

Biography

As a martial arts and fitness expert for nearly 20 years, Chris has impacted the lives of thousands as a Taekwondo instructor, self-defense coach and personal trainer. His philosophy is simple, to invoke the innate human spirit and desire to grow, creating a frame of mind that is congruent with living an empowered life.

Chris often refers to himself as “the unorthodox trainer,” with his priorities being to establish an amazing rapport that motivates *anyone* to crave their training, therefore focusing on the journey rather than the end result.



In 2008, Chris founded

The Adrenalizer with a mission to empower and inspire passion, confidence and a renewed zest for life, while building safer communities through impactful assertiveness training and providing the elements necessary for synergy and balance. As a leader in the health and fitness community, Chris is a vehicle for healthy living, and maximizes the quality of life for other humans.

Registered with the Kukkiwon World Taekwondo Headquarters in Korea as a 2nd Dan (Degree) Black Belt, Chris is a state sparring gold medalist and nationals competitor in Olympic Freestyle Taekwondo.

His background includes:

- Kickboxing
- Brazilian Jujitsu
- Combat Hapkido
- Escrima (weapons)
- Adrenal Response Conditioning

Chris is also a multi-certified personal trainer and nutrition coach, with certifications such as:

- 24 Hour Fitness Training Professional
- APEX Certified Fitness Professional
- National Federation of Professional Trainers (NFPT)
- National Academy of Sports Medicine (NASM)

Chris is dedicated to good health and happy living. When the snow flies in Colorado's high country, he finds his serenity in the extreme skiing of Vail's back bowls. During warmer months, he continues his pursuit of Colorado's outdoor offerings with camping, hiking and water skiing. Chris is an avid follower of the Ultimate Fighting Championship (UFC) and Mixed Martial Arts (MMA). Ultimately, his driving goal is to work less and enjoy life.



Chris Williams • The Adrenalizer
16745 Trail Sky Circle • Parker, CO 80134
303-847-3708 • chris@theadrenalizer.com • www.theadrenalizer.com
facebook.com/TheAdrenalizer