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Summary

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Description

I started training in Chinese Kenpo in 1985, under Professor Harry Baker in East Orange, NJ. I became an instructor in 1988 and started teaching women's self-defense at Rutgers University in New Brunswick, NJ from 1988-1990. I have taught self-defense at UMDNJ and Rutgers in Newark and at Newark, East Orange and Plainfield public schools. I was the self-defense instructor at the Newark Boys Chorus School for twelve years.

Currently, I hold a seventh degree black belt in Chito-Ryu and a seventh degree black belt in Fusion Kenpo and Combat Ju-Jitsu. A forever student, I still train weekly with my teacher as well as teach at Baker's Red Iron Dragon Academy in Orange, NJ. Since 1988, I have taught men, women and children from all walks of life including, business people, healthcare workers, elders, persons with disabilities and law enforcement officers.