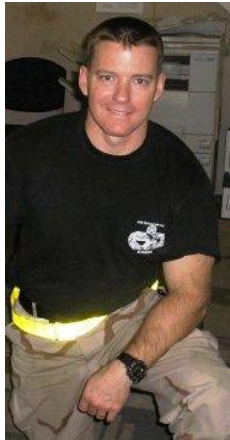


## ***Michael Knight***

**Past Member – USJJF Board of Directors**

**Member – US Ju-Jitsu Masters Caucus**



Sensei Michael Knight started training in the martial arts at 12 years old at the south YMCA in Oklahoma City under Sensei Bruce Bethers and Sensei Curtis Hale. During this time Michael trained in Shihan-Ryu Karate, Ju-Jitsu, Judo and Aikido.

Michael was promoted to black belt in 1983 and assisted in teaching at the Greenbriar YMCA and the Norman YMCA. In October 1985 Michael entered the U. S. Army and was stationed at Ft. Bragg N.C. with A Co. 1/505 Parachute Infantry Regiment, 82nd Airborne Division. Michael left the service in October of 1989. Michael entered the Oklahoma City Police Academy in March of 1990 and upon graduation was assigned to the Santa Fe Patrol Division. Michael has been a Field Training Officer for 7 years and a member of the Tactical Unit (S.W.A.T.) for 10 years. Michael is currently assigned to dayshift Santa Fe Division. Michael has continued his formal martial arts training with Sensei Billy Hames of Norman Oklahoma. Michael is currently teaching classes at the Greenbriar YMCA in South OKC.

Michael can be reached at [MKSHODAN@AOL.COM](mailto:MKSHODAN@AOL.COM) or (405)410-KICK (5425).

Michael's Current Martial Arts Ranks:

4th Degree Shihan-Ryu Karate

3rd Degree Shihan-Ryu Ju-Jitsu

3rd Degree US Ju-Jitsu

Board Member Shihan-Ryu Institute 1997-present

USMAF 2000-present

USJJF 2000-present

Life Member USMAF & USJJF