

CHRIS FRY
Lead Instructor

Chris Fry is a life long martial arts student and instructor who has specialized in high-intensity force-on-force combative simulation training since 1990. Chris holds instructor certifications in the Filipino martial arts, Jeet Kune Do, multiple karate systems, Combat Concepts, less-lethal weapons, Fear Adrenaline Stress Training (F.A.S.T.), and various NRA and tactical firearms training programs. Chris is currently active in the executive protection industry working as a Protection Agent for PFC Safeguards. Additionally, Chris has graduated numerous commercial handgun, shotgun, carbine and tactical training courses conducted by industry experts totaling 1000 plus hours of training.

Chris is credited with developing many innovative personal protection and safety programs for schools, organizations and educational institutions. He is a subject matter expert in personal defense and an active member of the National Rifle Association, New York State Rifle and Pistol Association, American Self Defense Institute, American Society for Industrial Security, FAST Defense Instructors Association and is the current director of education and training for the New York State Rifle and Pistol Association. Chris holds a bachelor's degree in Cytotechnology from S.U.N.Y. Health Science Center at Syracuse.

Chris is the owner and director of training and curriculum development for Modern Defensive Training Systems LLC in Utica, NY. His company conducts courses in reality driven practical combative skills, extreme close quarter's concepts, tactical folding knife and edged weapon combative and combative pistol, carbine and shotgun skills. Chris has been an active instructor with Progressive F.O.R.C.E. Concepts in Nevada since 2003, servicing law enforcement, military and select government agencies. Chris is a certified AR15/M4/M16 and Glock armorer, contributor to various online firearms resource websites and a frequent presenter at national and international personal protection and small arms training conferences for both citizens and law enforcement.