

## Chris Bouguyon, MMQ, AOBTA-CP

2606 Chinkapin Lane  
Rowlett, Texas 75089  
214-476-1721  
Chris@SimplyAware.com



### INTRODUCTION

Multifaceted professional instructor with a 39+-year career demonstrating expert hands-on martial arts skills. Able to modify instruction to meet the needs of a diverse class environment. Enjoys teaching any age group and class size. Willing listen to student feedback and adapt the training to optimize technique, movement efficiency and individual performance. Proven leader and class manager, patient instructor; self-motivated and ambitious with excellent communication skills and strengths in:

- Tae Kwon Do
- Tibetan Kung Fu
- Yang Style Tai Chi
- Sun Style Tai Chi
- Qigong
- Muay Thai
- American Boxing
- Kickboxing
- Grappling
- Shoot Fighting
- Ju Jitsu
- San Soo
- Kali
- Tactical Self Defense
- Personal Instruction
- Medical Qigong
- Accupressure
- Tuina
- Somatic Therapy
- Pain Management
- Myofascial Release

### MARTIAL TRAINING SUMMARY

- **MEDICAL QIGONG** - International College of Medical Qigong – Palm Desert, CA (2014 - Present)
  - INSTRUCTORS - Dr. Bernard Shannon / Dr. Michael Sweeney, LAc
    - Medical Qigong Practitioner - Completed the 200 hour MQP Training Program - Oct. 2014
    - Medical Qigong Therapist - Completed the 500 hour MQT Training Program - Oct. 2015
      - Traditional Chinese Medical Theory - 100 hours - Red Thread Institute
      - Anatomy & Physiology I & II - 100 hours
    - Master of Medical Qigong - Completed the 1000 hour MMQ Training Program - Oct. 2016
- **MODIFIED SUN STYLE TAI CHI** - Tai Chi for Arthritis – Mission Viejo, CA (2004 – Present)
  - INSTRUCTORS - Dr. Paul Lam, Troyce Thome
    - TCA Level 1 Instructor Certification
    - TCA Level 2 Advanced Instructor Certification
    - Tai Chi for Arthritis Program Instructor
    - Tai Chi for Back Pain Program Instructor
    - Senior Tai Chi for Arthritis Instructor for the Arthritis Foundation of Texas
      - Assisted in TCA Certification of over 200 Instructors in Texas
- **TRADITIONAL YANG STYLE TAI CHI** - Plano, TX (2001 – Present)
  - INSTRUCTOR - Dr. Alan Y. Chen, L.Ac
    - Traditional training environment, no ranking system used
    - Granted permission to teach by Master Chen (2003)
    - Awarded Title of Sifu (teacher) from the International Chinese Boxing Association (2003)
- **TAE KWON DO** - Texin's Karate – Dallas, TX (2001 – 2003)
  - INSTRUCTOR - Grandmaster Royce Young
    - Open invitation to train with senior level students and instructors
- **FREESTYLE (Mixed) MARTIAL ARTS** - Eric Mattingly's Cross Training Center - Carrollton, TX (1997 – 2001)
  - INSTRUCTOR - Sifu Eric Mattingly
    - Granted permission, by Sifu Mattingly, to train outside of school's ranking system with senior level students
    - Training included American Boxing, Shoot Fighting, Brazilian Ju Jitsu, Grappling, Kali, Muay Thai, Kung Fu San Soo, Russian Sambo

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### MARTIAL TRAINING SUMMARY Cont'

- **LIGHTING FIRE MOUNTAIN KUNG FU** - The Energy Balancing Center – Dallas, TX (1991 – 1998)
  - INSTRUCTOR - Roger Stainbrook, LAc
    - Tibetan Kung Fu
    - Tibetan “Needle in the Cotton” Tai Chi
    - Tibetan Qigong
    - Completed 4th Level of 5 – Red Sash / Black Stripe
    - Studied Herbolgy, Acupuncture, Acupressure and Nutrition
  - Senior Instructor
    - Developed and taught Children's Kung Fu classes
    - Developed and taught Intuitive Defense™ classes
    - Developed and taught Full Contact Fighting classes
- **TAE KWON DO** - Chang Pyo – College of Tae Kwon Do – Mesquite, TX (1982 – 1986)
  - INSTRUCTOR - Master Chang Pyo
    - 1st Dan Black Belt
    - Instructor – Ages 8 to 12
    - Member American Karate Black Belt Association
- **TAE KWON DO** - Texas Karate Institute – Garland TX (1978-1982)
  - INSTRUCTORS - Alan Steen, Bob Potter, Troy Dorsey
    - 1st Dan Black Belt (unverified, records lost in school ownership change)
    - Placed 4th in Texas Karate Olympics – Houston, Texas
    - Member American Karate Black Belt Association

