

PETER H. HONIGMANN

Martial Arts/Self-Defense Teaching Experience (in brief)

- Red Dot Arm, Lake Villa – Self-Defense, Knife Defense, and Gun Defense Classes (2/2023 to present)
- In-House Security Guard Instructor (OC Spray, Baton, Knife, Handcuffing, Unarmed Combatives) for TK Firearms & Security Training Consulting, LLC, Gurnee, IL (2/2021 to present)
- Practical Street Self-Defense (group classes and seminars) at American Tiger Karate Academy in Elk Grove Village – empty hand and weapons defenses (8/2016 to present)
- Self-Defense Instructor for 3-week course for University of Chicago’s Summer Institute for Gifted Students (for students ages 9 to 17) (Summer 2016)
- Since 2012, providing self-defense seminars to various groups, corporations and individuals (see page 2)

Martial Arts Training

- Kenpo Karate
 - Studied under John McSweeney, 10th Degree Black Belt – for 4+ years
 - Studied under Tom Saviano, 10th Degree Black Belt – for 4+ years
 - Studied under Steve Rigitano, 8th Degree Black Belt – for 3+ years
- Krav Maga
 - Studied under Sue Garstki, Expert Level Krav Maga instructor – for 3 years
 - with a strong focus on defenses against clubs, guns and knives
- Kali/Escrima
 - Studied under Scott Gave (3rd Degree Black Belt) – for 2.5 years
 - Studied under Randy Siordia (23 years training in Kali/Escrima and JKD) – for 1.5 years
- Hapkido
 - 1st Degree Black Belt under Grand Master JP Wood (9th Degree Black Belt) at JP Wood Martial Arts
- Certified Instructor for: OC/Pepper Spray, Impact Edged Weapon, Expandable Baton, and Handcuffing Techniques under TJA/Use of Force Training, Inc.
- Tricom Advanced Fundamentals Instructor (Skill Level 1) under Jared Wihongi

Additional martial arts experience

- Training in Combatives at Fit 2 Defend under Instructor Scott Gave
- Training in Martial Blade Concepts’ taught by Michael Janich and Keith Jennings, including 2018 Martial Blade Camp and Seminars
 - Currently listed as an authorized MBC Study Group Leader in Chicago
- Training in Aikido and Karate in Japan and U.S., Western Boxing, Jeet Kune Do, Wing Chun, Muay Thai, and Kendo

Licenses

- Illinois Licensed Security Guard - PERC License #1293432615, armed certification 230137722
- (former) Texas Licensed Security Guard and Personal Protection Officer – Reg#00688222
- Valid FOID and Concealed Carry in Illinois

(Partial) List of Past Seminars and Group Trainings

Martial Arts Schools

TKO Nisei Dojo, Lake Zurich – Defensive Knife seminar/Continue Short-Courses
American Tiger Karate Academy, Elk Grove Village – Self-Defense Classes and Seminars
JP Wood Martial Arts, Palatine – Home Intruder Self-Defense Seminar
Spider Gym, Wheeling – Self-Defense Classes

Organizations and Businesses

Food Executive Women's organization, Oak Brook – seminar
Lulafit - seminar
Univ. of Illinois-Chicago, Perinatal Center – seminar
Hinsdale/Oakbrook Rotary Club – seminar
Loyola University's Eta Lambda Chapter of Kappa Kappa Gamma
On Your Toes Academy of Dance, Buffalo Grove – self-defense seminar for students and parents
Hoffman Smiles Dental Group – self-defense trainings for two locations
Reviewtracker, Chicago – seminar
Lawrence House, Chicago - seminar
Redline Athletics in Buffalo Grove - self-defense training for students and parents
Racine Cub Scouts (WI) - Seminar
Strive Consulting, Chicago – Seminar
14 Chairs Art Gallery, Chicago – self-defense trainings
C.I.T.Y Gym, Chicago – self-defense training for students and parents
Orland Park Library – in-house self-defense training for 90 library staff members
CRU – training missionaries in basic self-defense for 1- year overseas trips
American Women's Self Defense Association – seminar on the law of self-defense

Adults and Teens

Antioch High School – Teen Self-Defense classes and seminars
Mount Prospect Library – Adult Self-Defense Seminars
Indian Trails Library – Teen Self-Defense Seminars
Summer Institute for the Gifted – University of Chicago – 3 week teen self-defense class
Sandwich Public Library – Teen and Adult self-defense seminar
Lisle Public Library - Teen and Adults self-defense seminar
Aurora Public Library - Teen and Adults self-defense seminar
Maywood Public Library - Teen and Adults self-defense seminar

Seniors

Vernon Township – numerous self-defense short courses (2012 to 2019)
Arlington Heights Senior Center – several self-defense short courses
Schaumburg Friendship Village – seminars
Garlands of Barrington – Self-Defense trainings
Frisbie Senior Center– Seminars and self-defense trainings
Elmhurst Park District –Seminar
Arbor Place of Lisle – Seminar
Franklin Park Public Library - seminar
Glenview Public Library - seminar
Poplar Creek Public Library - seminar
WOW (Widows and Widowers), Elmhurst – presentation