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whose products I truly swear by.

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Now, we are an overworked and underslept population,

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especially those of us that wear uniform for a living.

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And trying to reclaim some of the lost rest and recovery is imperative.

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Now, for most of us that come off shift, we are A, exhausted,

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and B, do not want to bring what we've had to see and do back home to our loved ones.

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So one powerful application is using the program Povernap,

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Welcome to the Behind the Shield podcast. As always, my name is James Gearing,

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and this week it is my absolute honor to welcome on the show Jujitsu Blackbelt and instructor Charles Harriot.

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Now in this conversation, we discuss a host of topics from Charles's parents immigration story from Jamaica,

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his journey into the martial arts, American Kempo, kit boxing, his journey into Jujitsu,

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the paradigm shift he had from student to teacher, his leap of faith out of the corporate world, traveling and so much more.

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Now before we get to this amazing conversation, as I say every week, please just take a moment,

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go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating.

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Every single five star rating truly does elevate this podcast, therefore making it easier for others to find.

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And this is a free library of almost 900 episodes now.

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So all I ask in return is that you help share these incredible men and women stories

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so I can get them to every single person on planet Earth who needs to hear them.

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So with that being said, I introduce to you Charles Harriot. Enjoy.

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Well Charles, I want to firstly say thank you so much for taking the time.

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We just did some rolling here in BJJ Swamp Academy in Gainesville.

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So I want to thank you firstly for all the times that you've helped me during this.

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Last time we rolled you were telling me about being staying attached to your partner.

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So everything that you tell me, I promise you does stay in.

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And secondly for coming on the Behind the Shield podcast today.

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No problem at all.

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So I don't know a whole lot about your early life.

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So I would love to start at the very beginning.

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We'll walk through your journey into martial arts, your career side,

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and then the kind of wonderlust element that combined with Jiu Jitsu.

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So let's start at the very beginning.

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Where were you born? And tell me a little bit about your family dynamic.

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What your parents did, how many siblings?

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I was born in Fort Lauderdale, Florida.

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Both my parents are naturalized American citizens from Jamaica.

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And so I was born in Fort Lauderdale.

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I have two sisters. So my elder sister is four years older than me.

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And my younger sister is two years younger than me.

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And when I was three turning four, my parents had the brilliant idea of taking me to see the Teenage Mutant Ninja Turtles movie,

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the live action movie. And I fell in love with that.

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And I was doing really crappy cartwheels down the movie theater walkway.

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And I told my parents that I wanted to be a ninja.

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And my father found a Taekwondo instructor who was teaching lessons out of his garage and enrolled me in there.

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And that was the beginning of my martial arts journey when I was like about to turn four.

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It was like right before my fourth birthday.

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And I was in a garage throwing really bad kicks and punches and thinking that I was a ninja.

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And I used to wear my headband because the karate kid had the headband.

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I used to wear, I was like, you did not have to wear a headband.

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I was like the only kid in class, I want to wear the headband.

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So like that was the beginning.

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And then fast forward two years after that, unfortunately my father passed away.

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And quickly I was kind of thrust in this position where like family members were letting me know that I was like the man of the house and all of this and that.

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And the only kind of other father figure I had in my life at that point was my Taekwondo instructor.

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And we returned from the funeral in Jamaica to find out that he has sold the school because he has just gotten married and his new wife has told him he needs to get a real job.

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So he sold the school and became a prison guard.

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I don't ever know what happened to him. I haven't talked to him since then.

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But he was really nice. He came along, my mom, him and the new owner of the school to talk to me and like kind of convinced me not to quit.

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And because it wasn't even Taekwondo, it was a karate instructor who took over the gym.

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And I was really like sad and upset about the whole thing.

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And they convinced me to stay and I ended up staying doing that.

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The style of karate they did was called American Kempo.

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So from age six all the way through when I graduated high school at 17, I did that.

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Along the way in that process I played school sports, did normal stuff, was a pretty like I guess if I wasn't an athlete I definitely would have been considered a nerd.

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So I kind of got away with not getting as much of the nerd stigma because I also played sports.

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But academically I was very studious so to speak because my Jamaican culture, what you hear about Jamaican culture is a lot of like Reggae and Bob Marley and Rastas and stuff.

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But like a heavy part of the Jamaican immigrant culture in America is an obsession with academics.

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My parents were very, very much pushers of like we'll support you whatever you want to do but you got to do your school and you got to take it seriously.

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And anything that you do in life try to make sure that you're not just the best that you're like 10 times better than the next guy.

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That was the ethos of my household. Just we'll support you, just give it your best.

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And so I kind of was very heavy into my academics but I also was heavy still into the martial arts because it was the one constant in my life.

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And so at the age of 13 I became an instructor at that gym.

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I got to like assist teaching classes and teach some karate classes up through my teens and I loved doing that.

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And teaching in general was always something that I loved. I tutored some of the other kids in school because it just always kind of came easy to me.

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And then from there on I ended up going to university. But I don't know if you want my entire like granular life story leads. I'm going kind of heavy into this.

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Yeah, no, actually I like going heavy but let's go back for a second. I'm obviously an immigrant to this country.

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Your parents coming from Jamaica when for example Jamaicans made it to England on the wind rush that was somewhat negative chapter of British history.

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They weren't received very well. Now you go to London for example, there's beautiful Caribbean culture all over the place.

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What was their immigration experience? I mean obviously you lost your dad early but did your mom's story tell about either the pros or the cons?

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It was a mixed bag. I guess something that could speak to that is the fact that if you listen to me speaking, right, I don't have a Jamaican accent.

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I don't speak Patois. That's partially because my mother and father found that because they had accents it was harder to find work.

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Because they were seen as foreign. They weren't like there was definitely stories of discrimination and things that happened to them.

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It was the 70s when they got here. So not it wasn't like it was the 40s but it's also not 2023 either.

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So but that's part of why my mother was very heavy on you just speak properly. You need to conduct yourself with dignity and respect.

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It was a very big piece of it. I would say that there were definitely areas like the same way how like you said in London there's areas that kind of became Caribbean areas.

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The same is true in the US but my parents chose my father was a professional tennis player in Jamaica and was obsessed with tennis.

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So that's why I ended up. We ended up right outside of a city called Boca Raton, Florida in Palm Beach.

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And the reason we ended up there is because he was obsessed with tennis and he was scouting around places to move because they first moved into Miami.

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And they actually had someone break into their house and they were like we can't keep living here with this crime. We need to move north.

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And so they were looking at various areas and they found there is just a wealth of tennis courts in Boca Raton, Florida.

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And they found a house that had a tennis court in the community and for him that was that was it.

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And so they ended up moving into Boca Raton horribly shortly before he passed away.

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My elder sister was being taught tennis. She's the eldest and I was being taught tennis as well.

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I was at that kind of young do whatever your other sibling copycat phase and she is she got into an argument with my father one day and decided that she was done playing tennis.

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And I was next to her and I remember there was some show coming on a Nickelodeon that in the back of my head I was like I want to go watch this show.

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And so when she quit I was like I quit too. I want to go home and watch my show.

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Not realizing like how big of a deal would be because like I know now being a grown man and like having my passions and obviously one day one to share them with my kids.

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Like I probably broke his heart. He brought us home and went to my mom was like they're not my kids. They don't want to play tennis.

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I never took it personally anything but it's one of those things I remember because ironically my younger sister was too young to be taught tennis by my father and she ended up being the only one of us that went on and actually played tennis in high school and was actually quite good at tennis.

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Because she was going through and she's like how come you know Charles and Melissa have tennis rackets and I don't.

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And so then she ended up becoming a pretty good tennis player ironically enough.

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But I would say there was the situation which I think is very true.

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I had no idea that there was the stereotype of I guess kind of Jamaican industriousness because shortly if I fast forward the story a little bit after I had graduated college I ended up in a situation where I had three jobs and one of my coworkers at one of my jobs was like wow you're really doubling down on this Jamaican thing.

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I'm like what are you talking about.

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I was like yeah every Jamaican that I've met has like three four jobs for some reason. I had no idea because it wasn't a stereotype that I had learned from my family that like there was a stereotype about being Jamaican and having lots of jobs.

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And so that I guess kind of hardworking ethos was something that definitely got passed through to me because I knew growing up in America that for example everyone always asked me where I was from even though I was born here.

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And I would say Florida and they'd be like yeah yeah but where are you from.

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Like from here.

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But I also know that there would be cultural things where like just even with the types of food that I ate growing up. And so I think I also kind of ended up having an affinity towards a lot of the other Caribbean immigrant populations that were in my area because where I grew up there wasn't that many other Jamaicans but there's a lot of Spanish speaking people a lot of Venezuelans a lot of Colombians Dominicans Puerto Ricans you name it.

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And most of the people that I ended up making close friends with growing up even that some of my friends that were from Guyana Trinidad like were not Jamaican because there just weren't that many Jamaicans in my area.

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My family friends were Jamaican who were usually down in Cooper City Pembroke Pines area about an hour south of where I lived and we'd go see them because my mother's office was where she worked.

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But I always kind of had an affinity because I go over their house and I'd be like oh we plantains they plantains they call it platinum but like it's the same food or like rice and beans like the flavoring was close to my family and that was more familiar whereas I went over my other friends houses who were from you know kind of more traditionally American houses like just the food was very different.

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Like it's and my mom didn't just make Jamaican food she made Italian food she made Mexican food my mom was a really good cook so because of the culture she really believed in home cooked meals so every day even though my mother was working hard because she's a single mom and my grandmother had moved in and was working hard.

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There was a home cooked meal and so I was I had the culture shock when I went over some friends houses where like their normal meal was Chef Boyardee or Kid Cruising Microwave Meals and I was just confused because Boca Raton Florida is a very affluent area and my family was not very affluent.

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We weren't poor by any means but we were not mansion rich and some of the people at the school I was raised in were mansion rich because I was lucky enough that when I was very young I took some sort of aptitude test and I scored very highly and I ended up getting some partial scholarship to this very prestigious school called Boca Raton Christian School.

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And so it was a very kind of ritzy school very great quality education that I was getting but most of the other people that were at that school were either from you know very very wealthy families or they were children of the teachers at the school because one of the perks of being a teacher at the school was that your children got to go there for free.

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So the only people in my kind of socioeconomic status at the school were the children of the other teachers there or other people in my situation where they had some sort of a scholarship.

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And so when I went over their houses it was very very culturally different and so I knew that my family had a different culture and that we were different but I also knew at the same time that like I wasn't fully Jamaican because whenever I went to Jamaica a few times a child I would meet my cousins in Jamaica and people who were raised in Jamaican culture of that era.

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Okay well I'm not Jamaican like they are. I can't speak Patois. I get made fun of. I get told I sound Irish when I try and speak Patois. And so like I'm not that but like here in America at the same time like when I'm in America I'm not American.

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I'm something else but when I leave America I get to be American. I remember I first felt that as a kid and it got reinforced as I began to travel later as an adult which was the feeling of like it's kind of funny that I'm most considered most American once I leave America.

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I can actually relate to that. I mean I'm British born and bred till I was 27 then I started traveling and you know it took me around the world and then I lived in Japan for a while and we'll get to Osaka because that's where I lived.

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And then obviously America but I spent some time in Australia and so now I've been here 20 I think it's 21 years now 22 and so to people here I sound English to people at home I sound American so I'm stuck in this limbo where as you said every time in the opposite country I sound like I'm from the where I just left but not when I'm actually in that country so it's an interesting kind of paradox.

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Well the irony is now after the travel my accent has changed because now at this point I speak English I'm conversational in Spanish and I'm survival in like German and Japanese and a couple other languages just from the traveling.

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But then also I did Brazilian Jiu Jitsu for all these years and most of my coaches were Brazilian and they have a certain way of speaking their English kind of singing.

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If you ever had like a Brazilian coach that's from certain parts of Brazil they sing their English a little bit and I picked that up I realized that my I'm very very good at mirroring speech patterns.

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So if I hang out with somebody who English is not their first language and I feel that I should be shifting my vocabulary so that I'm not speaking beyond what they what they know I'll start speaking broken English because I have some friends from travel some of my dearest friends like my friend Marius in Ireland.

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He's Polish we moved to Ireland he has a very heavy Polish accent and he lives in Ireland and so the English that he's mirroring isn't even American English and so I hung out with him for a day and I'm speaking like him and my girlfriend will tease me just like who are you right now.

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But because of all those times of kind of any or same thing when I taught English and in other places where English wasn't their first language whether it be Germany or Israel other spots I was told by the class like hey like we love your teaching but we need you to slow down.

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You're speaking too fast for us to understand and the people who are having a hard time are too proud to tell you but I'm going to tell you I understand you but like some people here only speak English at Jiu Jitsu.

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Once a week twice a week three times a week so they're not going to be able to absorb at that speed so I slowed my English down so then I come back to America and I start talking like Obama with a really long and drawn out pauses between what I'm saying so like.

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You end up with having this kind of hodgepodge of speech patterns and so like I'm 100% a chameleon in that way when it comes to just understanding all right this is the the manner of speaking that's appropriate for this time and place.

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Yeah it's amazing I mean I think the the enemy of prejudice is just traveling.

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It's so true because there's some places that I've been that like when I was growing up were war zones right like I have got I've been lucky enough to get to go to Cambodia like it was a war zone when I was a kid I was learning about what's happening in Cambodia like there was a literal genocide going on or even like I went to Belgrade Serbia and I've met people from from Bosnia and like all these places that when I was a kid like.

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On we watched on CNN like war is happening and it would be like well I would how could you go there it's not safe but I've I've obviously the words aren't hot right now in those places I've been there but like.

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Anywhere on earth no matter how poor or bad that the TV convinces you it is there are people there living their lives day in and day out and at the same time when if you look at the stats like there's parts of America that are just as bad as the other countries.

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Like there's parts of America that are just as bad as those areas that were worried about because I grew up in the time when like.

