John Hemmings is Senior Director of Indo-Pacific Foreign and Security Policy Program at the Pacific Forum. He specializes in US alliances and strategic competition, with a particular focus on the US Indo-Pacific Strategy, the US-Japan Alliance, AUKUS, the FVEY, the Quad, and other minilaterals. Prior to assuming this role, he worked at the DKI APCSS, a Department of Defense regional center where he lectured, took part in track 1 workshops, and briefed senior members of INDOPACOM, PACFLT, and SOCPAC on topics of interest. In addition to his work on alliance security, Dr Hemmings has also worked on 5G and Chinese technology policy and strategy and has briefed multiple governments in both the US and UK on this. He is an Adjunct Fellow at the Washington-based Center for Strategic and International Studies (CSIS) and a James Cooke Fellow at the London-based Council on Geostrategy. His commentary regularly features on international media, such as the BBC, Sky, FT, and Telegraph newspaper. His research has been published in various policy and academic journals.