

Robert E. Mitchell Jr. | priest - author - teacher - lecturer |

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Mission

Fighting darkness and evil by building stronger minds, bodies, and spirits – starting always with myself

Experience

- *Real world self-defense.* Murray Guard of Virginia, Sergeant, multi-site supervisor (1984-1985). Armed and unarmed guard certifications.
- *Teaching.* Inner city youth and adult martial arts instructor, YMCA (1990-1994), City of Richmond Recs and Parks (2000-2005), Heritage Self-Defense (2009 to current)
- *Management.* 30+ years of management experience from supervisor through executive level
- *Spirituality.* Priest in the Old Catholic Tradition

Education

- Ekklesia Epignostika Church and Seminary, Holy Orders, STL (June 2023)
- Mark Hatmaker Combat Sports System, Coach (2003 to present)
- Karate College, Christiansburg, VA, four-time graduate ('03, '05, '17 and 2019)
- Esoteric Interfaith Church, ordained Interfaith Minister (2016)
- Combat Martial Arts Practitioners Association, Rank of Master (2011)
- International Fitness Association, Certified Fitness Instructor (2009)
- MD Savate Club, Bertrand Debreuil la Canne seminar (2008)
- Gemenier Academy, la Canne Vigny home study DVD program (2008)
- Richmond Brazilian Jiu-Jitsu, 6 months BJJ training (2006)
- American Karate Center, 6 months full contact Shootfighting (2005)
- American Independent Karate Instructor's Association, Certified Instructor (1998-2005)
- Dong's Karate School, Black Belt Tae Kwon Do (1989)
- Armed Guard training & Certification (1985)
- University of Virginia, B.A. English (1983)

Written Works

- Seek His Face: Another Year of Old Catholic Homilies (2023)
- Lift Up Your Heads: A Year of Old Catholic Homilies (2022)
- The Wildwood Workbook: Nature Appreciation and Survival (2019)
- The Calisthenics Codex (2015)