

Sensei Dr. Cheryl Rock
Hapkido 1st Dan Black Belt | BJJ 4th Degree White Belt | Martial Science Scholar
Practitioner Philosophy

Transforming lives through Hapkido and Brazilian Jujitsu by promoting self-mastery and holistic wellness. Dedicated to providing inclusive, high-impact self-defense education rooted in both physical technique and Martial Science.

Core Martial Arts Competencies

- **Specializations:** Women's Empowerment Self-Defense, Ground Defense, Martial Science (Bagua Energy Map).
- **Instruction:** Group/Individual coaching (Adults & Children), Curriculum development/Martial Arts Pedagogy, Belt testing/Scoring.
- **Holistic Health:** Integrating Food Science, Nutrition Defense, and "SMART" health investment strategies.

Martial Arts Training & Ranks

National Hapkido Center (NHC) | Los Alamitos, CA | 2017 – Present

- **1st Dan Black Belt – Hapkido** (Master Louis Kim)
- **Focus:** Bagua Energy Map, Traditional Weapon Philosophy, and Hapkido Katas.

Blue Collar Grappling | Long Beach, CA | Nov 2022 – May 2026

- **4th Degree White Belt – Brazilian Jujitsu** (Professor John Thomas)
- **Focus:** Ground defense and fostering inclusivity in grappling sports.

Leadership & Instruction Experience in Self Defense

California State University (CSULB) | Women's Empowerment Instructor | 2023 – Present

- Lead the **"Not Alone at the Beach" (NATB)** program, training student peer facilitators.
- Developed a holistic approach to sexual violence prevention and campus inclusivity.

National Hapkido Center (NHC) & Fitness | Lead Instructor & Facilitator | 2017 – Present

- Orchestrated 8-hour community empowerment courses and managed digital support communities.
- Collaborated with the Long Beach Trauma Center and secured local sponsorships for equipment and resources.

Honors & Affiliations in Martial Arts

- **Champion:** Universal Martial Arts Hall of Fame (UMAHOFF), 2026, Women Weapons Form (2nd Place).
- **Inductee:** Universal Martial Arts Hall of Fame (UMAHOFF), 2024.
- **Officer:** Brand Ambassador/Public Relations, UMAHOFF (August 2025 – Present).
- **Member:** National Women's Martial Arts Federation (NWMAF) (November 2025 – Present); Association of Women Martial Arts Instructors (AWMAI) (November 2022 – Present).

Scholarly Work & Key Presentations in Martial Arts

- **Author:** *Bagua plate: an integrative and practical approach to health and wellness* (2022).
- **UMAHOFF (2026):** "Chocolate Meditation Circle: Master your Mind, Master the Tournament."
- **NWMAF & UMAHOFF (2025):** "Food Science for Nutrition Defense in the Martial Arts."
- **AWMAI (2024):** "A Sensory Journey to Health and Wellness is a Martial Art."

Extracurricular Activities

- **Violinist:** Current: Czardas: No.3 From Hungarian Sketches, Op. 23 (ABRSM Grade 5) Richard Jones.
- **Author:** 5 Books and more than 10 + Peer-Reviewed Articles on phytonutrients in plant-based food.
- **Global Travel Chaperone:** Curated Wellness and Agri-Tourism Tours to **Barbados & Germany**.