

Background

Robert “Rocky” Balboa



*"It ain't about how hard you hit. it's about how hard you can get hit and keep moving forward.
How much you can take and keep moving forward. That's how winning is done!"*

Robert “Rocky” Balboa was born on June 6, 1945. He was raised in a Roman Catholic family and seemed to be your average person. He took up boxing after his father told him he “didn’t have brains,” which was made more apparent considering he was getting bad grades and dropping out of school during his first year of high school. With that, he decided to use his body to make it far in life and become like his idol Rocky Marciano, to the point he took his first name as his nickname. However, at the start, he was your average poor working-class citizen from the slums of Philadelphia. He originally started making money as a club fighter and “enforcer” for a local Philly loan shark. It took a while for his career to take off, but one thing he realized was that he never had a broken nose during his amateur boxing matches, becoming his iconic ring name known as “The Italian Stallion.”.

Rocky started fighting in more street-related boxing matches for more money in his pocket. His coach, Mickey Godmill, noticed Rocky’s potential and started to “sharpen his skills” to start gaining more wins. It was out of a chance of luck that he was the one boxer that the undefeated heavyweight champion at the time, Apollo Creed, wanted to face. Rocky didn’t care if he won or lost; he at least wanted to “go the distance” against Apollo, and after some heavy training, he had his dream come true, even getting close enough to beat Apollo. During their rematch, where both combatants became stronger than ever, Rocky’s wish finally came true after getting up faster than Apollo during the 10-second count. Rocky’s challenges become more fierce, which is natural considering Rocky was now the strongest fighter in the entire world at the time he lived the easy life and did charities and commercials like anyone hyped up on luxury would do. It took getting the sense beaten into him both verbally by Apollo Creed and physically by Clubber Lang to “lock in” and train to the fullest, learning new moves and tricks along the way, not only regaining his championship status but also avenging Apollo Creed’s death at the hands of the Russian super soldier Ivan Drago. When faced with the brain damage he obtained against Ivan Drago, he was able to still show he had the skills and power to take a win against the number one heavyweight champion at the time, Tommy Gunn, originally Rocky’s student turned enemy after wanting to take the easy way to get to the top of the boxing world. Even when he was out of his prime and retired and now owns his own restaurant after 20 years in boxing, he was able to go the distance and make the modern champion at the time, Mason Dixon, get serious.

Old habits die hard; however, he was met with one of Apollo’s sons, Adonis Creed, and seeing the same strength and determination he saw in Apollo in his son, he decided to take him under his wing despite gaining even more physical disabilities as he aged. Adonis was able to go the distance as well and become a champion just like his old man after beating well-known boxers in his era, “Pretty” Ricky Conland and Danny “Stuntman” Wheeler, to even get back on Ivan by defeating his son in their second fight, with Rocky believing he even surpassed Apollo’s capabilities. Rocky’s name forever still lives in the series as a very influential figure. Despite being just a boxer, he might as well be a “hero” in the series. Despite some problems, not only physical but emotional, with his wife Adrian and his best friend Paulie dying, he still holds up and stays strong.

