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OKC's KO Artist

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It wasn't one particular shot but instead a series of body blows that John Trowbridge landed to wear down his opponent and win his first professional boxing match.

The air traffic manager of Oklahoma City Tower won the heavyweight bout by knockout in the third round of a HD Boxing matchup at Remington Park, Okla., on Nov. 12. (*Watch a video of the fight and John's knockout at the 9:30 mark.*)

A couple of landed hooks in the first two rounds and having a leg up on stamina helped the fighter defeat his challenger, who had competed in several mixed martial arts fights before making the transition to boxing.

"It felt good to win my first pro match," Trowbridge said. "I'm a pretty competitive person. Boxing is a good way for me to keep that competitive fire going, and it's one of the best workouts I've found, so it keeps me in shape."

Trowbridge began boxing in high school, in his hometown of Carney, Okla., where his pastor, Bo Gibbs, trained him at a local gym. He won his first two amateur fights in 1995. After high school, he joined the U.S. Marine Corps, serving as an air traffic controller for five years. In his free time, he trained in boxing and competed in one fight, in 2000, to improve his amateur record to 3-0.

Trowbridge joined the FAA in 2003 and has held several jobs in the air traffic sector, including as: a controller at Omaha Tower, Oklahoma City Tower/TRACON and Dallas-Fort Worth TRACON; operations supervisor at Oklahoma City, Wichita Tower/TRACON and Dallas-Fort Worth TRACON; and operations manager at Kansas City Center, where he worked before returning to Oklahoma City in March to fill his current position.

When he returned to Oklahoma City, he reconnected with Gibbs, who asked him if he wanted to train with him and his son, Bo Gibbs Jr., an undefeated middleweight champion.



Trowbridge (right) at his first professional pre-fight faceoff.



Trowbridge at work in his office in Oklahoma City Tower.

“They said, ‘Well, your skills look pretty good. Have you thought about doing another boxing match?’” Trowbridge said. “So I started working out and after a couple months I was ready to compete again.”

His last amateur bout in October resulted in his only loss ever – a one-point decision. But he learned from the experience and used it to succeed in his first pro match. “I wasn’t in the best shape I could have been, and I was a little nervous. I learned to calm down and take things slower.”

For Trowbridge, his family and his career in air traffic come first. He has a 14-year-old daughter, Madison, who plays basketball and softball for her high school in Agra, Okla. Boxing is all about him having fun and staying in

shape. He and Gibbs recently discussed his future as a professional boxer.

“We’re going to take it one fight at a time and see what comes next,” Trowbridge said. “I don’t have any long-term championship goals. I just want to see where I can go with it one step at a time.”

Top photos, clockwise from upper left: Trowbridge fights in his first professional match; Trowbridge with his daughter, Madison; and Trowbridge with his training team.

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Congratulations John!



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Way to go John! Congratulations!

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