

Wilhelm W Kortenbach, President  
Safety First Personal Protection Strategies



Bill Kortenbach is a lifelong martial artist with 30+ years of active experience. He holds a 5th-Dan rank in Isshinryu Karate and specializes in reality-based training. Bill has trained hundreds of students and is an accomplished writer, speaker and seminar leader.

Training 1975-1980

5 Years instruction under the Pacific Northwest's pioneer Steve Armstrong. Mentored by Robert Edwards Jr, United States Heavy Weight Karate Champion.

Work History & Accomplishments

1980-1984 Instructor, Steve Armstrong's Karate Schools

Taught daily classes, basic through advanced skills, children 7 & up through adults.

1984-1992 Private Instruction

Coaching and consulting individuals and small groups of all ages.

1992-1995 Head Instructor, Key Peninsula Isshinryu

Ran classes, trained instructors, developed improved curriculums.

1995-1999 Private Instruction & Continuing Education (Aikido & Pent-jak Silat)

Cross training in the above mentioned disciplines lead to developing the UTIA (Unleashing the Inner Amazon) seminar program, specialized mother/daughter self defense training.

1999-2001 Warrior Spirit, Seattle

Joined Warrior Spirit, Nonprofit Corporation and learned adrenal response training methods, staffed programs for 2 years.

2002-2004 Head Instructor, Gig Harbor Karate Academy

Trained elementary and primary age children and developed a new curriculum specializing in kid's safety.

2001- Co-Founder, Safety First Personal Protection Strategies

Present Combined traditional martial arts methods with empowerment training and adrenal response techniques to form Safety First PPS, specialized training for adults and teens. Changed Safety First into a nonprofit corporation in April 2006 with primary focus on educating children in leading edge safety skills.