### WORKSHOPS / OTHER TRAINING EXPERIENCE

- Kuk Sul Won - Master Lee - Plano Texas
- Tibetan Kung Fu Advanced Training - Roger Stainbrook, LAc - Dallas, Texas
- Tibetan Kung Fu Advanced Training - Michael Persing - Minneapolis, MN
- Kali – Phillipino Stick Fighting – Sifu Raymond Crow
- Arnis Tulisan Caballero – Ama Guro Raffy Pambuan
- Sambo – Russian Grappling – Sifu Eric Mattingly
- Kung Fu San Soo – Master Ron Von Browning
- Muay Thai – Saekson Janjira, Sifu Eric Mattingly
- Tactical Self Defense – Dallas Police Pressure Point Control Tactics (PPCT) Instructor – PO. Michael Zang – Ret.
- Jai Yen Yen Street Defense - Sensei Michael Zang (training partner for 7 years)
- Advanced Newaza Techniques - Grandmaster Tim Tieyah
- Martial Applications of Chen Style Tai Chi and Qinna Techniques – Master Wang-Lijun
- Tai Chi for Back Pain Certification /Competition Sun 73 Form Workshop- Dr. Paul Lam Workshop - Sarasota Florida
- Advanced Tai Chi Push Hands Concepts – Master Kam Lau Fung - Sarasota Florida
- Silk Reeling I and II / Push Hands I & II / Tai Chi Martial Applications / Qigong - Master Chen Bing - Dallas, Texas
- Various Qigong Workshops with Dr. Roger Jahnke, Jampa McKenzie Stewart, Daisy Lee, Vicki Dello Joio, Francesco Garripoli, Dr. Bernard Shannon, Mark Johnson, Michael Winn and others.

### DEMONSTRATED WEAPONS PROFICIENCY

Tapered Bow (Priest Staff) - 3 Section Staff - Butterfly Knives - Long and Short Swords Hook Axe Swords - Long and Short Sticks - Tonga - Knife - Hand Gun - Rifle - Shotgun

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### LEADERSHIP ROLES / MEDIA PUBLICATIONS

#### LEADERSHIP ROLES

- Vice President and Senior Partner – The Energy Balancing Center, Inc. (1994-1998)
- Executive Member – International Chinese Boxing Association (2003 - 2010)
- Board of Directors - Rowlett Citizen Corps Council (2004-2005)
- Vice Chairman - Law Enforcement and Private Security Organization (2003-2005)
- Professional Member - National Qigong Association
  - Membership Committee (2008 - 2012)
  - Board of Directors (2011-2014 1st Term / 2014-2017 2nd Term)
  - Chairman Internet Committee (2011 - Present)
  - Chairman of Nominations Committee (2009-2015)
  - Vice-Chairman of Nominations Committee (2015-Present)
  - Vice President (2012 - 2015)
  - President (2015 - Present)

#### PUBLICATIONS / INTERVIEWS / MEDIA

- **Professional Technical Instructor / Subject Matter Expert (1991-Present)**
  - University of Oklahoma
  - Bentley College
  - Texas A&M
  - U.T. Southwestern Medical School
  - U.T. Dallas
  - Tarrant County Community College District
- **Lectures, Seminars and Workshops across the United States and Canada**
  - National Qigong Association (2010, 2011, 2013, 2014, 2015, 2016, 2017)
  - International Tai Chi Symposium (2015)
  - Department of Veterans Affairs Directors Conference (2014, 2015)
- **Video Interviews**
  - ABC - WFAA Channel 8 - Interviewed by Debbie Denmon - Tai Chi for Arthritis
  - ABC - WFAA Channel 8 - Interviewed by ??? - SimplyAware at Health Fit Expo
  - NBC - KXAS Channel 5 - Interviewed by ??? - SimplyAware at Health Fit Expo
- **Publications / Featured News / Magazine Articles**
  - Producer - Move and Learn - Galaxy Magic Children's Education Video Series
  - Author - Training Mindfully with Qigong Principles™ Workbook
  - Director / Producer - Training Mindfully with Qigong Principles™ DVD
  - Dallas Morning News Lead Article - Tai Chi for Arthritis
  - The Allen Image Magazine Article (Cover Story) - Tai Chi for Arthritis
  - Psychology Today Online Interview / Article- Invisible Wounds

#### PERSONAL / COMMUNITY

- Devoted husband since 1991 and father to three amazing sons
- Hobbies include camping, hiking, backpacking, rock climbing, family board games, Chinese ink painting, woodworking, poetry and reading to learn
- Veteran of the United States Navy (1983 - 1989)
- Den Leader / Cub Master Pack 1200 – Boy Scouts Of America (2001-2011)
- Scout Leader Troop 100 – Boy Scouts Of America (2006-Present)
- Founding Member - Rowlett Community Emergency Response Team (2003-Present)
- Advanced Wilderness First Aid Certified – Wilderness Medicine Institute (2006-Present)
- United States President's Volunteer Service Gold Medal Award Recipient
  - 500+ Hours of Volunteer Community Service in one calendar year (2006)
- American Red Cross Certified Instructor CPR / AED Infant / Adult (2014-2016)
- Multilingual – Fluent in English, French, proficient in Spanish, currently studying Mandarin Chinese