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If you watch the TV long enough and it got late enough that those infomercials will come on it would be the African boy with the fly in his eye and for five cents a day or something ridiculous like that and that have you convinced that these parts of the world are just.

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00:19:10,660 --> 00:19:23,660

Every ounce of everyone is suffering at all times and we aren't you so happy and lucky that you were born and raised in America and I have to be happy and lucky that I was born and raised where I was my parents made the decision for having a better life that they were.

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To leave the opportunities that they had before them in Jamaica to come to America due to what was going on politically at the time with Michael Manley and the shift of power in Jamaica and their attempts to.

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Make the country communist the country didn't actually become communist but a lot of people left Jamaica and a lot of the intellectuals of Jamaica fled as you saw to England Canada and the US and so my parents made that decision to give me a better life.

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And so I do appreciate that but traveling is also let me realize that like you can live a happy life most places on this earth but most places on this earth also have their problems right there's places.

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Like there's places where you would think are less fortunate than America but if you get hit by a car and you survive that they will nurse you back to health and you're not bankrupt for the rest of your life afterwards.

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Whereas in the US you get hit by a car you don't have insurance you're paying that hospital probably for the rest of your life.

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Absolutely or cancer or.

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Or even worse like the like being hit by car actually is significantly better if you get one of those diseases cancer or lupus or one of those things that you have to be inpatient for months and years on end and slowly die those.

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00:20:37,660 --> 00:20:47,660

So like every country that American has we have our health care problems we have our problems here but every country has the things that make me absolutely love them every country has things that are like.

160

00:20:47,660 --> 00:21:12,660

A funny thing that made me fall like that I appreciate about America after traveling it's two things that I really appreciate America one I gained appreciation from going to Japan and one from going to continental Europe and these are both places they're beautiful I love Japan I love how clean it is I love how safe you are that there's virtually no stranger crime and I say no stranger crime because there is crime in Japan it's just very Japanese it's organized there's there's no other way to describe it.

161

00:21:12,660 --> 00:21:26,660

There is crime in Japan and there is other parts of crime in Japan but generally speaking if I left my laptop on a train station platform which I did and I missed the train and I come back 10 minutes later it's still there no one stole my laptop.

162

00:21:27,660 --> 00:21:29,660

That's amazing but.

163

00:21:30,660 --> 00:21:35,660

There are no trash cans in public so if you want to throw something away you got to carry the trash with you home.

164

00:21:35,660 --> 00:21:49,660

And throw it away that was isn't a big deal but as an American I'm accustomed to if I go and I have some ice cream or sandwich or whatever that I can just throw the trash away there and the fact that it's very hard to find trash cans in Japan is just mildly inconvenient but as an American I'm used to that.

165

00:21:49,660 --> 00:22:06,660

Other thing is when I was in Netherlands and kind of a I wouldn't say fully suburban but not a truly urban area it was like not country but like not American suburban but like kind of residential area.

166

00:22:07,660 --> 00:22:08,660

There's no bathroom.

167

00:22:08,660 --> 00:22:18,660

And places that I'm accustomed to as an American hunting for bathrooms aren't successful like in America if I want to go to the bathroom I can go to a grocery store there will be a bathroom for me there.

168

00:22:19,660 --> 00:22:29,660

I can go to the department store there will be a bathroom there I can go to a shopping center there's a plethora pretty much any place even a tire place any place that is selling some service in America we have public restaurants.

169

00:22:29,660 --> 00:22:37,660

That are available to people and in Netherlands I went to a grocery store ran in circles no restroom.

170

00:22:38,660 --> 00:22:40,660

I went to a shoe store no restroom.

171

00:22:41,660 --> 00:22:42,660

You're pooping a boot.

172

00:22:42,660 --> 00:22:52,660

To the point where like I and I'm looking like a crazy person like luckily I didn't have to poop I just had to pee but I'm still like looking very strange kind of holding my crotch walking around in the bathroom.

173

00:22:52,660 --> 00:23:04,660

Because it just isn't a thing now mind you I was informed by my Dutch friends later as I planned it was before they're like hey hey Charles like go to a bar pubs have restrooms because people who drink alcohol have to pee a lot.

174

00:23:05,660 --> 00:23:13,660

This is very logical it makes sense but that's not my go to I'm looking for a public restroom here in America I'm not going to a public restroom.

175

00:23:13,660 --> 00:23:21,660

That's like the last place the most disgusting restrooms that you're going to find like I'm not going to a bar for this is these little differences and things I appreciate and they sound really small.

176

00:23:22,660 --> 00:23:33,660

But I'm finding more and more like those those little things you enjoy are like some of my favorite things about about travel because there's certain things that I love about other places and places that I can then.

177

00:23:33,660 --> 00:23:43,660

Appreciate about home I don't I've met people who leave America and then all they do is shit on America they're like ah it's so much better over here and they have those rose colored glasses about wherever they're visiting.

178

00:23:44,660 --> 00:23:53,660

And I might have been that way a little bit the first time I traveled but then you realize you talk to people they're like they've got their own gripes like if you're there for a day they're just going to go to a bar and they're like.

179

00:23:53,660 --> 00:24:07,660

They're going to show you what they're proud of in their town. Hang around a little longer. Everywhere has their problems I've yet to meet any place on earth I've been where everybody is like yeah this is great no problems at all.

180

00:24:07,660 --> 00:24:20,660

A-OK because if that's the case you're you're not talking to everybody. These people that you're staying with might have a charmed life but there's usually a cost there's usually someone who's not OK.

181

00:24:20,660 --> 00:24:36,660

I've had guests from all over the world people that spearheaded the decriminalization of drugs in Portugal prison superintendents from Finland I'm sorry from Norway educators from Finland all the all the people that are kind of at the forefront of what that comes to.

182

00:24:36,660 --> 00:24:49,660

Yeah yeah yeah. So when you couple humility which is something that we struggle with in the U.S. because we'd say we're the best at everything. Yeah I think that we are great at some things and we definitely need to swallow our pride and learn from other people.

183

00:24:50,660 --> 00:24:56,660

But if we take the best of each of the countries including the U.S. and we're the best at everything. Yeah I think that's the best thing about it.

184

00:24:56,660 --> 00:24:56,960

ories and the U.S. and I think it's cool that we take the best of each of the choke takes us to the top. And I think that we are the

185

00:24:56,960 --> 00:25:07,660

I think that we are great at some things and we definitely need to swallow our pride and learn from other people. But if we take the good of each of the countries including the US, yeah and we share it around the world.

186

00:25:07,660 --> 00:25:09,740
and we share it around the world,

187

00:25:09,740 --> 00:25:11,700
the rising tide of social ships.

188

00:25:11,700 --> 00:25:13,380
I completely agree.

189

00:25:13,380 --> 00:25:14,560
I completely agree.

190

00:25:15,900 --> 00:25:16,740
It's funny that you mentioned this

191

00:25:16,740 --> 00:25:18,580
because those are some really amazing things, right?

192

00:25:18,580 --> 00:25:21,860
Because that cool problem they had

193

00:25:21,860 --> 00:25:23,740
that they didn't have enough people to fill those prisons

194

00:25:23,740 --> 00:25:25,100
in the Scandinavian countries

195

00:25:25,100 --> 00:25:29,220
and how they've proven that decriminalizing drug addiction

196

00:25:29,220 --> 00:25:33,100
and treating it as an illness versus as a crime

197

00:25:33,100 --> 00:25:36,380

has been like, Portugal has it imploded, right?

198

00:25:36,380 --> 00:25:38,620

It's not anarchy, there's not fire in the streets.

199

00:25:38,620 --> 00:25:39,460

It's the opposite.

200

00:25:39,460 --> 00:25:40,280

It's better.

201

00:25:40,280 --> 00:25:44,820

People are realizing, oh, this person is in pain.

202

00:25:44,820 --> 00:25:48,660

They didn't decide one day that they wanna

203

00:25:48,660 --> 00:25:52,420

be on the streets hooked on meth or heroin.

204

00:25:53,360 --> 00:25:55,060

Something else messed up probably happened

205

00:25:55,060 --> 00:26:00,060

and they unfortunately reached for the wrong release valve

206

00:26:00,100 --> 00:26:04,540

to try and self-medicate and then things didn't work out.

207

00:26:04,540 --> 00:26:05,380

100%.

208

00:26:05,380 --> 00:26:06,200

Yeah.

209

00:26:06,200 --> 00:26:07,700

So even if you think a bit financially,

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00:26:07,700 --> 00:26:11,940

if you take an addict and then you put them in prison,

211

00:26:11,940 --> 00:26:13,460

you've taken someone who,

212

00:26:13,460 --> 00:26:14,660

let's say that they're struggling,

213

00:26:14,660 --> 00:26:16,500

so they're probably on welfare at some point,

214

00:26:16,500 --> 00:26:18,020

in this example.

215

00:26:18,020 --> 00:26:21,380

So they're using tax and then you put them into prison

216

00:26:21,380 --> 00:26:22,840

where you're using tax.

217

00:26:22,840 --> 00:26:25,200

But you take someone who's struggling with addiction

218

00:26:25,200 --> 00:26:28,940

and you help them heal and they go back to work.

219

00:26:28,940 --> 00:26:31,000

Now you've taken someone who was using tax

220

00:26:31,000 --> 00:26:32,540

into someone who's paying tax.

221

00:26:32,540 --> 00:26:35,540

So even if you don't care about humans, which you should,

222

00:26:35,540 --> 00:26:37,580

fiscally, it makes sense that way too.

223

00:26:37,580 --> 00:26:38,420

No, I like that you did that

224

00:26:38,420 --> 00:26:39,660

because I'm always a big fan of that

225

00:26:39,660 --> 00:26:43,980

because I know it's putting yourself outside of yourself

226

00:26:43,980 --> 00:26:45,940

because as humans we tend to think

227

00:26:45,940 --> 00:26:48,420

I have this set of morals, so does everybody.

228

00:26:48,420 --> 00:26:53,180

But no, there's some people who care about the human fact

229

00:26:53,180 --> 00:26:54,900

and they're very empathetic.

230

00:26:54,900 --> 00:26:56,860

Other people are like, it's just brass tacks.

231

00:26:56,860 --> 00:26:59,980

You need to have personal responsibility and blah, blah, blah.

232

00:26:59,980 --> 00:27:02,060

We don't wanna make things, fine.

233

00:27:02,060 --> 00:27:05,740

If we're just gonna be cold, heartless pragmatists,

234

00:27:05,740 --> 00:27:10,540

it's not actually pragmatic to spend all of our money

235

00:27:10,540 --> 00:27:13,300

putting everybody in isolation.

236

00:27:13,300 --> 00:27:17,460

It's really, not to mention that the mental health

237

00:27:17,460 --> 00:27:20,660

of the people, because anything that you do,

238

00:27:20,660 --> 00:27:22,820

there's the mental health of the people that are imprisoned.

239

00:27:22,820 --> 00:27:27,420

But then I know very few people who have taken up jobs

240

00:27:27,420 --> 00:27:31,180

in the penitentiary having to be a prison guard

241

00:27:31,180 --> 00:27:33,500

or prison warden or any of those things

242

00:27:33,500 --> 00:27:38,500

who don't experience some mental and experiential damage

243

00:27:39,540 --> 00:27:44,540

from being in that tense, conflicted, angry environment

244

00:27:44,940 --> 00:27:46,340

all day, every day, day in and day out

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00:27:46,340 --> 00:27:49,540

where they're worried that the people around them

246

00:27:49,540 --> 00:27:53,100

are fictitiously or actually out to get them

247

00:27:53,100 --> 00:27:56,460

because you've deprived someone of their liberty

248

00:27:56,460 --> 00:27:59,340

and freedom and mind you, these people have done crimes

249

00:27:59,340 --> 00:28:01,100

to get in there, ostensibly, if they weren't wrongfully

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00:28:01,100 --> 00:28:04,180

convicted, but it's still an adversarial relationship

251

00:28:04,180 --> 00:28:07,180

where there was definitely, if you go back just 20, 30 years

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00:28:07,180 --> 00:28:09,940

in this country, you could make something of yourself

253

00:28:09,940 --> 00:28:11,220

in prison, you could learn to trade,

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00:28:11,220 --> 00:28:12,260

you could get a college degree.

255

00:28:12,260 --> 00:28:14,260

There were all these programs that you came out

256

00:28:14,260 --> 00:28:17,140

and didn't go back, which have unfortunately,

257

00:28:17,140 --> 00:28:18,980

I think mostly been pretty gutted at this point.

258

00:28:18,980 --> 00:28:20,540

Yeah, and even the addiction programs,

259

00:28:20,540 --> 00:28:23,740

I think a lot of them have been kind of scooped out too.

260

00:28:23,740 --> 00:28:26,420

I wanna get to the American Campo.

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00:28:26,420 --> 00:28:28,940

I was big into martial arts, it was the karate kid

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00:28:28,940 --> 00:28:29,780

that really got me into it.

263

00:28:29,780 --> 00:28:31,340

I'm a little bit older than you.

264

00:28:31,340 --> 00:28:33,620

And then I had Bruce Lee posters everywhere.

265

00:28:33,620 --> 00:28:36,020

I even had a Wing Chun dummy, had no idea how to use it.

266

00:28:36,020 --> 00:28:38,660

I would just kind of like fling my arms into it.

267

00:28:38,660 --> 00:28:42,820

But I used to read all the, it was a British martial arts

268

00:28:42,820 --> 00:28:44,700

combat was one, martial arts magazines,

269

00:28:44,700 --> 00:28:47,620

I think the martial art monthly or something, I forget now.

270

00:28:47,620 --> 00:28:50,380

But when I think of American Campo, is that Ed Parker?

271

00:28:50,380 --> 00:28:52,020

And that was Elvis's style, wasn't it?

272

00:28:52,020 --> 00:28:55,500

Yeah, yeah, yeah, Ed Parker was a Hawaiian guy.

273

00:28:55,500 --> 00:28:57,980

I believe, I believe, or he moved to Hawaii.

274

00:28:57,980 --> 00:28:59,420

I don't remember, I should probably know this.

