

In 1963 at the age of 14, I began my martial arts career. It was at Saint Vincent's Home for Boys in Brooklyn, New York where I met my Judo instructor Mr. John McGinley. In 1964, I started taking Yoshitsune Ju Jutsu at Chelsea Vocational High School under the instruction of Dr. Saul Cohe my gym teacher.

I started with Shihan Doc Cohe association with the Yoshitsune Dojo located in Cosey Dock Road New Jersey with Michael De Pasquale SR. , the Keeper and creator of Yoshitsune Dojo and system which I have been since 1964 promoting the system which Soke Michael De Pasquale Sr. taught to me. He is one of my Sensei's responsible for my upbringing in the Martial arts and the Martial Ways.

In 1968 I graduated High School and entered the United States Air Force. In 1972 I received military orders to be stationed in Japan. While serving in Japan I started my training in Jujutsu with Yoshiji Okuyama of the Hakkoryu Jujutsu system of self-defense where I mastered the rank of Shihan Master Instructor and the license of Koho Shiatsu call Finger Pressure Therapy. At that time the security police department approached me to instruct their military police the art of self-defense. They were not interested in the traditional Hakkoryu system but more of an apprehension technique, whereby, application of minimum force could be used on attackers without causing severe injury. So, I gathered all the techniques I studied in my years of martial arts training and devised a system for the military police. By November 3, 1987 my system of TaizanRyu Police apprehension and TaizanRyu Shiatsu called Finger Pressure Therapy was copyrighted with the Library of Congress in Washington DC. I also attained the Tokyo Shiatsu License Namikoshi Shiatsu system in Japan.

After 20 years of Service with The United States Air Force I received my retirement certificate. I stayed in Japan for a while and then returned to the United States. While living in California for some years my wife and I decided to return and reside in Japan where I continue to instruct in self-defense and administer Shiatsu Therapy under my system Peace Mountain System, TaizanRyu

I've had the privilege of writing two books on Shiatsu called the Complete Healing Touch and Military and Law Enforcement Techniques.

I also represent KBI International a brotherhood of veteran's Martial Artist promoting the well being of those in our organization all over the globe. Master Al Yisrael is the founder and President of KBI. I also sit on the Board of Elders representing my Peaceful Mountain System " TaizanRyu " here in Tokyo Japan.