

Instructor:  
Earnest Knight

- ❖ Hometown: Fayetteville, North Carolina
- ❖ Date of birth: January 30, 1990 (age 31)
- ❖ Began training in the martial arts in 1993 (age 3)
- ❖ Martial Arts Journey:
  - Black Belt in Karate (28 years of training)
  - Kickboxing (15 years of training)
  - Master Combatives Instructor Certification (Modern Army Combatives Program / U.S. Army)
  - Extensive training in traditional Karate, Kickboxing, and Self Protection. Over 15 years of experience competing in Combat Sports.
- ❖ Martial Arts Accomplishments:
  - 2x National Black Belt League Champion / Black Belt Forms Division (2009, 2011)
  - 2x DOJO League Champion / Black Belt Fighting Division (2009, 2011)
  - 1x Fort Meade Army Combatives Tournament Winner / Advance Rules Middle Weight Division (2008)
- ❖ Best Attribute: Transforming people into confident, productive, and resilient American citizens through martial arts.
- ❖ Favorite Martial Arts Movie: Best of the Best
- ❖ Karate philosophy: Karate excellence is in the mind, the heart, and the spirit. It is never in the color of a belt.
- ❖ Favorite Principle of Karate: Karate cannot be learned in a hurry. There are no short cuts.
- ❖ Favorite Books:
  - *The Coddling of the American Mind* by Greg Lukianoff
  - *Grit* by Angela Duckworth
- ❖ Leadership Development:
  - Instructor at the United States Army Drill Sergeant Academy (Named U.S. Army Drill Sergeant of the Year, 2019)
  - Organizational Leadership Development Certification
  - Fitness Trainer Certification