275

00:28:59,420 --> 00:29:01,660

But, and yeah, Elvis was one of his most,

276

00:29:01,660 --> 00:29:03,940

he gave Elvis the honorary black belt

277

00:29:03,940 --> 00:29:05,540

and he had the American Campo patch

278

00:29:05,540 --> 00:29:07,180

on one of his performing outfits.

279

00:29:07,180 --> 00:29:09,620

It was definitely a wild time.

280

00:29:10,540 --> 00:29:12,020

All of that's before I was born, obviously,

281

00:29:12,020 --> 00:29:13,660

but these are just the legends you hear

282

00:29:13,660 --> 00:29:15,740

from your coaches growing up.

283

00:29:15,740 --> 00:29:17,380

The interesting thing about American Campo

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00:29:17,380 --> 00:29:20,460

is that even though it is a traditional martial art,

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00:29:20,460 --> 00:29:23,260

and they all have their flaws, there's a lot of good in them.

286

00:29:23,260 --> 00:29:27,900

A lot of the power principles and ideas of motion

287

00:29:27,900 --> 00:29:30,460

and stuff that's in Campo and the ideas,

288

00:29:30,460 --> 00:29:33,500

I still use to this day in my jiu-jitsu.

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00:29:33,500 --> 00:29:36,820

Because one of the, I don't know about every style of karate,

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00:29:36,820 --> 00:29:39,900

but because it was an American style

291

00:29:39,900 --> 00:29:44,900

that was very Y oriented, even though you're not gonna go,

292

00:29:45,460 --> 00:29:49,300

because the nature of the art is that it has a series

293

00:29:49,300 --> 00:29:53,020

of katas or forms, a separate series of katas or forms

294

00:29:53,020 --> 00:29:55,140

that are made for kids, at least there were.

295

00:29:55,140 --> 00:29:56,860

I found out later that wasn't even part of Campo,

296

00:29:56,860 --> 00:29:59,220

it was just the owner of my gym had taken

297

00:29:59,220 --> 00:30:02,140

this universal kids program that everyone was doing

298

00:30:02,140 --> 00:30:03,420

at the time and just taught it to us

299

00:30:03,420 --> 00:30:04,780

and told us it was part of Campo.

300

00:30:04,780 --> 00:30:06,740

It wasn't, but the big thing that is Campo

301

00:30:06,740 --> 00:30:08,900

is these self-defense techniques, right?

302

00:30:08,900 --> 00:30:11,740

Because self-defense was the thing of the era.

303

00:30:11,740 --> 00:30:13,540

I think it was partially a branding maneuver,

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00:30:13,540 --> 00:30:15,020

so people didn't get sued.

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00:30:15,020 --> 00:30:19,580

No, we're not fighting, we're doing self-defense.

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00:30:19,580 --> 00:30:24,460

Because if you look at almost anybody in any martial art

307

00:30:24,460 --> 00:30:27,020

who does sparring, who actually does fight

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00:30:27,020 --> 00:30:29,020

at the end of the day, you're fighting.

309

00:30:30,220 --> 00:30:33,100

Now we want to have the mental values

310

00:30:33,100 --> 00:30:34,300

that you're taught to kids, right?

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00:30:34,300 --> 00:30:37,900

Respect, honesty, discipline, self-control, et cetera.

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00:30:37,900 --> 00:30:41,580

And I think that most owners of child-focused

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00:30:41,580 --> 00:30:44,660

martial arts programs understand that the parents

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00:30:44,660 --> 00:30:48,100

of their students have no desire for them

315

00:30:48,100 --> 00:30:51,180

to be world champions in whatever martial art is.

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00:30:51,180 --> 00:30:54,700

Their parents want their kid to stop talking back to them.

317

00:30:54,700 --> 00:30:56,700

They want their kid to be responsible.

318

00:30:56,700 --> 00:30:58,940

They want their kid to be respectful.

319

00:30:58,940 --> 00:31:02,940

They want the internal values of the martial art.

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00:31:02,940 --> 00:31:05,980

And at least for me, it was very clear

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00:31:05,980 --> 00:31:09,900

that the gym I came up in, because you could debatably

322

00:31:09,900 --> 00:31:12,060

call it a mick dojo by today's standards,

323

00:31:12,060 --> 00:31:14,780

but I don't think that it was.

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00:31:14,780 --> 00:31:17,660

I think that the style itself, and obviously

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00:31:17,660 --> 00:31:20,420

I'm gonna be a little biased because I think

326

00:31:20,420 --> 00:31:23,220

because at least thinking about what I learned

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00:31:23,220 --> 00:31:27,580

and how applicable it was, the basics, the punches,

328

00:31:27,580 --> 00:31:31,060

kicks, elbows, knees, the stances, the footwork,

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00:31:31,060 --> 00:31:33,580

the timing that I learned in that martial art

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00:31:33,580 --> 00:31:35,660

that then I used in both point karate

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00:31:35,660 --> 00:31:38,940

and then later on kickboxing, they worked.

332

00:31:39,780 --> 00:31:41,640

And we would regularly spar.

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00:31:41,640 --> 00:31:45,440

Now mind you, was I, with the hand techniques I had,

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00:31:45,440 --> 00:31:47,340

gonna beat someone who had been boxing?

335

00:31:47,340 --> 00:31:48,180

Absolutely not.

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00:31:48,180 --> 00:31:49,780

My hands were garbage back then.

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00:31:49,780 --> 00:31:51,540

They're slightly less garbage now.

338

00:31:52,580 --> 00:31:57,580

But we sparred and we sparred every week.

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00:31:58,300 --> 00:32:00,900

And even if it's just kids sparring, as point sparring,

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00:32:00,900 --> 00:32:01,940

and then as you became a teenager,

341

00:32:01,940 --> 00:32:03,820

you were allowed to do continuous sparring,

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00:32:03,820 --> 00:32:06,500

which was pretty much kickboxing by another name.

343

00:32:06,500 --> 00:32:10,120

We were kickboxing and then later on as I got older,

344

00:32:10,120 --> 00:32:11,720

we were allowed to do Muay Thai sparring.

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00:32:11,720 --> 00:32:12,780

So we were allowed to do leg kicks.

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00:32:12,780 --> 00:32:14,980

And so for me, it was kind of a cool thing

347

00:32:14,980 --> 00:32:19,860

where what started out as a kid, as a clever game of tag

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00:32:19,860 --> 00:32:21,940

and foam dipped gloves and feats,

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00:32:21,940 --> 00:32:23,860

kind of became actual fighting

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00:32:23,860 --> 00:32:27,060

without me having to be a brain damaged 16 year old.

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00:32:27,060 --> 00:32:29,020

Because of the fact that we're just playing tag,

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00:32:29,020 --> 00:32:31,580

now mind you, we were punching as hard as a six year old

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00:32:31,580 --> 00:32:33,460

or seven year old could,

354

00:32:33,460 --> 00:32:35,260

but with the padding and the protection,

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00:32:35,260 --> 00:32:37,740

like there really wasn't much

356

00:32:38,660 --> 00:32:41,580

of people getting seriously injured.

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00:32:42,500 --> 00:32:43,780

At least when I was younger,

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00:32:43,780 --> 00:32:46,020

I actually did, as I say that,

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00:32:46,020 --> 00:32:47,060

a memory just pops in.

360

00:32:48,980 --> 00:32:52,220

I was unfortunately part of an accident in training

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00:32:52,220 --> 00:32:55,180

that did severely injure one of my training partners.

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00:32:55,180 --> 00:32:58,100

I was 13 and he was 16,

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00:32:58,100 --> 00:32:59,700

but that was few and far between.

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00:32:59,700 --> 00:33:03,020

There weren't, it wasn't like everyone was getting

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00:33:03,020 --> 00:33:04,980

concussions every day.

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00:33:04,980 --> 00:33:07,660

Accidents do happen in a combat sport,

367

00:33:07,660 --> 00:33:09,140

even in point sparring.

368

00:33:09,140 --> 00:33:09,980

But I think that actually,

369

00:33:09,980 --> 00:33:12,940

I think I was doing continuous at that point in time.

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00:33:12,940 --> 00:33:15,580

But long story short,

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00:33:15,580 --> 00:33:17,860

what in my opinion makes Brazilian Jiu Jitsu

372

00:33:17,860 --> 00:33:19,900

and MMA and kickboxing Muay Thai

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00:33:19,900 --> 00:33:22,660

and all of the martial arts that I think that have

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00:33:22,660 --> 00:33:26,020

a bit more respect post UFC,

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00:33:26,020 --> 00:33:28,540

is just the fact that they are being applied

376

00:33:28,540 --> 00:33:30,940

against a fully resisting opponent.

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00:33:30,940 --> 00:33:34,060

It's not the art itself that I think is any better or worse.

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00:33:34,060 --> 00:33:38,500

I think it's simply the addition of realism to the training.

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00:33:38,500 --> 00:33:40,700

Once you add the idea of this person

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00:33:40,700 --> 00:33:41,660

is gonna be aggressive,

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00:33:41,660 --> 00:33:42,780

this person is gonna be strong,

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00:33:42,780 --> 00:33:46,060

this person's not gonna let you do the move.

383

00:33:46,060 --> 00:33:48,020

It definitely improves your ability to train,

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00:33:48,020 --> 00:33:50,940

which isn't to say that martial arts that don't have that

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00:33:50,940 --> 00:33:53,300

are entirely useless because to this day,

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00:33:53,300 --> 00:33:55,820

I'll still steal stuff from martial arts like that.

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00:33:55,820 --> 00:33:58,300

I do moves that I learned from watching Aikido.

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00:33:58,300 --> 00:34:00,100

If you go back and watch Shinya Aoki,

389

00:34:00,100 --> 00:34:02,540

he was doing Aikido moves and snapping people's arms

390

00:34:02,540 --> 00:34:04,660

for a little while there in Japan.

391

00:34:04,660 --> 00:34:07,540

And so these moves work.

392

00:34:07,540 --> 00:34:08,380

It's just,

393

00:34:10,060 --> 00:34:12,340

if you're preparing for prize fighting,

394

00:34:12,340 --> 00:34:16,420

you don't do any traditional,

395

00:34:16,420 --> 00:34:18,260

kata based martial art.

396

00:34:18,260 --> 00:34:20,020

You can gain skills

397

00:34:20,020 --> 00:34:21,620

because you're still gonna be in better shape,

398

00:34:21,620 --> 00:34:23,060

have better coordination,

399

00:34:23,060 --> 00:34:25,460

be more prepared to strike and fight

400

00:34:25,460 --> 00:34:27,420

than a person who doesn't train at all,

401

00:34:27,420 --> 00:34:30,660

which if I remember correctly in the 90s and early 2000s,

402

00:34:30,660 --> 00:34:32,300

that was the advertisement.

403

00:34:32,300 --> 00:34:34,300

The advertisement was that you're being prepared

404

00:34:34,300 --> 00:34:37,620

to defend yourself against an untrained person.

405

00:34:37,620 --> 00:34:40,580

And I think in solving that problem,

406

00:34:40,580 --> 00:34:42,740

they do a decent job.

407

00:34:42,740 --> 00:34:47,700

If that's, but in the age where it's become almost fashionable

408

00:34:47,700 --> 00:34:49,100

to train martial arts,

409

00:34:49,100 --> 00:34:52,780

well, the average guy at the bar might know something.

410

00:34:52,780 --> 00:34:54,460

So suddenly,

411

00:34:56,300 --> 00:34:58,380

it's not gonna be quite as easy.

412

00:34:58,380 --> 00:35:00,700

This person has at least seen UFC.

413

00:35:00,700 --> 00:35:03,460

They at least understand that if I just fall on this guy,

414

00:35:03,460 --> 00:35:05,140

he probably is not gonna be able to punch or kick me.

415

00:35:05,140 --> 00:35:06,620

Even if he's got no grappling,

416

00:35:06,620 --> 00:35:08,780

just someone who's played football.

417

00:35:08,780 --> 00:35:11,700

Like if you've ever tried to grapple a high level

418

00:35:11,700 --> 00:35:15,140

collegiate or a professional American football player

419

00:35:15,140 --> 00:35:17,220

who's a lineman or a linebacker,

420

00:35:17,220 --> 00:35:20,700

their sense of balance, coordination and timing is impeccable.

421

00:35:20,700 --> 00:35:23,500

Now, they're not gonna necessarily be a trained grappler,

422

00:35:23,500 --> 00:35:27,060

but if all you've ever done in your life is say,

423

00:35:27,060 --> 00:35:29,500

a traditional martial art with punches and kicks,

424

00:35:30,700 --> 00:35:34,700

and you're trying to defend yourself

425

00:35:34,700 --> 00:35:37,060

from a 300 pound NFL lineman,

426

00:35:37,060 --> 00:35:38,860

I think it's gonna go badly.

427

00:35:38,860 --> 00:35:39,700

It would for me.

428

00:35:39,700 --> 00:35:42,180

I think it's gonna go badly for most people.

429

00:35:42,180 --> 00:35:45,300

And I think that I, especially when I was young,

430

00:35:45,300 --> 00:35:46,580

I thought I was a ninja,

431

00:35:46,580 --> 00:35:49,820

because I learned from whatever medium I was reading

432

00:35:49,820 --> 00:35:52,820

or watching at the time that ninjas began their training

433

00:35:52,820 --> 00:35:53,660

at four years old,

434

00:35:53,660 --> 00:35:56,100

and I began my training at four years old,

435

00:35:56,100 --> 00:35:57,900

so I'm a ninja.

436

00:35:57,900 --> 00:36:02,900

And so I genuinely believed up through elementary

437

00:36:02,900 --> 00:36:07,180

and middle school that I was unstoppable,

438

00:36:07,180 --> 00:36:09,060

that there was no possible way

439

00:36:09,060 --> 00:36:12,740

that I could lose anything involving fighting,

440

00:36:12,740 --> 00:36:15,860

because reasonably I do this every day,

441

00:36:15,860 --> 00:36:16,700

because I did train every day.