Equipment

Rocky Balboa

Boxing Gloves

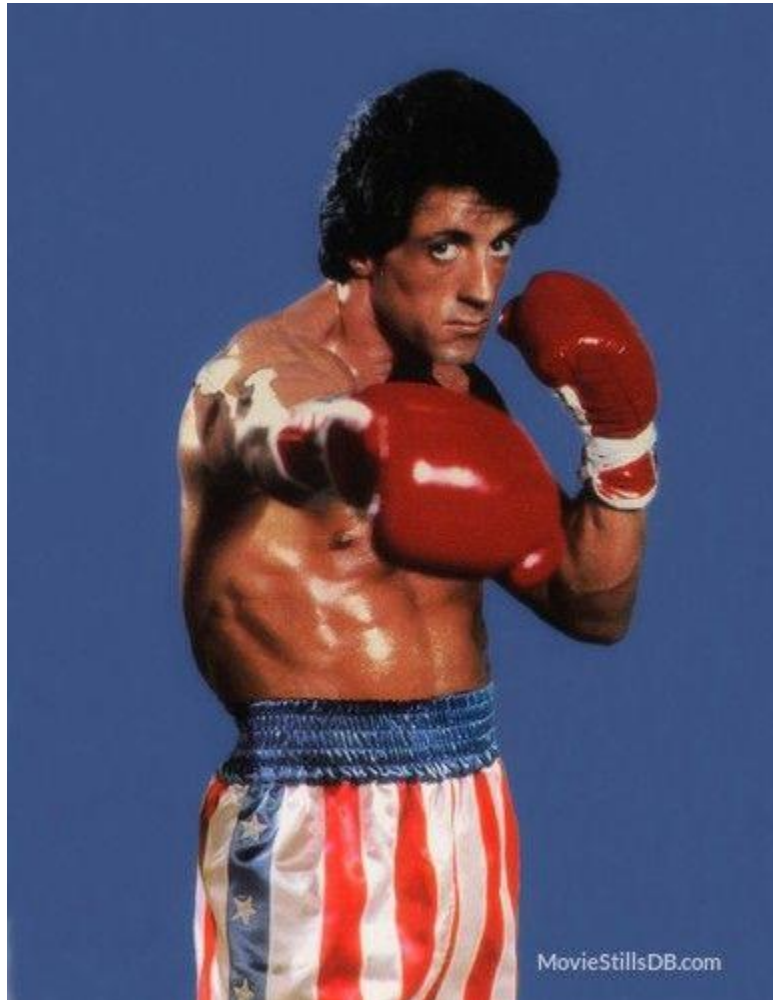


Standard Boxing Gloves that Rocky uses ever since the first movie, they've visibly changed over the years depending on the brand of gloves but they're still overall the same.

Skills and Abilities

Rocky Balboa

Southpaw Style



This is Rocky's standard fighting style when he enters the ring. He leads into the match utilizing his right hand which is also his dominant arm, [this style is also factually proven as being a natural strategic advantage in most boxing matches.](#)

Slugger



Rocky keeps himself close to his opponents so he can land as many punches as he can while being fully prepared to get hit himself as much as possible. It's iconically used for a fighter to take advantage of any brute strength they may have over their opponent and keep the pressure cutting off any leg room they have to move.

Apollo Style



Rocky focuses on his footwork and keeping his distance allowing him to dodge "a bombardment" of attacks and strike with 100% accuracy, building up damage to their foes with

master-class evasive maneuvers. Rocky becomes much more of a technical fighter as, if he's "dancing" he utilizes the entire ring to his advantage not only was he taught this by Apollo but Apollo learned this through his personal trainer Tony Evers who's a technical fighting genius. This style was actually based on real life heavyweight champion fighter Muhammad Ali in summary it's an advanced form of standard Out-Boxing.

Boxer-Puncher



Rocky's learned to utilize every boxing style he was taught and combine multiple styles into one taught to him by technical boxing expert Mickey Godmill before and after his time of being world champion. This style is also known as the highest form of pressure a fighter can do in the ring, constantly shifting between styles and finding more openings in their opponents to strike.

Unorthodox Boxing Style



When in a street fight, the term “No holds barred” is taken very seriously to Rocky. [Rocky not only utilizes everything he’s learned like how to be an In-fighter,out-fighter,brawler and swarmer but he’s shown how to use other combat techniques such as leg sweeps,takedowns,judo throws alongside headlocks and chokeholds. It was even stated by the technical genius Tony Evers that Rocky knows everything there is to know about fighting which would include Clubber Lang’s Street Fighting+Raw power based boxing style that earned him the title of “Southside Slugger” with Sylvester Stallone himself believing Rocky’s fighting capabilities rivals that of Rambo, who is a master martial artist and is highly skilled in all forms of combat.](#)

Rage Power



When he gets mad, Rocky noticeably gets much stronger. [He went from receiving notable damage from Clubber Lang's punches to tanking them as Paulie said "He's making him mad".](#) Rocky would showcase this ability again [while facing Ivan Drago as they entered the final round the punches that used to send Rocky flying suddenly stopped dead in their tracks against his face as Rocky eggs on Drago to hit him harder.](#)

