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Anastasios Karagiannis was born in Athens in 1965. He belongs to the permanent scientific teaching staff of the Evelpidon Hellenic Army Academy in the field of Physical & Cultural Education, since 1993, teaching physical education and shooting while at the same time he is the coach of the Academy's shooting team, having won 15 military championships.

He holds a BSc in Sports Science, specializing in special physical education, from National & Kapodistrian University of Athens.

He has written one book on shooting, 3-refereed publications in scientific journals, 2-refereed poster presentations in national conference and 10 non referred abstracts publications and 9 non referred articles on shooting, in military journal.

He is an active shooter since 1982 and was awarded a number of national and international distinctions on shooting (rifle 50m), both in 3 positions as well in prone position.

He holds a diploma in coaching in shooting and he is a certified national and international technical jury. At the Athens Olympic Games (2004), he participated as an international technical jury. Finally, he holds a diploma from the Greek Shotgun Shooting School. He has been the shooting coach of the Hellenic Army team since 1994, with many distinctions.

He served his military service as a selected shooting athlete in the Hellenic Armed Forces Sports Council (1991-1993). He speaks English and he is a certified computer user.