

About Chris Puls

Chris Puls ("Pulse") loves to teach people new skills.

Her favorite topics are self-defense and personal safety techniques. She also enjoys sharing the knowledge she has gained from 20+ years of dog training and behavioral studies.

She started training in martial arts as a teen and has continued to expand her skills in various styles. Her favorites are Aikido, Aikijutsu and the weapon disarming techniques learned from a Navy Seal. She has taught self-defense against both armed and unarmed assailants using a mix of various styles. Because of the nature of the training, it does not translate well to a one day session, so her safety presentations focus on the mental skills that anyone can develop and do not include physical self-defense skills. Information on "why" is included in her presentations and her book.



Her past employment includes working as an undercover officer and plain clothes officer for a private security firm and as a police officer (patrol division) in some of the worst neighborhoods of Cincinnati Ohio for over 8 years.

Chris has been a certified instructor for the NRA's "Refuse To Be A Victim" program since 2004 and enjoys sharing this 3 to 4 hour crime prevention program with local community groups and corporations.

Chris is the author of two books, the first titled "Protecting Yourself From Violence During Home Visits" which is now out of print. It was replaced with the second edition titled "Safe Home visits" which is available from the publisher Trafford.com. It contains a wealth of information about many aspects of both general safety and home visit safety. More information is available about it on the other pages of this site. She also help co-author a book for kids about Dog Scouts of America and has written numerous training articles for websites and publications.

She has been a member of Toastmasters International and constantly strives to improve upon her speaking and presenting skills. Chris earned the title of "Competent Toastmaster" (CTM) and gives many presentations per year on a variety of topics to audiences of all sizes.

She has been happily married since 2001 to a wonderful man and devoted husband. They enjoy spending time together doing various activities.



They are the parents of 5 dogs and a cat. Dog activities occupy a great deal of their time. If you would like to meet the dogs, please visit their web page at:

www.Dog-GoneHappy.itgo.com



Chris is the past President and co-founder of the all volunteer and non-profit Tri-State County Animal Response Teams (Tri-State CART.) She is also the Captain for the Dearborn County CART. These teams in the Cincinnati Tri-state respond to rescue, care for and then return any animals effected by a local disaster or large emergency. For more information about these teams, visit

www.TriStateCART.com

She is the President of Dog Scouts of America and also the Certification Program Director in charge of overseeing all the troops (and helping new troops get started.) On the local level, Chris is a troop leader and webmaster for one of the largest and most active troops in the international organization. To learn more about Dog Scouts, visit: www.DogScouts.org or her troop's website:

www.DogScoutTroop107.com

Finally, Chris is an artist. She enjoys working with polymer clay and carving her own rubber stamps for cards and other paper arts. To see some of her work, visit her albums at: www.PictureTrail.com/scoutdogs

Her other hobbies include: target and trap shooting, urban and rural paintball, letterboxing, dog training, and email talk lists.

Chris has a passion for teaching. Let her share her knowledge with you!