442

00:36:16,700 --> 00:36:18,020

Every day after school I trained,

443

00:36:18,020 --> 00:36:19,100

and I trained on Saturdays.

444

00:36:19,100 --> 00:36:20,140

I only didn't train on Sundays

445

00:36:20,140 --> 00:36:22,260

because my family had me go into church,

446

00:36:22,260 --> 00:36:23,900

otherwise I would train on Sundays.

447

00:36:23,900 --> 00:36:25,460

And so for my entire childhood,

448

00:36:25,460 --> 00:36:26,740

I'd been doing this thing,

449

00:36:26,740 --> 00:36:28,620

playing this game of tag at that point in time,

450

00:36:28,620 --> 00:36:30,540

and then later on more,

451

00:36:30,540 --> 00:36:34,900

I had a sense that why wouldn't I win?

452

00:36:36,700 --> 00:36:38,380

But because of the nature of the style,

453

00:36:38,380 --> 00:36:40,220

every style has its gaps.

454

00:36:40,220 --> 00:36:41,940

I never liked punching.

455

00:36:41,940 --> 00:36:43,500

I was really powerful at legs,

456

00:36:43,500 --> 00:36:45,140

and I was very good at doing kicks,

457

00:36:45,140 --> 00:36:47,540

especially side kicks and round kicks.

458

00:36:49,300 --> 00:36:51,620

I didn't fathom the idea that the fact

459

00:36:51,620 --> 00:36:54,340

that I hadn't done boxing and wasn't very good at it

460

00:36:54,340 --> 00:36:55,460

would be a problem.

461

00:36:55,460 --> 00:36:57,940

And as I went on and was always very comfortable

462

00:36:57,940 --> 00:36:59,820

cross-training, I would train with people who were boxers,

463

00:36:59,820 --> 00:37:01,380

and I'd be like, oh, this really sucks

464

00:37:01,380 --> 00:37:03,900

when this guy steps inside and punches me in the face.

465

00:37:03,900 --> 00:37:05,260

This isn't fun.

466

00:37:05,260 --> 00:37:06,740

I don't like this very much.

467

00:37:06,740 --> 00:37:07,780

I should get better at that.

468

00:37:07,780 --> 00:37:11,940

And then later on when I came up here to college,

469

00:37:11,940 --> 00:37:12,780

mid-ten, mid-ten, mid-high school,

470

00:37:12,780 --> 00:37:13,740

I went to an MMA gym,

471

00:37:13,740 --> 00:37:14,900

and they dropped me in the ring

472

00:37:14,900 --> 00:37:17,260

against one of their pro fighters the first day.

473

00:37:17,260 --> 00:37:19,500

And I did decent against the first one, who was a boxer.

474

00:37:19,500 --> 00:37:21,220

I kicked him a bunch, and that kind of scared him.

475

00:37:21,220 --> 00:37:22,940

He punched me a bunch, that kind of scared me.

476

00:37:22,940 --> 00:37:24,020

Felt pretty even.

477

00:37:24,020 --> 00:37:25,660

All right, look at me.

478

00:37:25,660 --> 00:37:28,500

My traditional martial arts have served me well.

479

00:37:28,500 --> 00:37:30,540

Second person they dropped me was a wrestler.

480

00:37:30,540 --> 00:37:33,260

He'd only been training for three years.

481

00:37:33,260 --> 00:37:37,340

This point in time, I'm like 20, 21 years old maybe.

482

00:37:38,540 --> 00:37:41,500

And so I've been training at this point,

483

00:37:41,500 --> 00:37:43,020
depending on how I do my math,

484

00:37:43,020 --> 00:37:45,260
like almost 20 years I've been training, you know?

485

00:37:45,260 --> 00:37:48,100
15, 16, 17 years, depending on if you're gonna count me

486

00:37:48,100 --> 00:37:50,460
training in a garage at four as actual training.

487

00:37:50,460 --> 00:37:53,620
But he's been training three or four years.

488

00:37:53,620 --> 00:37:55,900
And he just double-legged me, and double-legged me,

489

00:37:55,900 --> 00:37:57,860
and double-legged me, and double-legged me.

490

00:37:57,860 --> 00:37:59,700
There was nothing I could do about it.

491

00:38:01,220 --> 00:38:03,180
And I was like, what have I been doing?

492

00:38:03,180 --> 00:38:04,700
Because mind you, because I actually had

493

00:38:04,700 --> 00:38:07,580
a pretty forward-facing karate studio

494

00:38:07,580 --> 00:38:10,620

towards the end of my time, after the 16th, I think,

495

00:38:10,620 --> 00:38:12,660

they had what we called ground fighting.

496

00:38:12,660 --> 00:38:15,340

So we were trying, we were starting the grapple,

497

00:38:15,340 --> 00:38:17,500

because the owner of the gym kind of had a sense

498

00:38:17,500 --> 00:38:19,820

that he had to keep us from quitting.

499

00:38:19,820 --> 00:38:21,580

Because we'd been training for so long.

500

00:38:21,580 --> 00:38:23,820

Not everyone was like me trained since they were four,

501

00:38:23,820 --> 00:38:27,220

but that people need to learn new things.

502

00:38:27,220 --> 00:38:30,540

So we did some kali on our knees, I did stick fighting.

503

00:38:30,540 --> 00:38:32,060

We did a little bit of judo.

504

00:38:32,060 --> 00:38:34,340

He would have seminars where judoka would come in,

505

00:38:34,340 --> 00:38:36,100
or we had this MMA guy come in,

506

00:38:36,100 --> 00:38:37,660
who his name was Trevor Sherman,

507

00:38:37,660 --> 00:38:39,260
and he did the MMA seminar for us.

508

00:38:39,260 --> 00:38:41,740
And so we knew basic positions.

509

00:38:41,740 --> 00:38:44,740
I knew Keizaka Tami, I knew side control,

510

00:38:44,740 --> 00:38:46,460
which I think he called cross mount.

511

00:38:46,460 --> 00:38:47,780
And we knew a few positions,

512

00:38:47,780 --> 00:38:49,980
and I knew how to do a guillotine.

513

00:38:49,980 --> 00:38:51,820
But we didn't even call it the guillotine back then.

514

00:38:51,820 --> 00:38:52,820
They called it the anaconda,

515

00:38:52,820 --> 00:38:55,100
because I didn't know that in the guillotine,

516

00:38:55,100 --> 00:38:57,180

that your arm was what was submitting them.

517

00:38:57,180 --> 00:38:59,100

I would just squeeze them as hard as I could with my legs,

518

00:38:59,100 --> 00:39:00,100

and people would tap.

519

00:39:00,100 --> 00:39:01,740

So I thought that I was doing guillotine right.

520

00:39:01,740 --> 00:39:02,900

I thought I just had to hold their head

521

00:39:02,900 --> 00:39:03,980

so they didn't get away.

522

00:39:03,980 --> 00:39:07,420

Like my understanding of grappling was so like,

523

00:39:07,420 --> 00:39:08,780

like beyond Mickey Mouse,

524

00:39:08,780 --> 00:39:11,740

because the only people I had to grapple down there

525

00:39:11,740 --> 00:39:15,020

were other people who were karate guys.

526

00:39:15,020 --> 00:39:16,740

And so like I was the one-eyed man

527

00:39:16,740 --> 00:39:17,900
in the land of the blind.

528

00:39:17,900 --> 00:39:19,420
It's like I was the best grappler

529

00:39:19,420 --> 00:39:20,780
at my non-grappling school,

530

00:39:20,780 --> 00:39:23,300
and my best technique was a headlock.

531

00:39:23,300 --> 00:39:25,300
I would just headlock people, and I would win,

532

00:39:25,300 --> 00:39:27,500
and so I thought I could grapple.

533

00:39:27,500 --> 00:39:28,340
So when I was in the ring,

534

00:39:28,340 --> 00:39:30,060
I was like, oh, I'm just gonna do a headlock.

535

00:39:30,060 --> 00:39:31,900
And then I met actual grapplers,

536

00:39:31,900 --> 00:39:35,620
and I was like, oh, oh, this is a whole different thing.

537

00:39:35,620 --> 00:39:38,540
Like as obsessed as I've been with punching and kicking

538

00:39:38,540 --> 00:39:39,420

for all these years,

539

00:39:39,420 --> 00:39:42,060

they've been with strangling people and positions,

540

00:39:42,060 --> 00:39:44,700

and apparently there's more to it

541

00:39:44,700 --> 00:39:46,060

than just doing a headlock.

542

00:39:47,220 --> 00:39:49,220

I had the same kind of journey.

543

00:39:49,220 --> 00:39:51,540

I started martial arts a little bit a lot later than you,

544

00:39:51,540 --> 00:39:54,100

but probably like mid-teens, I think I was.

545

00:39:54,100 --> 00:39:57,460

Got into taekwondo for a tiny bit,

546

00:39:57,460 --> 00:39:59,740

then get into show-off camp for a while,

547

00:39:59,740 --> 00:40:04,620

and then got into the WTF, the ITF taekwondo.

548

00:40:04,620 --> 00:40:07,220

Actually did well, I mean, won national tournaments,

549

00:40:07,220 --> 00:40:08,620

all kinds of stuff.

550

00:40:08,620 --> 00:40:11,580

And then what was next, boxing.

551

00:40:11,580 --> 00:40:14,420

And Jesus, was that a humbling experience.

552

00:40:14,420 --> 00:40:17,620

And then Muay Thai, like, oh, I can't just skip

553

00:40:17,620 --> 00:40:19,940

on one leg now because they just kicked the other one.

554

00:40:19,940 --> 00:40:23,220

And then jujitsu, and it was just like this,

555

00:40:23,220 --> 00:40:25,620

you do okay, and then you get chopped down again.

556

00:40:25,620 --> 00:40:26,740

You do okay, and you get chopped down.

557

00:40:26,740 --> 00:40:31,060

But it's a beautiful journey of humility.

558

00:40:31,060 --> 00:40:33,540

But it was funny, because I agree with you,

559

00:40:33,540 --> 00:40:36,180

especially for kids, the semi-contact,

560

00:40:36,180 --> 00:40:37,620
the point sparring, I think is great,

561

00:40:37,620 --> 00:40:38,700
because they're just moving.

562

00:40:38,700 --> 00:40:40,860
They're almost flowing with each other.

563

00:40:40,860 --> 00:40:45,860
Conversely, when I started MMA in California,

564

00:40:46,300 --> 00:40:48,620
it was Shootbox, Vandelele Silver, all those guys.

565

00:40:48,620 --> 00:40:50,420
And coach just asked today,

566

00:40:50,420 --> 00:40:51,700
how long have you been doing jujitsu?

567

00:40:51,700 --> 00:40:53,860
And I said, technically almost 20 years,

568

00:40:53,860 --> 00:40:55,340
because that was my first time.

569

00:40:55,340 --> 00:40:56,820
Now it wasn't consistent at all.

570

00:40:56,820 --> 00:40:59,100
20 years ago was my first exposure.

571

00:40:59,100 --> 00:41:00,660

But we learned almost nothing.

572

00:41:00,660 --> 00:41:01,820

It was just Fight Club.

573

00:41:01,820 --> 00:41:03,780

We just kicked the shit out of each other.

574

00:41:03,780 --> 00:41:04,740

That's so true.

575

00:41:04,740 --> 00:41:05,580

But it's so bad.

576

00:41:05,580 --> 00:41:09,340

Like I said, my first day, I was in the cage with a pro.

577

00:41:09,340 --> 00:41:13,220

And I never got taught anything at that gym.

578

00:41:13,220 --> 00:41:15,700

It's a gym here in town called F2.

579

00:41:15,700 --> 00:41:16,780

It's not that they couldn't teach,

580

00:41:16,780 --> 00:41:18,020

because they did teach me things.

581

00:41:18,020 --> 00:41:19,780

I learned a lot from those guys.

582

00:41:19,780 --> 00:41:22,340

But so many people quit,

583

00:41:22,340 --> 00:41:24,260

that they stopped teaching new people anything

584

00:41:24,260 --> 00:41:26,340

until they'd been there a certain amount of time.

585

00:41:26,340 --> 00:41:28,500

Because it wasn't really a gym that was meant,

586

00:41:28,500 --> 00:41:30,580

if it wasn't like this gym that we're in right now,

587

00:41:30,580 --> 00:41:31,780

it's to instruct people.

588

00:41:31,780 --> 00:41:32,660

That's the point of this.

589

00:41:32,660 --> 00:41:34,140

They were a fight team.

590

00:41:34,140 --> 00:41:36,740

They were there to have bodies

591

00:41:36,740 --> 00:41:38,980

to get better to win their competitions.

592

00:41:38,980 --> 00:41:41,300

And then if you didn't quit after a few weeks or months,

593

00:41:41,300 --> 00:41:42,140

they teach you something.

594

00:41:42,140 --> 00:41:44,700

I remember someone liked me, they pulled me aside.

595

00:41:44,700 --> 00:41:45,540

I don't remember who it was.

596

00:41:45,540 --> 00:41:46,780

It might've been my friend Doug,

597

00:41:46,780 --> 00:41:47,620

where I still get, and he's like,

598

00:41:47,620 --> 00:41:49,660

hey, hey, hey, you're doing really well.

599

00:41:49,660 --> 00:41:51,940

And he showed me how to hip escape.

600

00:41:51,940 --> 00:41:52,860

Do this.

601

00:41:52,860 --> 00:41:53,860

All right, now get back in there.

602

00:41:53,860 --> 00:41:55,300

And then that was how you would be learned.

603

00:41:55,300 --> 00:41:58,220

Somebody who had been there longer than you

604

00:41:58,220 --> 00:42:02,000

would pull you aside, and they would give you a gym.

605

00:42:03,560 --> 00:42:05,700

And then you get back to the grind.

606

00:42:05,700 --> 00:42:08,540

And I do think there's the upside

607

00:42:08,540 --> 00:42:09,580

and downside of that method, right?

