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Dionysios G. Kardaris was born in Zakynthos in 1959. He is a graduate of TEFAA- National and Kapodistrian University of Athens.

In 2003 he obtained the title of Doctor of Physical Education with emphasis on Greek Traditional Dance from the TEFAA of Athens with the degree of "Excellent" and his doctoral thesis "Dance in Zakynthos through Political-Social History" (1485-1925).

He was a teaching professor:

- At Department of physical education, the University of Athens.
- At the Greek Open University (To: Overview of Greek Music and Dance).
- In the Hellenic Army Academy

His author's work includes (5) books-monographs, as well as several published papers (50 in total) in scientific journals and in proceedings of international and national peer-reviewed conferences.

He has been elected to the rank of Lecturer, Assistant, Associate and Professor, in the Hellenic Army Academy (HAA) and has also served as Director of the Department of Physical and Cultural Education. (2014-16).