

EDMOND L. OTIS, B.S., M.S., M.F.C.C.

NZ – 021 275 0226/ EOTIS@SHOTOKANKARATEHAWKESBAY.CO.NZ

USA – 760 612 7029/ E.OTIS@AMERICANJKA.COM

MARTIAL ARTS

2008 – Hawke’s Bay Shotokan Karate Club, Napier, New Zealand

2002 to present – American JKA Karate Association-International (AJKA-I): International Chairman and Chief Instructor for North America – www.AmericanJKA.com

2005 to 2008 – Chairman North America Region – **World Union of Karate-do Organizations**

1998 – AJKA-I National Appointment - US Chairman

1985 to 1998:

- **World Shotokan Karate Association (WSKA)** - International “A” level referee
- **USA Amateur Athletic Union (US-AAU)** - National Referees Council
- **USA Amateur Athletic Union (US-AAU)** - Western Regional Coach
- **AJKA-International**
 - International “A” level examiner
 - International Technical Committee
 - International Board of Examiners

1991 Inductee: University of California - Athletic Hall of Fame

1991 - Demonstration presenter at the First WSKA World Championships: Calgary, CANADA

1991 through 2001 – Coach: US National Shotokan Karate Team

1991 through 2001 – Center Referee and Arbitrator: WSKA World Championships

1974 to 1985 – Numerous national and international competitive karate titles

1967 - Began training: **Japan Karate Association (JKA)** – H. Nishiyama, Y. Yaguchi, USA

Grading:

Shodan - 1974, Nidan - 1974, Sandan - 1978: JKA

Yondan - 1984, Godan - 1989, Rokudan - 1996, Nanadan - 2002, Hachidan - 2009: AJKA-Int.

CONSULTING, TRAINING, SPEAKING AND PROFESSIONAL COACHING

CLIENT LIST AND REFERENCES AVAILABLE ON REQUEST

Edmond Otis & Associates – www.edmondotis.co.nz

In the USA 1993 to present

Program developer: AACT® - Making the Workplace Safe and Sane - www.aact-now.org, a comprehensive communication-based training system used by schools and education systems, human resources, industry, public and private agencies to increase productivity, create alignment, improve health and moral, and reduce conflict, stress and litigation. Topics include:

- Stress Management
- Workplace Violence
- Client Relations
- Conflict/Anger Management
- Leadership & Management
- Peak Performance
- Workplace Safety
- Organizational Alignment
- Face to Face Skills

Executive and Organizational Success Coach with special expertise in coaching, training, motivating and counseling clients from a diverse range of backgrounds and disciplines. Methodology based on developing relevant skill-sets and integrating current research with traditional east-west, mind-body, conflict-cooperation, stress management, health and wellness, response strategies.

Speaker: Tiger’s Spirit, Human Heart® presentations that motivate and inspire professional audiences to apply cutting edge research and classic martial arts strategies to life’s most demanding personal and professional challenges. Keynote, seminar and team building topics include, but not limited to:

- Success? First, You Need To Be Fearless!
- Defending the Self: Thriving in the Face of Change, Crisis, and Conflict
- What the Masters Know: Martial-Art Strategies to Revive the Spirit and Kick Start Forward Momentum

- The Beauty of the Beginner's Mind
- Personal Balance: The Artful Way of Being

PSYCHOLOGY – CLINICAL PRACTICE

Clinical Psychotherapist:	CA/USA BBSE License # MFT 31194
Gains Psychology & Consulting: Clinical Psychotherapy - Napier, New Zealand	2009 to present
Hawke's Bay PHO: Clinical Psychotherapy - Hastings and Napier, New Zealand	2008 to 2009
Inland California Psychotherapy Association: Therapist of the Year	1998 and 2005
Inland California Psychotherapy Association - Riverside, CA Anger Control Group Leader and Therapist Trainer; Psychotherapy – Individual, Family and Group	1995 to 2005
Center for Brief Therapy of Southern California, Inc. - Riverside, CA Psychotherapy – Individual, Family and Group; Program Developer, Clinical Intern Supervisor	1991 to 1999
Allanah Family Agency – Riverside, CA Supervision and training for MFCC, Psychology, and Social Worker Interns	1995 to 1998