608

00:42:09,580 --> 00:42:10,700

The trial by fire.

609

00:42:10,700 --> 00:42:14,680

The upside of that method is that it builds grit.

610

00:42:14,680 --> 00:42:17,020

And grit, I think, is one of the most important things,

611

00:42:17,020 --> 00:42:18,980

not just in martial arts, but in life.

612

00:42:18,980 --> 00:42:21,940

Like the ability to take punishment

613

00:42:21,940 --> 00:42:25,900

and not mentally break and keep pushing forward

614

00:42:25,900 --> 00:42:28,000

is immensely valuable.

615

00:42:28,000 --> 00:42:31,740

And mind you, you do mentally break many times along the way,

616

00:42:31,740 --> 00:42:33,060

but you know what it feels like.

617

00:42:33,060 --> 00:42:36,140

So in the future, when you're feeling that,

618

00:42:36,140 --> 00:42:37,420

okay, I know what this is.

619

00:42:37,420 --> 00:42:38,980

I know what it's like to have someone

620

00:42:38,980 --> 00:42:40,400

make me feel claustrophobic.

621

00:42:40,400 --> 00:42:41,980

I know what it's like to be so exhausted

622

00:42:41,980 --> 00:42:44,420

that I don't wanna move and still move.

623

00:42:44,420 --> 00:42:45,660

It's valuable.

624

00:42:45,660 --> 00:42:47,040

But on the other hand,

625

00:42:47,040 --> 00:42:50,140

not everybody is prepared for that their first day.

626

00:42:50,140 --> 00:42:51,820

And you lose a lot of people.

627

00:42:51,820 --> 00:42:53,500

I saw so many people come through

628

00:42:53,500 --> 00:42:58,180

that could have been great at Jiu-Jitsu or MMA who quit

629

00:42:58,180 --> 00:43:00,780

because they got injured their first day.

630

00:43:00,780 --> 00:43:03,540

Because there wasn't the same notion

631

00:43:03,540 --> 00:43:04,820

of taking care of your partner.

632

00:43:04,820 --> 00:43:08,060

It was, if they can't hack it, they shouldn't be here.

633

00:43:08,060 --> 00:43:10,200

Like that was the ethos back then.

634

00:43:10,200 --> 00:43:11,860

Whereas now people have realized,

635

00:43:11,860 --> 00:43:14,220

oh, these things can be businesses.

636

00:43:14,220 --> 00:43:17,340

Yeah, well, so in this training can bite you on the ass

637

00:43:17,340 --> 00:43:19,420

10 years from now where your memory starts to go.

638

00:43:19,420 --> 00:43:20,260

Oh yeah.

639

00:43:20,260 --> 00:43:21,100

So I think-

640

00:43:21,100 --> 00:43:22,100

Well, the gym wars were a thing.

641

00:43:22,100 --> 00:43:24,260

I definitely, fortunately or unfortunately

642

00:43:24,260 --> 00:43:25,060

was part of that era.

643

00:43:25,060 --> 00:43:29,220

Like I had zero professional MMA fights.

644

00:43:29,220 --> 00:43:32,180

I only had one amateur MMA fight and I lost.

645

00:43:32,180 --> 00:43:35,360

And could I have gone back and done more

646

00:43:35,360 --> 00:43:37,200

and not gone out, oh, and wanted something?

647

00:43:37,200 --> 00:43:38,040

Sure I could.

648

00:43:38,900 --> 00:43:40,260

However, at that point in time,

649

00:43:40,260 --> 00:43:41,560

I had shortly before that,

650

00:43:41,560 --> 00:43:43,700

I had just gotten a promotion at my job.

651

00:43:43,700 --> 00:43:45,620

I was making real money.

652

00:43:45,620 --> 00:43:47,600

And I was in a situation where I was like,

653

00:43:47,600 --> 00:43:50,840

am I gonna go here and essentially like knock

654

00:43:50,840 --> 00:43:53,300

my college education out of my brain

655

00:43:53,300 --> 00:43:56,340

to the point where like I lose not only this thing

656

00:43:56,340 --> 00:43:58,940

that I'm doing, but also my day job.

657

00:43:58,940 --> 00:44:01,620

Or am I gonna take care of myself?

658

00:44:01,620 --> 00:44:05,420

And that was part of my shift from obsessing so much

659

00:44:05,420 --> 00:44:07,500

about striking and realizing like I can get all the things

660

00:44:07,500 --> 00:44:11,940

I love out of striking in Jiu-Jitsu without having a headache,

661

00:44:11,940 --> 00:44:14,420

without having little cuts in my mouth

662

00:44:14,420 --> 00:44:15,820

where I don't enjoy my food.

663

00:44:15,820 --> 00:44:17,640

Because I love cooking.

664

00:44:17,640 --> 00:44:21,580

And anytime if you spar, mouthpiece or not,

665

00:44:21,580 --> 00:44:23,460

and things get heated, you're gonna at least have

666

00:44:23,460 --> 00:44:25,700

little cuts in your mouth.

667

00:44:25,700 --> 00:44:27,020

And I got sick of that.

668

00:44:27,020 --> 00:44:29,700

But like I completely agree with you on the CTE front.

669

00:44:31,100 --> 00:44:33,100

I just, I know there's gotta be a way,

670

00:44:33,100 --> 00:44:35,240

but I know for me at least, I'm lucky like,

671

00:44:35,240 --> 00:44:37,140

I'm still obviously I'm talking to you right now.

672

00:44:37,140 --> 00:44:38,460

I'm coherent, I don't have headaches.

673

00:44:38,460 --> 00:44:42,900

I don't think I have any long term CTE problems.

674

00:44:42,900 --> 00:44:45,060

I've been knocked out one time in my life.

675

00:44:47,240 --> 00:44:50,920

I don't think I have horrible damage from that.

676

00:44:52,540 --> 00:44:55,740

But I also know that because I've been in those wars

677

00:44:55,740 --> 00:44:59,100

in kickboxing and Muay Thai in the gym,

678

00:44:59,100 --> 00:45:01,580

or even MMA in the gym, I would be,

679

00:45:01,580 --> 00:45:03,300

as the frustrating part for me at that point in time

680

00:45:03,300 --> 00:45:05,540

is like I was hanging with the pros at my gym

681

00:45:05,540 --> 00:45:07,980

and doing very well and then I lost my first amateur match.

682

00:45:07,980 --> 00:45:10,020

I'm like, well, how does this make any sense?

683

00:45:12,180 --> 00:45:15,360

And that was very psychologically frustrating to me.

684

00:45:16,300 --> 00:45:18,460

But I also knew that like deep down,

685

00:45:18,460 --> 00:45:20,480

like I don't actually like hurting people.

686

00:45:20,480 --> 00:45:22,340

Like a lot of the things that I've done less in my life

687

00:45:22,340 --> 00:45:26,060

is because I've broken the ribs of a good friend of mine

688

00:45:26,060 --> 00:45:27,340

with a sidekick.

689

00:45:27,340 --> 00:45:30,700

I've accidentally like I've caused harm to people

690

00:45:30,700 --> 00:45:33,200

that I like and I don't feel good about it.

691

00:45:33,200 --> 00:45:37,460

There's some people who are able to kind of tap

692

00:45:37,460 --> 00:45:40,980

into that darker part of themselves and be okay with it.

693

00:45:40,980 --> 00:45:43,340

And I think to an extent, you need a little bit of that

694

00:45:43,340 --> 00:45:45,260

if you're gonna be successful in a game

695

00:45:45,260 --> 00:45:47,740

where your opponent is trying to harm you.

696

00:45:47,740 --> 00:45:50,060

If you're sitting there like, oh, I don't wanna hurt you

697

00:45:50,060 --> 00:45:51,580

and they're like, I wanna kill you,

698

00:45:51,580 --> 00:45:53,500

you're at a terrible disadvantage.

699

00:45:53,500 --> 00:45:55,420

And you'll only be able to win if the skill gap

700

00:45:55,420 --> 00:45:57,140

between you and them is very large.

701

00:45:57,140 --> 00:45:58,400

At least that's been my experience.

702

00:45:58,400 --> 00:46:00,140

I can take care of you.

703

00:46:00,140 --> 00:46:02,660

If you're a beginner or even an intermediate

704

00:46:02,660 --> 00:46:06,220

and I'm an expert, I can beat you and keep you safe

705

00:46:06,220 --> 00:46:07,300

and keep me safe.

706

00:46:08,340 --> 00:46:11,220

But if we're both experts, I don't know,

707

00:46:11,220 --> 00:46:13,500

unless I find some angle of the game

708

00:46:13,500 --> 00:46:15,300

where I have a big lead over you,

709

00:46:15,300 --> 00:46:17,380

I'm not gonna be able to both take care of you

710

00:46:17,380 --> 00:46:20,440

and take care of me and win.

711

00:46:20,440 --> 00:46:22,820

That's gonna be really challenging.

712

00:46:22,820 --> 00:46:27,820

And so, I think that maybe 21 year old me

713

00:46:27,940 --> 00:46:28,900

might've still had it.

714

00:46:28,900 --> 00:46:31,640

I think back to like how I used to spar at 21.

715

00:46:33,260 --> 00:46:34,940

I don't even know if I like hurting people.

716

00:46:34,940 --> 00:46:37,580

I think I was very blissfully unaware

717

00:46:37,580 --> 00:46:39,140

that the fact that I was kicking people

718

00:46:39,140 --> 00:46:42,340

in the back of the head might not be good for them.

719

00:46:42,340 --> 00:46:43,500

I'm glad you said that.

720

00:46:43,500 --> 00:46:46,660

Because firstly, I remember my first ever

721

00:46:46,660 --> 00:46:50,500

Taekwondo competition and it was me and a friend of mine

722

00:46:50,500 --> 00:46:53,580

from my school got matched up in the first heat.

723

00:46:53,580 --> 00:46:56,140

And I'm like, oh, it's just my buddy and I'm all relaxed

724

00:46:56,140 --> 00:46:58,500

and he murdered me, murdered me.

725

00:46:58,500 --> 00:46:59,980

It was like, I think it was what,

726

00:46:59,980 --> 00:47:01,300

up to 10 in Taekwondo back then.

727

00:47:01,300 --> 00:47:03,580

So it was like 10-0, whatever it was.

728

00:47:03,580 --> 00:47:04,980

And so I was like, oh shit.

729

00:47:04,980 --> 00:47:07,260

So the next time, next tournament I fought in,

730

00:47:07,260 --> 00:47:08,460

I just was able to turn.

731

00:47:08,460 --> 00:47:10,300

But we're talking about again, semi-contact,

732

00:47:10,300 --> 00:47:11,140

tippy-tap at this point.

733

00:47:11,140 --> 00:47:12,340

I did end up doing WTF,

734

00:47:12,340 --> 00:47:14,340

which is you could knock them out with your feet

735

00:47:14,340 --> 00:47:15,180

later in life.

736

00:47:15,180 --> 00:47:18,080

But yeah, but then I had to tap in.

737

00:47:18,080 --> 00:47:23,080

But after shoot box and boxing and Muay Thai

738

00:47:23,780 --> 00:47:28,780

down in Orlando, I just knew, all right, I'm not a fighter.

739

00:47:28,980 --> 00:47:29,820

And that's okay.

740

00:47:29,820 --> 00:47:32,020

I've put myself in a place where, okay,

741

00:47:32,020 --> 00:47:34,300

I've had people, some pretty good people,

742

00:47:34,300 --> 00:47:36,540

try and knock me out and hurt me and everything.

743

00:47:36,540 --> 00:47:37,380

And I survived.

744

00:47:37,380 --> 00:47:38,860

So I'm not a giant pussy.

745

00:47:38,860 --> 00:47:41,660

But at the same time, I am not a fighter.

746

00:47:41,660 --> 00:47:43,780

I'm not gonna masquerade, oh, I could do that.

747

00:47:43,780 --> 00:47:45,580

If I just, no, no, no.

748

00:47:45,580 --> 00:47:48,640

I, as you said, I have chosen my health

749

00:47:48,640 --> 00:47:51,100

and my time with my kids and all these other things over it.

750

00:47:51,100 --> 00:47:52,700

So even here, they're like, oh, you're gonna compete?

751

00:47:52,700 --> 00:47:54,460

Like, no, I have competed.

752

00:47:54,460 --> 00:47:56,500

I've done a jujitsu tournament with my son.

753

00:47:56,500 --> 00:47:57,340

It was awesome.

754

00:47:57,340 --> 00:47:59,060

Both of us got silver.

755

00:47:59,060 --> 00:48:03,060

I didn't roll with him.

756

00:48:03,060 --> 00:48:05,260

But that was an amazing father-son moment.

757

00:48:05,260 --> 00:48:07,020

But it was just, yeah, there's a certain point

758

00:48:07,020 --> 00:48:08,700

where you're like, I've done that, checked the box.

759

00:48:08,700 --> 00:48:09,900

I still train to this day.

760

00:48:09,900 --> 00:48:10,740

I love it.

761

00:48:10,740 --> 00:48:12,780

I still do striking on the bag in my garage sometimes.

762

00:48:12,780 --> 00:48:15,740

But yeah, it's a really powerful thing

763

00:48:15,740 --> 00:48:17,700

to look yourself in a mirror and go,

764

00:48:17,700 --> 00:48:19,020

I would not be a good fighter.

765

00:48:19,020 --> 00:48:19,980

That's okay.

766

00:48:19,980 --> 00:48:21,620

And I think that for me, it's one of those things

767

00:48:21,620 --> 00:48:26,420

where like, I'm confident that I could be good

768

00:48:26,420 --> 00:48:29,540

if I only took matches that I shouldn't be in, right?

769

00:48:29,540 --> 00:48:31,900

Like, if I get paired up with people

770

00:48:31,900 --> 00:48:35,700

that shouldn't be in the ring with me, I could do great

771

00:48:35,700 --> 00:48:37,300

because the skill gap between me and them

772

00:48:37,300 --> 00:48:40,380

would be big enough that I can take care of us.