Sheer Willpower



Rocky's willpower knows no bounds, besides his Iron chin that's kept him longer in fights he was capable of fighting [through his mental and physical disabilities](#) such as [Cavum Septum Pellucidum](#) with [sheer willpower](#). [This same willpower made him keep up with the stat advantage and skill of Mason Dixon and last all 12 rounds.](#)

Accelerated Development



Rocky's capable of getting stronger and learning new skills in a very short period of time. [He nearly beat Apollo Creed in their first super fight](#) just after [training seriously for one month](#). Rocky was just as strong as your average boxer beforehand while Apollo Creed was the best boxer in the world. Before their rematch, [Apollo proceeds to train seriously and even gaining more weight to have a power advantage over Rocky](#) meanwhile [Rocky didn't train as long before this match](#) and [comes out on top](#). Rocky would then proceed to not only get stronger the next movie [but master a new fighting style in a short period of time](#) while facing ["His most powerful adversary yet"](#) in the form of James "Clubber" Lang. [Then proceeded to get even stronger to face Ivan Drago](#). Finally, Rocky's best showing of fast paced development is [despite being retired for 20 years with arthritis, calcium deposits on most of his joints, bad knees and "no speed" he trains to the point he can go the distance and keep up with the current unified champion at the time, Mason Dixon](#) who has been [boxing ever since he was 10 years old](#).

Feats

Rocky Balboa

Overall



- Is loved by anyone and everyone in the entire world
- Trains intensely no matter the location, no matter his age and no matter his physical condition
- Scored a down against Apollo Creed, this was the first time anyone has knocked down Apollo in his entire career
- Can climb snowy mountains without any climbing gears
- Trained the son of Apollo Creed, Adonis and he became the new heavyweight champion of the world
- Learned the best of the best skills from the greatest technical coaches
- Became the strongest and dangerous fighter in the entire world
- [Was a member of G.I Joe before it was retconned](#)
- [He knows Italian](#)
- Has one of the most impactful and inspirational themes of all time
- ["Gonna fly now!"](#)

Strength



- [Lifts a Log \(83.79kg\)](#)
- [Lifts and throws Thunderlips \(176.9kg\)](#)
- [Deadlifts and Squats with 224kg](#)
- [Lifts Paulie, Tony and Adrian alongside a part of a wooden wagon >244kg](#)
- [Lifts some rocks \(348.3kg\)](#)
- [Sends George Duke flying with a punch \(1,467-9,521 Joules\)](#)
- [Punches hard enough to break cow ribs/bodies](#)
 - [Cows are capable of getting hit by speeding cars and get up with no signs of damage \(22.985-31.285 Kilojoules\) or \(22.6-67.947 Kilojoules\)](#)
 - [It's worth noting professional real life athletes have said Rocky doing this is "very dangerous" with some even saying his fists should have realistically shattered like glass](#)
- [Broke Apollo Creed's ribs](#)

Speed



- [Catches chickens to increase his momentum and speed \(4-5.36m/s\)](#)
- [Runs this fast in Rocky 1 \(6.7m/s\)](#)
- [Dodges punches from other boxers throughout the series \(6.7-11.17m/s\)](#)

Durability and Endurance



- [Lasts 15 rounds against Apollo Creed with a broken nose and trauma around his eyes](#)
- [Runs 30.61 miles while still having enough energy to burn afterwards](#)
- [Survived all 15 rounds constantly getting hit with Ivan Drago's punches \(68.794-180.562 Kilojoules\)](#)

Scaling

Standard Boxers



These are basically the no named fighters that Rocky beat throughout his career alongside fighters other boxers that Rocky has faced in the past defeated on their way to the top.

