

I am proud to be a part of The School of Crazy Monkey and the positive learning environment that "Coach" perpetuates.

I have been training martial arts since 1983 and I feel it is a privilege to instruct and coach individuals who are looking to relieve stress and overcome stumbling blocks in their lives.

Spending time with my wife Danielle and our four amazing children are top priority and we love being outdoors with our dog "Ranger" enjoying nature.







LICENSED CORE 16 & MJ TRAINER

CM CORE 16



dukeselfdefense@gmail.com