773

00:48:40,380 --> 00:48:42,160

But at the end of the day, the whole point

774

00:48:42,160 --> 00:48:46,580

is to eventually face someone who's actually at your level.

775

00:48:46,580 --> 00:48:51,240

And in that moment, there's the person

776

00:48:51,240 --> 00:48:52,780

who wants it more is gonna win.

777

00:48:52,780 --> 00:48:57,680

And I know that I still have it to an extent

778

00:48:57,680 --> 00:49:00,040

because I know that at least when it comes to jiu-jitsu,

779

00:49:00,040 --> 00:49:03,360

with striking it's less, I don't like harming people.

780

00:49:03,360 --> 00:49:05,420

And like, I think to me, especially because I have

781

00:49:05,420 --> 00:49:08,580

like very specific incidents where like,

782

00:49:08,580 --> 00:49:12,540

I have directly caused harm to someone else's future.

783

00:49:12,540 --> 00:49:15,360

And like, it's not something, for what?

784

00:49:16,220 --> 00:49:17,260

This was supposed to be fun.

785

00:49:17,260 --> 00:49:18,940

We were supposed to be having fun together

786

00:49:18,940 --> 00:49:22,560

and now like, you've got broken bones in your face

787

00:49:22,560 --> 00:49:23,400

or in your ribs or things.

788

00:49:23,400 --> 00:49:27,000

And so like, I don't need more of that on my conscience.

789

00:49:27,000 --> 00:49:30,460

But at the same time, like, I've been given both.

790

00:49:30,460 --> 00:49:32,920

I've been given the other side from some friends of mine

791

00:49:32,920 --> 00:49:37,160

who were like, it's, I think I guess a bit colder,

792

00:49:37,160 --> 00:49:39,380

but the whole of you was like, Charles,

793

00:49:40,400 --> 00:49:43,040

you're being disrespectful to that man

794

00:49:43,040 --> 00:49:45,680

by giving him anything less than your best

795

00:49:45,680 --> 00:49:48,280

because he signed up to test himself.

796

00:49:48,280 --> 00:49:53,060

He didn't sign up to be taken care of by you.

797

00:49:53,060 --> 00:49:57,640

And when I think about that, that's the only way

798

00:49:57,640 --> 00:50:02,520

that I'm usually able to turn off the empathy

799

00:50:02,520 --> 00:50:06,080

in that moment and just, you're right.

800

00:50:06,080 --> 00:50:08,100

I'm supposed to be trying to win.

801

00:50:09,040 --> 00:50:11,620

Now that being said, especially now in jiu-jitsu,

802

00:50:11,620 --> 00:50:15,060

like culturally, jiu-jitsu has changed, I'd say,

803

00:50:15,060 --> 00:50:18,320

as it gets more professional and there's more money involved.

804

00:50:19,320 --> 00:50:22,960

In that there used to kind of be an unspoken rule.

805

00:50:22,960 --> 00:50:24,560

I mean, maybe there never was.

806

00:50:24,560 --> 00:50:25,400

One of those things where like,

807

00:50:25,400 --> 00:50:28,180

there's that whole like back in my day nostalgia

808

00:50:28,180 --> 00:50:30,360

where you pretend things were better than they were.

809

00:50:30,360 --> 00:50:31,520

So maybe there never was.

810

00:50:31,520 --> 00:50:35,560

But for me personally, giving your opponent time to tap

811

00:50:35,560 --> 00:50:37,440

is something that I've always cared about.

812

00:50:37,440 --> 00:50:41,300

If I have a submission on you, I'm gonna pause

813

00:50:41,300 --> 00:50:44,960

and look at you and be like, hey, this is gonna go soon.

814

00:50:45,840 --> 00:50:48,480

Please tap before I do something.

815

00:50:48,480 --> 00:50:49,880

And even then, depending on the tournament,

816

00:50:49,880 --> 00:50:52,480

like this is a tournament for a \$5 metal,

817

00:50:52,480 --> 00:50:56,920

I'm not gonna break and tear all the ligaments in your knee

818

00:50:56,920 --> 00:50:58,240

for a \$5 metal.

819

00:50:59,380 --> 00:51:02,120

Like maybe I have a strange morality.

820

00:51:02,120 --> 00:51:05,480

I might mess your ankle up a little bit for a \$5 metal

821

00:51:05,480 --> 00:51:07,280

because I know you're gonna be better in two weeks.

822

00:51:07,280 --> 00:51:09,880

But I know the rehab time for a torn MCL

823

00:51:09,880 --> 00:51:11,040

because I've torn my MCL.

824

00:51:11,040 --> 00:51:12,480

I know the rehab time for torn meniscus,

825

00:51:12,480 --> 00:51:13,880

I've torn both of them.

826

00:51:13,880 --> 00:51:17,960

And so this metal ain't worth that.

827

00:51:17,960 --> 00:51:20,320

And so like I should be good enough

828

00:51:20,320 --> 00:51:21,820

to strangle you or something,

829

00:51:21,820 --> 00:51:23,840

but you should be reasonable enough to tap

830

00:51:23,840 --> 00:51:25,320

before your stuff breaks.

831

00:51:25,320 --> 00:51:27,080

But culturally it's becoming more and more common

832

00:51:27,080 --> 00:51:28,400

that guys just don't tap.

833

00:51:28,400 --> 00:51:30,400

And then you're seeing these horrific breaks

834

00:51:30,400 --> 00:51:33,280

on people's shoulders and elbows and knees.

835

00:51:35,300 --> 00:51:38,740

And to me like, the thing that made me fall in love

836

00:51:38,740 --> 00:51:42,320

with jiu-jitsu was the fact that I have a choice

837

00:51:42,320 --> 00:51:45,560

of how much force I have to apply to solve a problem.

838

00:51:45,560 --> 00:51:49,160

Before I knew jiu-jitsu, if I had to solve a problem

839

00:51:49,160 --> 00:51:51,560

that was a physical altercation, I had to strike you.

840

00:51:51,560 --> 00:51:54,240

I had to kick you in the leg and the knee and the ribs

841

00:51:54,240 --> 00:51:55,760

and punch you in the face.

842

00:51:55,760 --> 00:52:00,280

I had to cause you bodily harm to convince you to stop.

843

00:52:00,280 --> 00:52:01,720

Whereas the power of jiu-jitsu is like,

844

00:52:01,720 --> 00:52:05,100

I can restrain you and cause you minimal harm.

845

00:52:05,100 --> 00:52:06,600

In the case of a grappling match,

846

00:52:06,600 --> 00:52:08,880

I should be able to put you in a checkmate position

847

00:52:08,880 --> 00:52:10,900

where you and I both know you lost.

848

00:52:12,000 --> 00:52:14,920

If I can't do that, then in my opinion,

849

00:52:14,920 --> 00:52:17,460

it means I don't actually have as much control of you

850

00:52:17,460 --> 00:52:18,300

as I think.

851

00:52:18,300 --> 00:52:21,600

I haven't actually won as completely as I can.

852

00:52:21,600 --> 00:52:23,780

But now because of the fact that like,

853

00:52:25,040 --> 00:52:29,540

if I break your leg, it's a pretty decisive who won.

854

00:52:29,540 --> 00:52:33,660

But I've never liked that feeling.

855

00:52:33,660 --> 00:52:37,200

And I've had people who have broken their own leg

856

00:52:37,200 --> 00:52:39,120

trying to escape submissions that I was holding them in.

857

00:52:39,120 --> 00:52:42,160

I wasn't trying to finish, I was holding on.

858

00:52:42,160 --> 00:52:44,080

And they didn't know how to get out

859

00:52:44,080 --> 00:52:44,960

and they did the wrong thing.

860

00:52:44,960 --> 00:52:46,880

And I hear it, I can feel their leg.

861

00:52:46,880 --> 00:52:47,720

Clack, clack, clack.

862

00:52:47,720 --> 00:52:49,400

Ugh, why?

863

00:52:51,000 --> 00:52:52,120

And so at least in training,

864

00:52:52,120 --> 00:52:54,960

outside of competition, it's debatable.

865

00:52:54,960 --> 00:52:56,600

I think that in the competitions for money,

866

00:52:56,600 --> 00:52:58,600

when you know that your opponent is trying to break you

867

00:52:58,600 --> 00:53:01,320

as well, you should probably be willing to break them too.

868

00:53:01,320 --> 00:53:05,280

Part of why I'm not an elite level competitor is that,

869

00:53:05,280 --> 00:53:07,200

I've been competing a little bit just because I know

870

00:53:07,200 --> 00:53:10,200

that by feeling those emotions

871

00:53:10,200 --> 00:53:11,520

and putting myself through that again,

872

00:53:11,520 --> 00:53:13,520

it allows me to better relate to the people

873

00:53:13,520 --> 00:53:14,360

that I'm teaching.

874

00:53:14,360 --> 00:53:17,640

It allows me to better test out, honestly,

875

00:53:17,640 --> 00:53:18,840

the stuff that I'm saying works.

876

00:53:18,840 --> 00:53:20,000

I've been trying to create things.

877

00:53:20,000 --> 00:53:21,240

One of the things that I've loved recently

878

00:53:21,240 --> 00:53:23,800

about my Jiu Jitsu journey is like,

879

00:53:23,800 --> 00:53:27,480

I've been a black belt now for over seven years

880

00:53:27,480 --> 00:53:31,600

and getting to add to Jiu Jitsu,

881

00:53:31,600 --> 00:53:33,800

getting to have not new moves per se,

882

00:53:33,800 --> 00:53:37,960

but like my own approach to making people better at Jiu Jitsu.

883

00:53:37,960 --> 00:53:40,000

Well, if I say this will make you better at Jiu Jitsu

884

00:53:40,000 --> 00:53:42,200

and it will work against a fully resisting opponent,

885

00:53:42,200 --> 00:53:43,320

well, then I should put it on the line.

886

00:53:43,320 --> 00:53:44,400

I should say that it actually works.

887

00:53:44,400 --> 00:53:46,840

And so I wanna, my goal in tournaments these days,

888

00:53:46,840 --> 00:53:47,800

it's definitely to win.

889

00:53:47,800 --> 00:53:49,720

Cause I want, I'm curious how good I am.

890

00:53:49,720 --> 00:53:52,000

I'm 37, but it's also to be like,

891

00:53:52,000 --> 00:53:54,520

I wanna prove that what I said is in BS.

892

00:53:54,520 --> 00:53:56,080

I wanna prove that it actually works.

893

00:53:56,080 --> 00:53:58,640

And if it doesn't, awesome.

894

00:53:58,640 --> 00:53:59,760

I get to grow.

895

00:53:59,760 --> 00:54:02,720

I get to find out, okay, there exists a person

896

00:54:02,720 --> 00:54:04,080

cause within the gym, everybody knows me.

897

00:54:04,080 --> 00:54:05,040

We know each other.

898

00:54:05,040 --> 00:54:06,760

I'm making it work on these people.

899

00:54:06,760 --> 00:54:08,480

And I traveled to other gyms and open mat,

900

00:54:08,480 --> 00:54:11,120

but there's also a thing of respect.

901

00:54:11,120 --> 00:54:12,240

Maybe people were being nice to me.

902

00:54:12,240 --> 00:54:13,600

They don't wanna hurt me.

903

00:54:13,600 --> 00:54:14,920

I don't know.

904

00:54:14,920 --> 00:54:16,040

And so I get competing.

905

00:54:16,040 --> 00:54:19,040

I like testing the art.

906

00:54:19,040 --> 00:54:20,520

That moves me.

907

00:54:20,520 --> 00:54:23,760

I don't like maiming each other.

908

00:54:23,760 --> 00:54:26,840

I just, I don't believe that it is necessary

909

00:54:26,840 --> 00:54:31,840

to figure out who won the match to injure each other.

910

00:54:32,160 --> 00:54:36,680

I understand that that requires both people

911

00:54:36,680 --> 00:54:41,040

being mature enough to yield before their limbs break.

912

00:54:41,040 --> 00:54:45,160

And that unfortunately, some people just understand,

913

00:54:45,160 --> 00:54:48,480

hey, I know Charles doesn't wanna break my leg.

914

00:54:49,800 --> 00:54:50,920

So I'm not gonna tap.

915

00:54:50,920 --> 00:54:54,240

And maybe while he's trying to convince himself

916

00:54:54,240 --> 00:54:56,000

to break my leg, I escape.

917

00:54:57,760 --> 00:54:59,080

I'm gonna take those chances.

918

00:55:00,520 --> 00:55:03,800

And to an extent, fair play, but to another extent,

919

00:55:03,800 --> 00:55:08,320

like these are the things that make our sport more dangerous.

920

00:55:09,320 --> 00:55:12,080

When I hear people say, oh, I used to do jiu-jitsu,

921

00:55:12,080 --> 00:55:14,040

but I kept getting hurt.

922

00:55:14,040 --> 00:55:16,800

I can tell them now because there's a reason why I drive,

923

00:55:16,800 --> 00:55:18,400

what did I drive, 30 miles each way

924

00:55:18,400 --> 00:55:19,840

to come here from Ocala.

925

00:55:19,840 --> 00:55:22,160

You're at the wrong gym.

926

00:55:22,160 --> 00:55:23,360

It's that simple.

927

00:55:23,360 --> 00:55:26,760

Now, if you're an 18 year old, high school wrestler,

928

00:55:26,760 --> 00:55:30,360

and you are determined to be in the UFC,

929

00:55:30,360 --> 00:55:32,120

there's a school that's the right fit for you.

930

00:55:32,120 --> 00:55:33,880

It's probably gonna replicate some of the ones

931

00:55:33,880 --> 00:55:35,200

that we just talked about.

