

WELCOME!

I have been a national-level competitor, coach and referee, and trained in Judo, Ju Jutsu, Taekwondo and Hapkido.

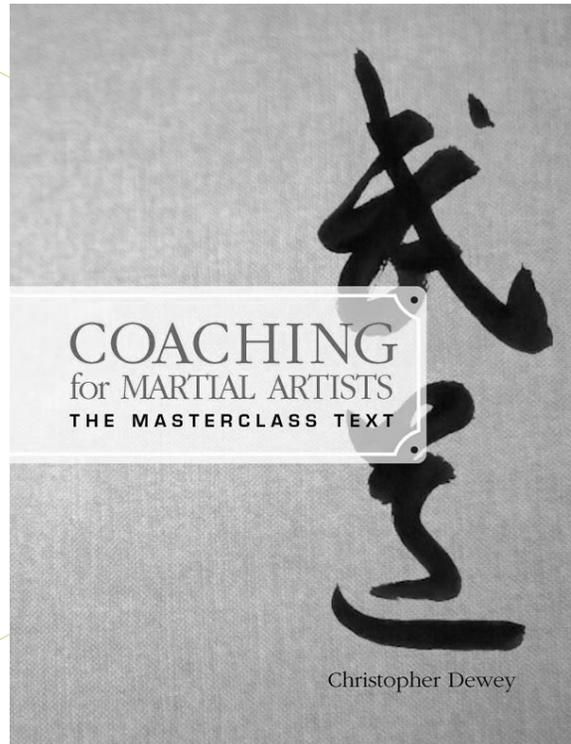
I served as Chair of the United States Judo Association Coaching Education Committee; was a faculty member of the National School Support Network for the National Association of Professional Martial Artists and was a regular columnist for Martial Arts Professional Magazine.

For sixteen years, I ran my own for-profit dojo, which I sold in 2012. For twenty-plus years I have been teaching seminars all over the United States on a wide variety of martial arts topics, including: Judo, Ju Jutsu, Teaching children's classes, Women's self-defense and Coaching techniques.

I currently teach, give seminars and serve on the Board of Directors for Akayama Ryu Ju Jutsu.



Reaching Black Belt...the road begins



Check out the book title on [Amazon.com](https://www.amazon.com) or on [BarnesandNoble.com](https://www.barnesandnoble.com)

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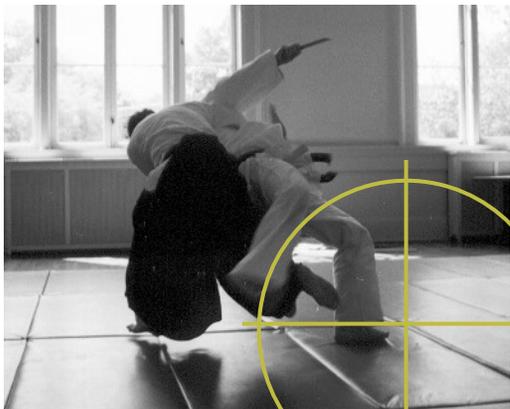
*Using martial arts to build physical and
mental well-being for all ages.*

ABOUT THE MARTIAL ARTS



*"Two roads diverged in a wood, and I--
I took the one less traveled by,
And that has made all the difference."*

Robert Frost



JUDO

Judo was developed by Jigoru Kano in 1882 after training in Tenshin Shinyo and Kito Ryu Ju Jutsu. Judo literally means, "way of gentleness." Judo involves throwing and grappling skills that employ principles of evasion, balance, leverage and momentum.

JU JUTSU

Ju Jutsu is a term for many traditional styles of Japanese martial arts. Akayama Ryu Ju Jutsu was founded by Alex Marshall in 1988, has at its base Jikishinkage Ryu Aikijujutsu and is both traditional and pragmatic. Akayama Ryu involves no-nonsense throwing, grappling, striking, joint lock and weapons-based skills.

TAEKWONDO

Taekwondo is a Korean striking art that emphasizes a kicking and punching skill set. Practice includes both pre-arranged patterns (kata or poomse) as well as free-sparring.

HAPKIDO

Hapkido is a Korean art founded by Yong Sul Choi in the 1950's, and has its roots in Daito Ryu Aikijujutsu. Hapkido makes extensive use of throws, joint locks, and an array of traditional weapons, but also incorporates a broader range of strikes than Taekwondo.

TAIJI

Taiji was created in China during the Sung Dynasty (c.1100 AD) and is a comprehensive system of martial arts, involving mind, body and spirit conditioning aimed at improving overall health. Taiji can be practiced by anyone, and consists of a series of slow, gentle movements, designed to promote balance, coordination, flexibility and strength. The form of Taiji that I offer is Yang Style, also known as the International Standard Taiji.

*"Without new experiences, something
within us sleeps, and seldom awakens"*

Frank Herbert -Dune



Dr. Chris Dewey has been training in martial arts since 1969 and currently holds 7th degree black belt in Ju Jutsu, 6th degree black belt in Judo, 4th degree black belt in Taekwondo and 3rd degree black belt in Hapkido.

Chris also teaches Taiji and Qigong, and is a certified practitioner of Oriental Medicine.