UNIVERSITY/ TEACHING AND ADMINISTRATIVE

COMPLETE REFERENCES AND TEACHING EVALUATIONS AVAILABLE ON REQUEST

Eastern Institute of Technology (EIT) - Main Campus, Napier Senior Lecturer - Faculty of Health and Sport Science	2008 to present
University of California, Riverside	1981 to 2007
Distinguished Teaching Award - University of California	2002
Graduate School of Education – Lecturer	1995 to 2007
<ul style="list-style-type: none"> • <i>Principles of Healthful Living - Applied Principles of Health and Wellness for Educators</i> • <i>Presentation Skills for Teachers</i> 	
Honors and Humanities Lecturer (developed and presented the following courses. All courses cross-listed for upper-division Psychology breadth requirements):	1998 to 2005
<ul style="list-style-type: none"> • <i>Building a Philosophy of Health</i>, annual presentation • <i>Flashpoint: The Individual in Face-to-Face Conflict</i>, annual presentation • <i>The Big Picture: The Application of Theory to Daily Life</i>, annual presentation (English cross-list) • <i>Peak Performance: 21st Century Survival Skills</i>, Honors - for select seniors and graduate students • <i>Peak Performance: Social Survival Skills</i>, Honors - for select seniors and graduate students • <i>Traditional Martial Art Theories and History</i>, bi-annual presentation 	
Department of Recreation – Lecturer/ Senior Supervisor:	2002 to 2007
<ul style="list-style-type: none"> • <i>Karate: Theory and Technique; Beginner, Intermediate, Advanced, Competition</i> • Develop and coordinate curriculum for four instructors, 12 ongoing classes, and special seminars. • <i>Women's Self-Defense and Rape Prevention Seminars</i> • Present yearly competition, <i>UC Riverside National Traditional Karate Championship – 33rd year</i> 	
Intercollegiate Athletics – Performance consultant for coaches, and athletes	1998 to 2002
Department of Physical Education – Lecturer/ Director of Martial Arts:	1981 to 2002
<ul style="list-style-type: none"> • Develop curriculum, coordinate, schedule and supervise seven instructors, and 24 ongoing quarterly classes in classic <i>Karate, Judo, Jujitsu, Aikido, Tai-chi</i>, and related <i>Mind-Body Disciplines</i> • Historically the largest academically based, collegiate martial-arts program in the United States. <i>Please note, the entire Department of Physical Education was dis-established by the college due to budgetary considerations in 2002. Karate was saved and moved to Recreation</i> 	
College of Humanities, Arts and Social Sciences: Hewlett Grant - a yearlong cluster course project:	
<ul style="list-style-type: none"> • <i>Conflict from Oedipus to Cyber-wealth</i>. Presented 2000-2001 and 2002-2003 academic year 	
Project Coordinator/ Supervisor – UCR Community Outreach Project	2000 to 2003

Project Courage: Outreach Tutorial Development Project – to reduce violence and improve academic performance among at-risk youth. Training and developing UCR karate students as on-site tutors using traditional karate skills, methods and philosophies. Employed nine UCR student/instructors. Served three elementary and middle school campuses and 350 students quarterly.

Project Coordinator/ Supervisor 1995 to 1999
University/Eastside Community Collaborative (UECC) - Office of Community and Governmental Relations: (1997-1998 Americorp Grant recipient) *Outreach Tutorial Development Project – Using Traditional Martial-Arts to Reduce Anti-Social Behavior Among At-Risk Youth*. Employed nine UCR student/instructors quarterly. Served seven elementary school campuses and 300 students quarterly.

Chancellor’s Advisory Committee on Sexual Harassment 1994 to 1998

Loma Linda University Medical Center - School of Public Health 1994 to 1997
Visiting Lecturer: Multi-part seminar series focusing on psychological factors related to emergency first aid procedures for emergency personnel. Topics include: *Critical Incident Stress Debriefing, Suicide and Sexual Assault, Communicating with Diverse Populations in Crisis, Domestic Violence and Sexual Assault, Violence and Crisis Intervention*.

Ongoing University and Community Service 1981 to 2007
Presentations, lectures, demonstrations and workshops for law enforcement, community service organizations, schools, churches, businesses and youth groups on a variety of topics related to: Self-defense, Rape Prevention, Self-esteem, Assertiveness, Interpersonal Communication, Conflict Resolution Skills and Traditional Martial-arts.

PUBLICATIONS AND VIDEO/DVD PRODUCTION

Otis, E. L. (2006-present) *Masters Magazine*. Contributing Editor. <http://www.empiremediallc.com/>

Otis, E.L., and Hassell, R.G. (2000). *Complete Idiot's Guide to Karate*. New York: Simon & Schuster.

Otis, E. L. (2001). *Essential Shotokan*. www.essential-shotokan.com/es_dvds.htm Atlanta: Perfect Form DVD Productions

In preparation: *Tiger’s Spirit – Human Heart: Martial Art Strategies for Conflict, Change and Crisis*.

In preparation: *AACT Now! Dealing With Difficult People: Making the Workplace Safe & Sane*

In preparation: *AACT Now! Manage Workplace Stress Like an Expert!*

In preparation: *AACT Now! Making Difficult Conversations Easier*

EDUCATION

M.S., Counseling and Family Sciences - Psychology

Loma Linda University

B.S., Psychology

University of California, Riverside

Critical Incident Stress Debriefing

University of California, Riverside - Extension

PERSONAL

Born: 12 February, 1955

Married: Roberta Cox Otis, B.S., M.A., Ph.D. (Psychology)

Two children: Nikos, 16 years, and Gabriel, 10 years old