932

00:55:35,200 --> 00:55:38,840

But if you're a 30, 40 year old guy wanting to get into it,

933

00:55:38,840 --> 00:55:40,000

say you're a police officer,

934

00:55:40,000 --> 00:55:41,760
which I wanna get into a second,

935

00:55:41,760 --> 00:55:44,840
and you go to a place where it's all young dumb,

936

00:55:44,840 --> 00:55:48,520
full of cum on the mat, there's a lot of people

937

00:55:48,520 --> 00:55:51,280
who are like, oh, I'm not gonna go back to that,

938

00:55:51,280 --> 00:55:53,200
which I've been to as well.

939

00:55:53,200 --> 00:55:54,960
And you're just like, fuck, every single time,

940

00:55:54,960 --> 00:55:57,880
my neck, my ribs, you're not gonna go back.

941

00:55:57,880 --> 00:56:00,160
So this is the thing I tell people is,

942

00:56:00,160 --> 00:56:02,960
you've also got to find that right tribe within jiu-jitsu.

943

00:56:02,960 --> 00:56:04,840
Find that school and maybe specifically

944

00:56:04,840 --> 00:56:06,840
that class that fits you.

945

00:56:06,840 --> 00:56:08,480

Yeah, everybody has their different,

946

00:56:08,480 --> 00:56:09,840

that's kind of the cool thing about jiu-jitsu

947

00:56:09,840 --> 00:56:12,560

because it's been influenced by so many things.

948

00:56:12,560 --> 00:56:16,040

Like if you're really straight edge and you don't like drugs,

949

00:56:16,040 --> 00:56:18,640

you're not gonna go to that school.

950

00:56:18,640 --> 00:56:20,720

You probably shouldn't be going to high rollers.

951

00:56:20,720 --> 00:56:22,920

If that stuff makes you uncomfortable,

952

00:56:22,920 --> 00:56:24,520

that might not be the school for you.

953

00:56:26,160 --> 00:56:28,000

But at the same time, if you wanna go to a family

954

00:56:28,000 --> 00:56:29,560

friendly school, find a family friendly school.

955

00:56:29,560 --> 00:56:31,960

There's family friendly schools, there's MMA schools,

956

00:56:31,960 --> 00:56:33,760

there's what's go really hard schools,

957

00:56:33,760 --> 00:56:35,360

let's just chill out man schools.

958

00:56:36,680 --> 00:56:38,520

I personally think at least for me,

959

00:56:38,520 --> 00:56:42,200

with my goals as a martial artist, I like them all.

960

00:56:42,200 --> 00:56:45,960

I like that my jiu-jitsu is able to go to the school

961

00:56:45,960 --> 00:56:50,360

and be very chill and come on bro, we're just gonna flow.

962

00:56:50,360 --> 00:56:51,520

I can go and I can roll with them

963

00:56:51,520 --> 00:56:52,600

and I'm not gonna injure anybody.

964

00:56:52,600 --> 00:56:55,680

They can match me up with a 95 pound woman

965

00:56:55,680 --> 00:56:59,280

or a 300 pound man and no one has to get hurt.

966

00:56:59,280 --> 00:57:02,960

But I also like the fact that there still do exist

967

00:57:02,960 --> 00:57:07,880

those gym wars, if he dies, he dies schools.

968

00:57:07,880 --> 00:57:10,400

I like that I've taught myself enough jiu-jitsu

969

00:57:10,400 --> 00:57:12,320

that I can visit those schools.

970

00:57:12,320 --> 00:57:13,480

To me, those are the schools.

971

00:57:13,480 --> 00:57:16,720

I like to visit a place like that once a month

972

00:57:16,720 --> 00:57:18,280

or every couple of months,

973

00:57:18,280 --> 00:57:19,600

because I don't wanna get soft.

974

00:57:19,600 --> 00:57:21,320

At the end of the day, it is a martial art.

975

00:57:21,320 --> 00:57:25,240

However, if I do that day in and day out,

976

00:57:25,240 --> 00:57:26,520

I'm gonna fall apart.

977

00:57:26,520 --> 00:57:27,600

I can't train that way.

978

00:57:27,600 --> 00:57:29,840

You're exactly like you said, if you're 21,

979

00:57:29,840 --> 00:57:32,320

you're pretty much Wolverine at that point.

980

00:57:32,320 --> 00:57:34,240

You're going to bed and healing every night,

981

00:57:34,240 --> 00:57:36,200

so you can do it.

982

00:57:36,200 --> 00:57:41,200

But I completely agree that there's so many types of schools.

983

00:57:41,200 --> 00:57:44,760

If you like the formality and the pomp and circumstance,

984

00:57:44,760 --> 00:57:47,040

then there might be a school that's heavily traditional

985

00:57:47,040 --> 00:57:49,960

where you only wear white geese and you like bowing.

986

00:57:49,960 --> 00:57:54,960

If you like that mysticism, enjoy it, enjoy it.

987

00:57:57,120 --> 00:58:01,560

It's very much finding the flavor that you enjoy the best,

988

00:58:01,560 --> 00:58:02,680

in my personal opinion.

989

00:58:02,680 --> 00:58:03,520

Absolutely.

990

00:58:03,520 --> 00:58:06,360

For me, and I do it still within this gym at the moment,

991

00:58:06,360 --> 00:58:08,720

because I'm only blue, so I'm still, as you said,

992

00:58:08,720 --> 00:58:12,360

I think there's a lot of value to being humble enough

993

00:58:12,360 --> 00:58:14,880

to understand that, all right, once I get to a certain level

994

00:58:14,880 --> 00:58:18,000

in jiu-jitsu, now I feel like I can travel

995

00:58:18,000 --> 00:58:19,240

and at least be able to protect, like you said,

996

00:58:19,240 --> 00:58:21,520

protect yourself, protect the other person.

997

00:58:21,520 --> 00:58:23,880

But there's times where I'm like, all right,

998

00:58:23,880 --> 00:58:27,240

I'll roll with one of our super strong younger guys

999

00:58:27,240 --> 00:58:29,880

that never taps to anything and tries to murder you

1000

00:58:29,880 --> 00:58:33,400

every time, because we have a master's class starting up,

1001

00:58:33,400 --> 00:58:37,200

and for me, I'm doing this for outside the doors, that's it.

1002

00:58:37,200 --> 00:58:40,440

And I know this isn't a self-defense school, quote unquote,

1003

00:58:40,440 --> 00:58:41,560

but that's what I'm thinking.

1004

00:58:41,560 --> 00:58:43,440

I'm thinking, can I strike with elbows here?

1005

00:58:43,440 --> 00:58:47,600

And so the people that are probably gonna be a nuisance

1006

00:58:47,600 --> 00:58:50,400

on the street are not gonna be 50-year-old accountants.

1007

00:58:50,400 --> 00:58:52,160

They're gonna be, you know what I mean?

1008

00:58:52,160 --> 00:58:53,680

So every once in a while, all right,

1009

00:58:53,680 --> 00:58:56,160

let me see how I fare with this 21-year-old.

1010

00:58:56,160 --> 00:58:57,520

And we're not trying to kill each other,

1011

00:58:57,520 --> 00:58:59,600

but there's that athleticism that you only get

1012

00:58:59,600 --> 00:59:03,600

from a young, enthusiastic man or woman.

1013

00:59:03,600 --> 00:59:05,760

So it's nice to dip into there, and other times,

1014

00:59:05,760 --> 00:59:08,080

you know, you've been just destroyed at home,

1015

00:59:08,080 --> 00:59:10,000

whatever's happened, you're low energy,

1016

00:59:10,000 --> 00:59:11,360

then you're like, all right, and I've got guys

1017

00:59:11,360 --> 00:59:12,960

I can go to, you wanna just float a date?

1018

00:59:12,960 --> 00:59:13,800

Yeah.

1019

00:59:13,800 --> 00:59:14,640

You can just chill out.

1020

00:59:14,640 --> 00:59:17,160

Exactly, so you have that spectrum to jump into.

1021

00:59:17,160 --> 00:59:19,520

I think it's super important, I completely agree.

1022

00:59:19,520 --> 00:59:21,960

And the cool thing is, what I've realized,

1023

00:59:21,960 --> 00:59:24,400

if you ever have someone at your gym

1024

00:59:24,400 --> 00:59:27,520

who is a bit too aggressive,

1025

00:59:27,520 --> 00:59:30,240

but you find yourself that you wanna be able

1026

00:59:30,240 --> 00:59:33,960

to roll with them, kinda remember this.

1027

00:59:33,960 --> 00:59:38,960

You don't necessarily wanna tap them out immediately.

1028

00:59:39,200 --> 00:59:44,200

Meaning, if this person is 21 and full of energy

1029

00:59:44,880 --> 00:59:46,920

and really, really strong and athletic,

1030

00:59:46,920 --> 00:59:49,400

and you tap them out in 15 seconds,

1031

00:59:49,400 --> 00:59:51,200

what you just did is motivate them.

1032

00:59:52,120 --> 00:59:54,240

They're gonna go twice as hard now.

1033

00:59:54,240 --> 00:59:55,960

And if you wanted to relax,

1034

00:59:55,960 --> 00:59:57,680

that wasn't the way to have relax.

1035

00:59:58,920 --> 01:00:01,760

Ideally, if you can control them and minimize

1036

01:00:01,760 --> 01:00:04,640

the amount of explosive movement that they can make,

1037

01:00:04,640 --> 01:00:07,800

slow the match down, put them in a position

1038

01:00:07,800 --> 01:00:09,000

where you're ahead of the game

1039

01:00:09,000 --> 01:00:10,280

and you have weight on your side,

1040

01:00:10,280 --> 01:00:11,560

you have gravity on your side,

1041

01:00:11,560 --> 01:00:15,400

and you can slowly take a good three or four minutes

1042

01:00:15,400 --> 01:00:18,680

to submit them while maintaining misery for them.

1043

01:00:18,680 --> 01:00:20,440

Not injuring them, but just making sure

1044

01:00:20,440 --> 01:00:22,040
that they're feeling your weight.

1045

01:00:23,360 --> 01:00:24,880
Then you tap them.

1046

01:00:24,880 --> 01:00:28,480
They're not gonna necessarily wanna go crazy,

1047

01:00:28,480 --> 01:00:30,160
because they realize that if they make a mistake

1048

01:00:30,160 --> 01:00:31,040
and end up in a bad spot,

1049

01:00:31,040 --> 01:00:33,440
that you're gonna make them suffer for four minutes.

1050

01:00:33,440 --> 01:00:35,240
And that can calm things down.

1051

01:00:35,240 --> 01:00:36,720
Now, mind you, that's not gonna work

1052

01:00:36,720 --> 01:00:40,720
if this 21-year-old also happens to be a D1 wrestler

1053

01:00:40,720 --> 01:00:43,160
or a purple belt, because then your blue belt Jiu-Jitsu

1054

01:00:43,160 --> 01:00:46,000
abilities might not be enough to outmatch that.

1055

01:00:46,000 --> 01:00:48,120

But I'm mainly talking about the people

1056

01:00:48,120 --> 01:00:52,120

who are a little bit less under control

1057

01:00:52,120 --> 01:00:53,840

because of inexperience.

1058

01:00:53,840 --> 01:00:55,800

Now, that's if you're not okay talking.

1059

01:00:55,800 --> 01:00:58,400

One of the things I think that is very underutilized

1060

01:00:58,400 --> 01:01:01,960

in Jiu-Jitsu schools is talking.

1061

01:01:01,960 --> 01:01:04,080

And I don't mean gossiping in the corner.

1062

01:01:04,080 --> 01:01:09,080

I mean, hey man, especially if you have the seniority

1063

01:01:09,360 --> 01:01:10,960

and right to say this.

1064

01:01:10,960 --> 01:01:13,040

Hey man, it seems like you're a little nervous.

1065

01:01:13,040 --> 01:01:15,400

It seems like you're a little jittery and nervous

1066

01:01:15,400 --> 01:01:18,160

and you're taking this a little bit more seriously

1067

01:01:18,160 --> 01:01:19,000

than is necessary.

1068

01:01:19,000 --> 01:01:20,320

Like, if you wanna have a hard role,

1069

01:01:20,320 --> 01:01:21,880

there's people who can do that.

1070

01:01:21,880 --> 01:01:23,440

But I think it might be better for you

1071

01:01:23,440 --> 01:01:24,640

if you wanna get better at this,

1072

01:01:24,640 --> 01:01:27,040

that maybe we just calm down a little bit

1073

01:01:27,040 --> 01:01:29,400

and you try to make calm decisions

1074

01:01:29,400 --> 01:01:31,980

about what you wanna do to accomplish your goals.

1075

01:01:31,980 --> 01:01:34,000

Because if you need to do something

1076

01:01:34,000 --> 01:01:36,900

as fast and hard as you can in order to make it work,

1077

01:01:36,900 --> 01:01:39,640

against me, who frankly is not going

1078

01:01:39,640 --> 01:01:41,040

as fast and hard as I can,

1079

01:01:41,040 --> 01:01:43,400

it'll never work against somebody actually trying.

1080

01:01:43,400 --> 01:01:47,080

Because if I'm only giving you a calm flow place

1081

01:01:47,080 --> 01:01:49,520

and the only way you can make something work

1082

01:01:49,520 --> 01:01:53,000

is by tapping into every ounce of your physicality,

1083

01:01:53,000 --> 01:01:55,920

it's never gonna work against a fully resisting opponent.

1084

01:01:55,920 --> 01:01:59,200

So maybe try to damp down your athleticism during this role

1085

01:01:59,200 --> 01:02:00,800

and figure out what you're doing.

1086

01:02:00,800 --> 01:02:02,460

Now there's a time for athleticism.

1087

01:02:02,460 --> 01:02:03,880

There definitely is.

1088

01:02:03,880 --> 01:02:07,120

If we're both putting it on, then yeah, we got to.

1089

01:02:07,120 --> 01:02:09,060

Because I learned the hard way at Brown Belt

1090

01:02:09,060 --> 01:02:11,800

that if I'm trying my best to use no power

1091

01:02:11,800 --> 01:02:13,560

and I'm facing a brown or a black belt

1092

01:02:13,560 --> 01:02:16,800

who was using all their power, I'm gonna lose.

