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Jocko willink height weight

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He was also the co-founder of the Echelon Front, which achieved the Silver Star and bronze star for the unequivocal service he did during the Iraq War. After leaving the Navy, he moved on to creating a self-titled podcast show called the 'Jocko Podcast', along with his friend Echo Charles. He is known to have two siblings and was a member of his high school football team. In 2006, he received a bachelor's degree from the University of San Diego. He is also known for his bestselling books called Extreme Leadership with his U.S. Navy SEAL colleague, Leif Babin, which consist of his leadership skills and principles. Born on September 8, 1971, his age is likely to be around 47. He was born in Torrington, Connecticut, New England. He was having an incredible figure, which he built through his daily workout routine. It stands at 5ft 11 inches and has a body weight of 81kgs. Jocko Willink's Wife, Children and Family CEO is probably among those celebrities who have to maintain a balance between his personal and professional life. He was married to Helen Willink and they both welcomed four children of their own. Jocko Willink Family He earned a lot during his 20 years of service as a U.S. Navy SEAL. He had many sources of income, as he earned as an author, fitness trainer, and podcaster. He also earned through his YouTube channel. With all of these, he was able to get an estimated net worth of \$3 million. John is also known on his Twitter and Facebook profile. John Gretton Willink Career as a Navy: Willink served 8 years as a Navy SEAL with SEAL Team ONE and SEAL Team TWO. His unique leadership qualities made him commander of Task Force Bruiser from SEAL Team 3 in 2006. He also served as an instructor and also a platoon commander. He retired after serving 20 years in October 2010 with the Navy and Marine Corps Gold Medal. Post-Navy Career: Coming Soon His retirement, the former SEAL commander opened a training/fitness center called Victory MMA and Fitness, a mixed martial arts gym where he mostly trains fighters such as boxers and wrestlers. He reached the black belt from Dean Lister as a Brazilian Jiu-jitsu doctor. A few years later he founded a company called Echelon Front Company along with his former Navy SEAL colleague, Leif Babin. Both planned to make a book out of their U.S. Navy careers. After appearing on the podcasts of Tim Ferriss, Joe Rogan and Sam Harris on December 22, 2015, Jocko came up with his self-titled weekly podcast, the Jocko Podcast, along with his friend Echo Charles. Willink is co-author of the books Extreme Ownership and Dichotomy leadership. He also believes that he is motivated to rise up very soon because it gives him a jump on the enemy. Lt. Gen. Daddy WillinkBirth namedJohn Gretton Willink, Jr.Born (1971-09-08) September 8, 1971 (age 49)Torrington, Connecticut, U.S.S.Allegiance United StatesService/Branch United States NavyYears of Service1990-2010Rank Lieutenant Commander United SEAL Team 3Battles/WarsIraq Battle of Ramadi Awards Silver Star Medal Bronze Star Medal with Valor Alma materUniversity of San Diego[1] John Gretton Jocko Willink (born September 8, 1971) is a retired U.S. Navy officer who served in the Navy SEALs. He is also a podcaster and author. His military service saw combat action in the Iraq War, where he eventually commanded SEAL Team 3 task unit Bruiser, which fought to fight Iraqi insurgents in Ramadi, and was honored by the Silver Star and Bronze Star for his service. He reached the rank of lieutenant commander. [3] Willink is co-author of the books Extreme Ownership and Dichotomy Executives (with fellow retired SEAL Leif Babin) and co-founded management consulting firm Echelon Front, LLC. [4] Willink hosts a weekly podcast with Brazilian jiu jitsu doctor Echo Charles, called the Jocko Podcast. [5] Military Career After Navy Recruiting Training and Radioman (RM) And School Training, he reported basic underwater demolition/SEAL training (BUD/S) training at coronado naval amphibious base. Willink completed BUD/S class 177. After SEAL Tactical Training (STT) and the end of the six-month probationary period, he received NEC 5326 as a combative swimmer (SEAL), authorized to wear SEAL insignancy. Willink served eight years on active duty before enlisting a Navy SEAL with SEAL Team ONE and SEAL Team TWO. Willink was part of the SEAL team that seized the Russian tanker Volga-Neft-147 in the Gulf of Oman, which was carrying Iraqi oil in violation of the UN economic embargo. Willink earned a commission through Officer Candidate School and eventually served as platoon commander. Willink has completed several deployments to Asia, the Middle East and Europe. During operation Freedom was deployed to the Iraqi city of Ramadi in 2006 with SEAL Team TRI as commander of task force Bruiser, which included Marc Alan Lee, Michael Monsoor, Jonny Kim, Kevin Lacz, and Chris Kyle. During his career, Willink also served as a Navy SEAL instructor. He retired in October 2010 after 20 years of service. [6] Post-Navy Career After leaving the Navy, Willink co-founded leadership consulting firm Echelon Front along with Leif Babin, who served with him in SEAL teams [7] He and Babin also co-authored the leadership manual Extreme Ownership: How U.S. Navy Seals Lead and Win. [8] After appearing on podcasts by Tim Ferriss, Joe Rogan, and Sam Harris to publicize his book, Willink launched his own weekly podcast, the Jocko Podcast. [9] In addition to his work in consulting and authorship, Willink instructs jiu-jitsu on Winning MMA & Fitness in San Diego and co-owns Origin USA,[10] a company based in Farmington, Maine that manufactures lifestyle clothing, nutritional supplements and fitness equipment.[11] as well as one of the few jiu-jitsu gis manufacturers in the United States. [12] Bibliography Extreme Adult Ownership: How U.S. Navy Seals Lead and Win (2015) (ISBN 978-1-76055-820-8) Discipline Equals Freedom: Field Handbook (2017) (ISBN 978-1-250-15694-5) Leadership Dichotomy: Balancing the Challenges of Extreme Ownership for Leadership and Victory (2018) (ISBN 978-1-250-19577-7) Leadership Strategy and Tactics: Field Handbook (2020) (ISBN 978-1-250-22684-6) Code. Evaluation. Protocols: Trying to Become a Significant Qualified Person (2020) (ISBN 978-0-9816188-2-1) Children's Books of Mikey and the Dragons (2013) (ISBN 978-1-942549-43-7) The Way of the Warrior Kid (2017-2 (ISBN 978-1-250-15107-0) (2019) (ISBN 978-1-942549-48-2) Awards and Honors Badge Special War Insimiation 1. Silver Star Star series with Meritorious Service Medal 2nd row Navy and Marine Corps Commendation Medal with 1 Gold 5/16 inch star Navy and Marine Corps Achievement Medal with 4 Gold 5/16 inch stars Combat Action Ribbon 3rd row Navy Unit Commendation with 2. Service Stars Navy Meritorious Unit Commendation Battle Efficiency Award 4th row Navy Good Conduct Medal with 2 Service Stars Navy Fleet Marine Force Ribbon National Defense Service Medal with 1 Service star 5th row Armed Forces Expeditionary Medal with 1 Service star Southwest Asia Service Medal with Service 2. 1 Service star Iraq campaign medal with 3 campaign stars 6. 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Restored March 1, 2020. ^ External Links Jocko Willink's Twitter Jocko Podcast Thread with Jocko Willink and Darryl Cooper Echelon Front MMA Victory obtained from