



Rocky Randall Twitchell has been studying empty hands/weapons based martial arts, combative knife, physical fitness, Basic Wilderness Survival, Security Officer Tactics, Executive Protection and health & nutrition since 1982.

1982

Shane Milone' of Rough & Tumble Fighting Systems was Rocky's First official instructor. Rough and tumble fighting is a combination of Cane Fighting, French Savate, Western Boxing & Judo. Rocky studied under Shane Milone' from 1982 to the present and has been awarded 4th Degree Black Belt status and is the Inheritor of the system.

1986

From 1986 to 1994 Rocky competed in Western boxing in the (ABF) Amateur Boxing Federation across the Nation. Obtaining, 2 Gold Medals and 1 silver medal in the Utah Summer Games. A 1991 Utah State Golden Gloves Champion and" Black Glove" in the family T- 5 Boxing Academy under Father Rocky Harry Twitchell.

1994

In 1994, Rocky began his Jeet Kune Do training with Larry Hartsell a close friend and associate of Bruce Lee and Dan Inosanto Larry Hartsell formed his own organization called the Jun Fan Jeet Kune Do Grappling Association. Rocky Trained with Larry Hartsell from 1994 to 2007 and obtained a Full Instructorship Certificate in the Jun Fan Jeet Kune Do Grappling Association.

In 2003 Rocky became a Filipino Martial arts Instructor under Carlito Bonjoc of Mata Sa Bagyo.

*** Notable Instructors and Instructorships with other Jeet Kune Do Instructors**

*Burton Richardson of Jeet Kune Do Concepts- Rocky was one of the 1st Battlefield JKD Assistant Instructor's- 1995 to 2000

*Rick Faye of the Minnesota Kali Group- Student from 1995 to 2003

2005

In 2005 Rocky began his training with Guro Dan Inosanto. Rocky has 100 recorded hours training with Guro Dan Inosanto and has trained in many of his arts such as Filipino Martial Arts, Muay Thai and mainly Pencak Silat. Currently Rocky is training with Guro Dan on the Seminar Circuit and at his Academy in Los Angeles.

2011

In 2009 Rocky began training with Doc and Zina Docto of Thailand. Doc And Zina travel throughout Thailand 6 months out of the year and travel and teach 6 months in the United States in the art of Muay Thai. In 2011, Rocky certified to be Kru (Instructor) in the art of Muay Thai under Doc and Zina Docto.

Assistant Instructor under Craig Garrison -Garrison Fighting Knives, 2010.

In 2011 Rocky also received Assistant Instructorship under Willie Laureano of Pag Kali Pag Kali Pangumat Silat- Filipino Weapons and Empty hand tactics.

2013

In the year 2013 Rocky became certified to teach the Ancient Hawaiian Martial art – of LUA (the art of bone breaking and joint dislocation) under Olohe Solomon Kaihewalu of Orange County, LA, CA.

In 2013 Rocky through the direction of Matt Carmichael Chief of the UC Davis Police Department joined the UC Davis V.I.P.S program as a Self Defense Instructor and participates in the Active Shooter Survival Program. Rocky has 1-1/2 hour to 4 hour martial arts presentations. The main emphasis at one of Rocky's Self Defense class's is "**Awareness** "



Awareness Color Code Chart

WHITE
The lowest level. You are 'Switched Off' and unaware of what is going on around you and really not ready for anything. Reasons affecting why one may be in this condition may include; sleep, fatigue, stress, or impairment due to drugs/alcohol.

YELLOW
You are alert and aware but also calm and relaxed. You are alert to the surroundings (and environment) and to the people who occupy it and to their body language. You are alert, not paranoid. In this state it is difficult for someone to surprise you.

ORANGE
A heightened level of awareness. You sense that something is not right. This is the time to evaluate and to formulate a plan. Evasion and diffusion works best here before the next level.

RED
The fight is on! You are taking Decisive and Immediate action! Recognizing attack rituals and set-ups helps one to avoid this level.

