

## Professor Chris Nicholas



Professor Nicholas began studying martial arts in 1990 at West Coast Tae Kwon Do in Newark, CA. Six months later he began his training in Danzan Ryu Jujitsu under Professor 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 Danzan Ryu 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 Kodenkan Bokendo.

Professor Nicholas has been a full time police officer since 1995 and 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. He is currently assigned to 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.

Chris is one of the original students of the K.I.T.W. combat knife fighting course developed by the late Professor Bob Krull and Professor 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. Chris is continuing his study of massage with Master Don Richardson and Sensei Robert Korody. Chris continues his education through the PJA massage program and the Kilohana Massage program.

Prof Nicholas holds the rank of Rokudan (6th degree black belt) under Professor Bob McKean. Chris is a charter member and one of the senior black belts of the Pacific Jujitsu Alliance, a former member of Jujitsu America and an allied member of the American Judo & Jujitsu Federation. Prof Chris is a member in good standing in the Kilohana Martial Arts Association and currently holds the office of Vice President with that organization. He received his Professor title in 2013 from the PJA.

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 February 2016