John E. Nesbitt 4th Dan

Over twenty years teaching and training in the following:

- Provide training and Instruction to advanced and intermediate students.
- Instructions on Meditation, breath control and centering.
- Tsubo Instructor including understanding pressure points.
- Advanced and beginning training for breaking wood and Brick.
- Advanced training in sparring one two and three by one.
- Three time AAU Regional Tae Kwon Do Champion.
- 1959 New York City PAL [Novice] Boxing Light Heavy Weight Champion
-
-
- **1964** Bushido School of Self Defense — Master Ronald Duncan
- Brooklyn, New York — Brown Belt — HakkuRyu Ju Jit Tsu
-
- **1969** Kangs Institute of Tae Kwon Do — Master Kang Myung Kyu
- Sacramento, California — Moo Duk Kwan School
-
- **1972 1st Dan** issued, Kangs Institute of Tae Kwon Do — Master Kang Myung Kyu
-
- **1972** University of California, Davis — John Nesbitt: Founder, Senior Instructor
- Tae Kwon Do Association — Under Master. Kang Myung Kyu
-
- **1974** India, Nepal, Hindu Chakra System — ** Independent study
- **1974** Vallejo Tae Kwon Do — Owner, Head Instructor
- Vallejo, Ca — Under Mstr. Kang Myung Kyu
-
- **1976 2nd Dan** — Issued, Kangs Institute of Tae Kwon Do
-
- **1977** Kyo Ku Shin Kai Kan — Master Masatatsu O'Yama
- Ikibukuro, Tokyo Japan
-
- **1980 3rd Dan** Issued, **KuKiKwon,** Korea — Master Kang Myung Kyu
-
- **1983** Hampton Institute, Tae Kwon Do — Founder, Senior Instructor
- Hampton, Virginia — Assistant Professor
-
- **1991** University of California @ Berkeley **Guest Instructor for Professor Kyung Ho Min**
- Golden Bear Martial Arts Program — Berkeley High School
-
-
- **2010-12 United Martial Arts College 4 Dan, Master Class C** Sacramento, California
  Under Master Kang Myung Kyu