- [Dipper Brown can “punch all day”](#)
- [Big Chuck Smith can go 15 rounds without breaking a sweat](#)
- [Yuri Denisov is a solid fighter with good technical skill](#)
- [Sergei Izhora was trained by the Russian army](#)
- [Joe Chan is stated to have an “excellent boxing brain” and is a tricky fighter](#)
- [Floyd McCallum is stated to be well rounded in all disciplines and a great technical boxer](#)
- [Spider Rico has been boxing for over 15 years and knows every trick in the book](#)
- [Marco Chavez is a smart fighter who can handle just about any situation in the ring](#)
- [Buddy Snow was stated to blind his opponents with “lightning quick flurries”](#)
- [Brendan Doyle is the best boxer from Ireland](#)
- [Maurizo Medina is Italy’s sharpest fighter](#)
- [Alain Girard is a well rounded fighter with good all-around skill](#)
- [The average no named heavyweight boxer can strike with 700 PSI in the series \(22.398-58.787 Kilojoules\)](#)
- [Ken Klassen has a “chin of steel” and “strength of an ox”](#)
 - [Ox’s are THIS strong \(30-84.939 Kilojoules\)](#)

- [Joe Zale can hit with the force of a Mule](#)
 - [They're superior to Horses who are THIS strong \(98.923 Kilojoules\)](#)
- [Alexei Baluk is compared to fighting a Bear](#)
 - [They can kill Mooses, Horses and Bulls](#)

The Iconic Boxers



These are the boxers everyone knows throughout the series, Rocky scales to them all by virtue of becoming the strongest in the series in Rocky IV and as a bonus I'll even be including boxers from the Creed franchise.

Tommy Gunn



- [Tackles Rocky through a steel gated door](#)
- [One shotted civilians with no effort](#)
 - [Reminder standard people in the Rocky series are this strong \(1,467-9,521 Joules\)](#)
- [Defeated Union Cane](#)
 - Union Cane was the current world champion at the time making him stronger than the average no named heavyweight fighter ([22.398-58.787 Kilojoules](#)) and faster than boxers who are this fast ([6.7-11.17m/s](#))

Mason “The Line” Dixon



- [Trivia for the Rocky series claims Mason's fighting style](#) was modeled after [Roy Jones Jr. who focused on unpredictability, reflexes and power](#)
- [Mason was the reason “boxing's popularity declined” in the series during his time as the unified heavyweight champion of the world because no one could beat him](#)
 - [Mason became the heavyweight champion from 2003-2011](#) meaning during his time as a boxer he must have defeated [Mike Tyson who competed in the sport until 2005](#). [Mike Tyson is a character in the Rocky verse as well](#) and this isn't the first time real world fighters appear in the series. [Mickey says he obtained his locket from Rocky Marciano](#), [Canelo Alvarez makes a cameo in Creed 3](#), [Adonis had a ticket that his father originally owned when he went to see “The Rumble in the Jungle” when Muhammad Ali fought George Foreman](#)
 - [This would definitely make Mason easily above your average Boxer in the Rocky series \(22.398-58.787 Kilojoules\)](#) and [\(6.7-11.17m/s\)](#)
- [In a computer simulation Mason lasts until Round 13 against Rocky which claims to simulate Rocky in his prime however, Rocky's trunks in the simulation suggest it's Rocky in Rocky 2 when he beat Apollo Creed](#)
 - Reminder of Rocky in Rocky 1 being capable of smashing and breaking ribs/cow bodies. [Even Rocky as an old man in Rocky 6 is still capable of making mincemeat out of cows](#). [Cows are capable of getting hit by speeding cars and get up with no signs of damage \(22.985-31.285 Kilojoules\)](#) or [\(22.6-67.947 Kilojoules\)](#)

- During the real fight against Rocky in Rocky 6, Mason lasts all 12 rounds and one of the commentators noted that Mason was actually not “in the best shape” compared to most of his fights
 - Stallone claims that Rocky in Rocky 6, despite not having the same endurance, speed, durability etc that he had in Rocky 4, that Rocky in Rocky 6 is stronger than he was at the start of the movie. Most interpretations most likely refer to lifting strength than striking strength.

