

Parrish G.



Master Trainer
Team Member Since: 2009

Education & Certifications

- BA in Religion from University of Hawaii Manoa
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- 3rd Degree Black Belt Instructor in Hapkido Tae Kwon Do Freeform
- Recognized in 2000 as outstanding assistant instructor of the year by the Sokeship council black belt hall of fame.



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