

About Instructor Sowers

- † **Boy Scouts of America, Troop 40**
 - *Eagle Scout*
 - *Assistant Scoutmaster*
 - *04/2012 – 08/2013*
 - *Advancement Chairman*
 - *08/2013 – Present*
- † **Soldier for Christ Martial Arts**
 - *Certified 3rd Degree Instructor Black Belt*
 - *2013 – Present*
 - *Studied under 7th degree Master, Sensei Philip Plumber*
 - *Senior Instructor*
 - *Executive Board Member*
- † **International Tae Kwon Do Federation (I.T.F.)**
 - *Certified 3rd Degree Black Belt*
 - *Studied under 7th Degree Master, Sensei Philip Plumber*
 - *2000 - Present*
- † **American Institute of Modern Hapkido Instruction (A.I.M.H.I.)**
 - *Recommended 1st Dan Black Belt*
 - *Studied under 5th Dan Black Belt Instructor, Dr. Marcus Gillespie*
 - *Assistant Instructor*
 - *American Institute of Modern Hapkido Instruction*
 - *2010 – Present*
- † **International Tae Kwon Do Alliance (I.T.A.), Tiger-Rock Martial Arts**
 - *Level 2, Certified 1st Degree Black Belt*
 - *Studied under 5th Degree Master Black Belt, Sensei Brad Hoffman*
 - *The Woodlands Tae Kwon Do Academy of Tiger-Rock Martial Arts*
- † **Studied under Armando's Martial Arts; Tae Kwon Do, Aikido, Weapons**
- † **Religious Involvement:**
 - *St. Rose of Lima*
 - *Sam Houston State Catholic Student Center*
 - *SHSU Bearkat Awakening*
 - *ACTS Retreat*
 - *ACTS Retreat Team Staff*
 - *Helping Others*
 - *Church Events*