Apollo Creed



- Fought through broken ribs and internal bleeding
- Was stated as being the most dangerous fighter in the entire world in Rocky 1
 - Apollo was the number one heavyweight fighter of the world and was undefeated before losing to Rocky in Rocky 2
- Rocky himself states Apollo was “The Perfect Fighter”
- No one has been able to go the distance against Apollo at the time he was champion (last the full 15 rounds)
- Stated as having the fastest hands in the heavyweight division while also punching so fast he can hit someone twice before they even realize they’ve been hit (25m/s)
 - However considering Apollo was also stated as the most dangerous man in the world that would make him faster than Boxer punches that can peak 13.8m/s
- Survived over a dozen punches from Ivan Drago before collapsing around this time Drago’s punch capabilities reach 1,850 PSI (59.195-155.367 Kilojoules)

James “Clubber” Lang



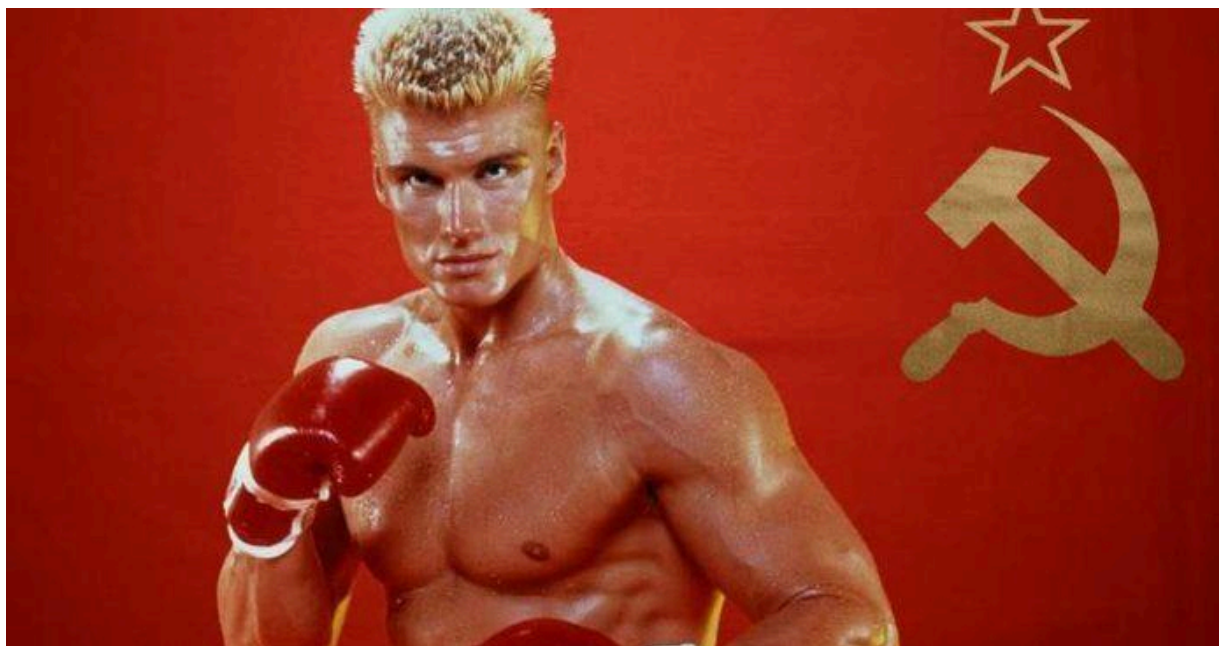
- Beat up other prisoners during his time in jail while honing/sharpening his boxing skills
 - Mickey even states Clubber is a “wrecking machine” and was nothing like any normal boxer as he’s seen him no diff normal boxers (22.398-58.787 Kilojoules) and (6.7-11.17m/s) which make sense considering Clubber was known for effortlessly beating his opponents in the early rounds, never going the full 15 rounds
- Stated as being the strongest opponent Rocky had faced yet making him greater than Rocky & Apollo in Rocky 1 & 2
 - This is supported by Clubber beating a Rocky 2 Apollo/Rocky with less effort in Big Rumble Boxing: Creed Champions
 - Rocky in Rocky 1 being strong enough, hard enough to break cow ribs/bodies. Cows are capable of getting hit by speeding cars and get up with no signs of damage (22.985-31.285 Kilojoules) or (22.6-67.947 Kilojoules) and Apollo being this fast (25m/s)
 - Clubber even flat out defeats early Rocky 3 Rocky during their first encounter
- Survives all 15 rounds against Ivan Drago, despite losing and being in critical condition and this being a Drago who no longer has the support and steroids of the Russian government on his side he should still be hitting at his recorded power shown prior (1.850-2.150 PSI) (59.195-155.367 Kilojoules) and (68.794-180.562 Kilojoules)

