sensei Robert Korody and sensei Cris Giordano through the PJA massage program.

Sensei Nicholas holds the rank of Master Black Belt Rank 5 under Sensei Bob McKean. Chris is a charter member and one of the senior black belts of the Pacific Jujitsu Alliance, and was named Kiacho (President) of the PJA in July 2022. Chris is a former member of Jujitsu America and allied member of the American Judo & Jujitsu Federation. Chris is a member in good standing in the Kilohana Martial Arts Association and held the office of Vice President with that organization for two years. Chris is head instructor of the Pacific Self Defense Academy and is currently teaching Danzan Ryu Jujitsu at the Esteller Martial Art Kajukenbo School in Pleasanton, CA.

Submitted July 2022