Adonis Creed



- [Stated as having constant but efficient foot work,unconventional defense and a “classic” and “unorthodox” style of boxing that controls defense with technical punches](#)
- [Runs 7.98 miles in the span of a morning](#)
- [Catches chickens for training \(4-5.36m/s\)](#)
- [Pulls an airplane during his training montage in Creed 3 \(1,446kg\) and \(1.4-69.43 Kilojoules\)](#)
- [Creed I summary states Rocky saw the same strength and determination he saw from Apollo in Adonis and Rocky claimed Adonis had become more of a fighter than his father would ever hope to be](#)
 - [Reminder boxer punches can peak 13.8m/s](#)
 - [Apollo had the fastest hands in the heavyweight division while punching so fast he can hit someone twice before they even realize they’ve been hit \(25m/s\) and survived over a dozen punches from Ivan Drago \(59.195-155.367 Kilojoules\)](#)
- [Stallone states Adonis would “easily” knock out Clubber Lang](#)
 - [Reminder Clubber Lang is stronger than both Apollo and Rocky in Rocky 1 & 2](#)
 - [Rocky in Rocky 1 being strong enough, hard enough to break cow ribs/bodies. Cows are capable of getting hit by speeding cars and get up with no signs of damage \(22.985-31.285 Kilojoules\) or \(22.6-67.947 Kilojoules\) and Clubber survives 15 rounds against Ivan Drago \(59.195-155.367 Kilojoules\) and \(68.794-180.562 Kilojoules\)](#)

Ivan Drago



- [Killed Apollo Creed with no effort](#)
 - [This means Ivan can no diff the average no named heavyweight boxers in the series \(22.398-58.787 Kilojoules\)](#) and [boxer punches can peak 13.8m/s](#)
- [Drago is consistently stated as being “trained to perfection”](#)
- [Stallone himself states Drago “was the future”, a human evolved 1,000 years where man should be with total flawless brains & brawns](#)
 - [The fastest human punch by real life standards is 20.1168m/s](#)
- [Can punch with 1,850 PSI and 2,150 PSI \(59.195-155.367 Kilojoules\)](#) and [\(68.794-180.562 Kilojoules\)](#)
 - [Drago was also noted to have sent Rocky flying 15ft with his punch](#) also [taking into consideration Ivan was injected with even more steroids and proceeded to work out even more afterwards which boost physical capabilities by 5-20%](#) this would make Ivan’s power by the time of the fight hitting **>72.23-216.67 Kilojoules**
 - Considering the Rocky universe shares some natural laws of physics, [Drago should be applying 50% of his weight behind these punches](#) with that in mind and using this calculator this makes his speed [31.62-51.23m/s](#) and [34-55.22m/s](#) of course he should be hitting faster than this by the time he fights Rocky

Weaknesses

Rocky Balboa



As one would expect, he isn't very book smart which is made more apparent by Rocky dropping out of school in the 9th grade. Rocky being willing to take hits to the head didn't last well for him in the long run either. Originally, one of his eyes was claimed to be almost damaged to the point of no recovery if Rocky wasn't careful during his second fight against Apollo Creed. There's also the brain damage he gained after his fight with Ivan Drago; he focuses more on dodging attacks than blocking hits, and by the events of Creed, Rocky had obtained non-Hodgkin's lymphoma but despite this he was willing to help train Adonis Creed into a model fighter.