1093

01:02:16,800 --> 01:02:20,120

So you need both, but in the beginning,

1094

01:02:20,120 --> 01:02:24,720

you don't learn how to drive driving 200 miles an hour

1095

01:02:24,720 --> 01:02:25,540

in a NASCAR.

1096

01:02:25,540 --> 01:02:28,120

You learn how to drive driving 25 miles an hour

1097

01:02:28,120 --> 01:02:30,000

in a Honda or something,

1098

01:02:30,000 --> 01:02:32,400

and taking your time to figure out how to control the car.

1099

01:02:32,400 --> 01:02:33,800

And I think Jiu Jitsu is the same way.

1100

01:02:33,800 --> 01:02:36,640

If you can slow down the role a little bit,

1101

01:02:36,640 --> 01:02:38,360

it'll be a learning experience.

1102

01:02:38,360 --> 01:02:40,360

I'm not saying don't have fun, roll hard, do your thing,

1103

01:02:40,360 --> 01:02:42,760

but occasionally turn the volume down

1104

01:02:42,760 --> 01:02:45,360

and it'll help you stop being that spazzy guy.

1105

01:02:45,360 --> 01:02:47,760

If you think you might be the spazzy guy in the gym.

1106

01:02:47,760 --> 01:02:50,280

I just think back to shoot box again.

1107

01:02:50,280 --> 01:02:52,400

When we were throwing everything,

1108

01:02:52,400 --> 01:02:54,280

you were learning nothing.

1109

01:02:54,280 --> 01:02:56,400

So if you're muscling each other,

1110

01:02:56,400 --> 01:02:58,080

then you're not really learning.

1111

01:02:58,080 --> 01:03:00,960

But if you just take, this is my experience,

1112

01:03:00,960 --> 01:03:03,200

take 30% off so you're at 70.

1113

01:03:03,200 --> 01:03:04,920

So you're still using your strength,

1114

01:03:04,920 --> 01:03:07,000

you're not just a wet noodle.

1115

01:03:07,920 --> 01:03:11,120

You're able to now, it becomes more of a chess match.

1116

01:03:11,120 --> 01:03:12,960

And if you stay in the same position,

1117

01:03:12,960 --> 01:03:15,080

this is what I'm finding at Blue Belt,

1118

01:03:15,080 --> 01:03:19,680

for three, four, five minutes, that's stalemate.

1119

01:03:19,680 --> 01:03:21,500

So take your foot off the gas,

1120

01:03:21,500 --> 01:03:23,840

allow them to maybe even get a better position

1121

01:03:23,840 --> 01:03:24,880
and then try and sweep.

1122

01:03:24,880 --> 01:03:26,840
And you're gonna get so much more out of that

1123

01:03:26,840 --> 01:03:27,880
than saying, yeah, I won that

1124

01:03:27,880 --> 01:03:30,040
because I laid on top of them for five minutes.

1125

01:03:30,040 --> 01:03:31,680
I completely agree with that

1126

01:03:31,680 --> 01:03:34,760
if you trust this person not to harm you.

1127

01:03:34,760 --> 01:03:39,760
So I will give all that room to the people

1128

01:03:40,400 --> 01:03:42,920
who I know aren't gonna knee me in the face

1129

01:03:42,920 --> 01:03:44,520
the second I let them out.

1130

01:03:44,520 --> 01:03:45,880
Because there's some people who,

1131

01:03:45,880 --> 01:03:49,660
when they've been getting controlled, they panic.

1132

01:03:49,660 --> 01:03:51,600

And I might be better than you, Jitsu,

1133

01:03:51,600 --> 01:03:54,080

but my face still hurts when you elbow it.

1134

01:03:54,080 --> 01:03:54,920

And then you're kneeling it.

1135

01:03:54,920 --> 01:03:55,740

I got poked today.

1136

01:03:55,740 --> 01:03:59,440

And so I will let people out to work

1137

01:03:59,440 --> 01:04:02,680

if those people have shown me that when I let them out,

1138

01:04:02,680 --> 01:04:04,480

I don't get a black eye out of it.

1139

01:04:04,480 --> 01:04:07,460

So unfortunately, if someone has shown you

1140

01:04:07,460 --> 01:04:11,000

that you can't trust them not to punch you in the head,

1141

01:04:11,000 --> 01:04:14,000

they might be someone you gotta give a boring role to.

1142

01:04:14,000 --> 01:04:16,140

Or like I said, have that conversation like,

1143

01:04:16,140 --> 01:04:19,720

hey, I can keep you here for the rest of the round.

1144

01:04:19,720 --> 01:04:21,940

Or I can let you out.

1145

01:04:23,960 --> 01:04:25,760

But you gotta promise me you're not gonna flail

1146

01:04:25,760 --> 01:04:26,960

and punch me in the head.

1147

01:04:27,920 --> 01:04:28,760

Make a deal with it.

1148

01:04:28,760 --> 01:04:29,600

Communication.

1149

01:04:29,600 --> 01:04:33,720

Well, you touched a second ago on control.

1150

01:04:33,720 --> 01:04:35,800

And something I wanted to ask you,

1151

01:04:35,800 --> 01:04:38,120

there's all these conversations about law enforcement

1152

01:04:38,120 --> 01:04:40,640

and there's all these horrific videos

1153

01:04:40,640 --> 01:04:43,960

of basically under trained officers.

1154

01:04:43,960 --> 01:04:46,840

And again, that could be their own lack of ownership.

1155

01:04:46,840 --> 01:04:48,360

It could be a complete lack of support

1156

01:04:48,360 --> 01:04:50,320

from their department, a lack of understanding

1157

01:04:50,320 --> 01:04:52,040

of where the bar should be, et cetera, et cetera.

1158

01:04:52,040 --> 01:04:54,680

So I'm not picking on the individual solely.

1159

01:04:54,680 --> 01:04:58,440

But the three cops trying to restrain one person

1160

01:04:58,440 --> 01:05:01,120

and failing, the one that turns into a boxing match

1161

01:05:01,120 --> 01:05:02,400

where they're literally squaring off

1162

01:05:02,400 --> 01:05:04,320

with someone that's supposed to be cuffing.

1163

01:05:04,320 --> 01:05:08,140

It seems to me, wrestling, judo, jiu-jitsu,

1164

01:05:08,140 --> 01:05:10,800

that kind of area of martial arts

1165

01:05:10,800 --> 01:05:12,440
seems to be the most appropriate,

1166

01:05:12,440 --> 01:05:15,920
especially for, and I don't think most people appreciate this,

1167

01:05:15,920 --> 01:05:19,000
an altercation that you're not trying to just win,

1168

01:05:19,000 --> 01:05:20,760
but you have to restrain them

1169

01:05:20,760 --> 01:05:22,960
while people are watching and filming

1170

01:05:22,960 --> 01:05:24,320
and put them in cuffs.

1171

01:05:24,320 --> 01:05:27,400
Like I have problems just trying to get a choke or a tap

1172

01:05:27,400 --> 01:05:30,920
no matter getting one arm cuffed and the other arm cuffed.

1173

01:05:30,920 --> 01:05:33,120
So through this journey of jiu-jitsu,

1174

01:05:33,120 --> 01:05:37,920
what is your perception of grappling in law enforcement

1175

01:05:37,920 --> 01:05:41,880
and how do we continue to promote that

1176

01:05:41,880 --> 01:05:43,480
to get more agencies on board?

1177

01:05:43,480 --> 01:05:44,700
I've been pretty lucky.

1178

01:05:44,700 --> 01:05:46,240
I've actually taught,

1179

01:05:47,540 --> 01:05:50,660
I don't think I've ever taught at a police department,

1180

01:05:50,660 --> 01:05:53,600
but I've taught various law enforcement officers

1181

01:05:53,600 --> 01:05:55,960
over the years from back when I taught American Kempel.

1182

01:05:55,960 --> 01:06:00,960
I actually taught all kinds of stuff back then

1183

01:06:01,240 --> 01:06:02,920
from like, there's a few of the officers

1184

01:06:02,920 --> 01:06:04,780
would bring their various weapons that they had

1185

01:06:04,780 --> 01:06:06,480
and I got to show them how to swing the round.

1186

01:06:06,480 --> 01:06:09,280
I think it was a fun job for 14 year olds

1187

01:06:09,280 --> 01:06:11,940

because I remember that for whatever reason,

1188

01:06:11,940 --> 01:06:14,960

they switched away from,

1189

01:06:14,960 --> 01:06:17,360

they used to use those, the old nightsticks

1190

01:06:17,360 --> 01:06:19,000

that had the kind of the tonfa shape.

1191

01:06:19,000 --> 01:06:20,320

Yeah, the tonfa handle.

1192

01:06:20,320 --> 01:06:21,160

So that was the thing,

1193

01:06:21,160 --> 01:06:23,080

but the Florida department has switched away

1194

01:06:23,080 --> 01:06:25,920

to the kind of like snap-extend stick

1195

01:06:25,920 --> 01:06:28,400

and I remember we had, for whatever reason,

1196

01:06:28,400 --> 01:06:30,000

I don't know why I got to help

1197

01:06:30,000 --> 01:06:32,760

and why they chose to let a 14, 15 year old

1198

01:06:32,760 --> 01:06:34,320

teach police officers how to hit things.

1199

01:06:34,320 --> 01:06:37,040

I don't know, but I had the gig and it was awesome.

1200

01:06:37,040 --> 01:06:40,260

But into now helping various gyms,

1201

01:06:40,260 --> 01:06:42,760

like for example, my friend Phil runs a gym

1202

01:06:44,700 --> 01:06:46,720

south of Chicago, about an hour south.

1203

01:06:46,720 --> 01:06:48,360

I'm forgetting the name of the town

1204

01:06:48,360 --> 01:06:52,600

that is called Furnady, I can't pronounce it.

1205

01:06:52,600 --> 01:06:55,840

It's an Irish thing, Furnady, Furnida,

1206

01:06:55,840 --> 01:06:57,320

I can't pronounce it properly,

1207

01:06:57,320 --> 01:06:59,960

but he runs a gym and it's made for law enforcement,

1208

01:06:59,960 --> 01:07:02,320

the whole idea and I've been kind of obsessed

1209

01:07:02,320 --> 01:07:07,320

with the notion of like, what do you need to do

1210

01:07:07,320 --> 01:07:09,200

and two main things you need to,

1211

01:07:09,200 --> 01:07:11,280

one, stand up, right, because you don't,

1212

01:07:11,280 --> 01:07:12,840

as a law enforcement officer, you don't wanna be

1213

01:07:12,840 --> 01:07:14,000

laying on the floor getting kicked in the head

1214

01:07:14,000 --> 01:07:15,120

by a suspect, that sounds horrible,

1215

01:07:15,120 --> 01:07:16,560

as a person in life, you don't wanna be

1216

01:07:16,560 --> 01:07:18,080

kicked in the head by anybody.

1217

01:07:18,080 --> 01:07:21,360

But, and then second thing is you wanna be able to

1218

01:07:21,360 --> 01:07:24,840

maintain control as efficiently as you can.

1219

01:07:24,840 --> 01:07:28,960

And so I think by adding that requirement of yourself,

1220

01:07:28,960 --> 01:07:31,120

of personal efficiency, especially because

1221

01:07:31,120 --> 01:07:34,040

as a law enforcement officer, you're wearing all your gear,

1222

01:07:34,040 --> 01:07:36,340

20, 30, 40 pounds of gear sometimes.

1223

01:07:36,340 --> 01:07:40,360

If all you have is I'm just gonna go really hard,

1224

01:07:40,360 --> 01:07:42,840

you're gonna be exhausted really fast.

1225

01:07:43,760 --> 01:07:46,360

And so I think there's definitely a place for it.

1226

01:07:46,360 --> 01:07:49,120

I think that the biggest thing is shifting it,

1227

01:07:49,120 --> 01:07:51,220

because you talk about, earlier you said the word

1228

01:07:51,220 --> 01:07:54,720

self-defense, and the problem with self-defense

1229

01:07:54,720 --> 01:07:58,040

isn't the techniques or the moves or what they teach.

1230

01:07:58,040 --> 01:08:01,260

While there are some suspicious moves that are taught

1231

01:08:01,260 --> 01:08:04,440

by some of these experts, we'll presume and pretend

1232

01:08:04,440 --> 01:08:05,720

that what they're teaching is actually good.

1233

01:08:05,720 --> 01:08:09,040

Imagine that every move taught by a self-defense expert

1234

01:08:09,920 --> 01:08:10,760

was perfect.

1235

01:08:11,760 --> 01:08:13,440

It's the nature of how it's taught.

1236

01:08:13,440 --> 01:08:16,600

The nature of how it's taught is, all right,

1237

01:08:16,600 --> 01:08:18,720

we're gonna go away for the weekend,

1238

01:08:18,720 --> 01:08:20,360

and we're gonna learn this.

1239

01:08:20,360 --> 01:08:21,720

Then we're never gonna train it again,

1240

01:08:21,720 --> 01:08:23,440

and we're gonna assume that you guys all got it.

1241

01:08:23,440 --> 01:08:24,260

Right?

1242

01:08:24,260 --> 01:08:25,100

Right.

1243

01:08:26,280 --> 01:08:27,520

Whether it be women's self-defense,

1244

01:08:27,520 --> 01:08:30,120

law enforcement self-defense, the notion that

1245

01:08:30,120 --> 01:08:32,120

I'm gonna give you three to six hours,

1246

01:08:32,120 --> 01:08:34,000

maybe I'm gonna be generous that you're giving

1247

01:08:34,000 --> 01:08:38,200

a real intensive eight to 16 hours in a weekend,

1248

01:08:38,200 --> 01:08:43,200

and now you're Batman, I think is just laughable.

1249

01:08:43,440 --> 01:08:45,680

But the people who teach these courses

1250

01:08:45,680 --> 01:08:48,720

are very, very charismatic, and oftentimes I've seen it.

1251

01:08:48,720 --> 01:08:53,720

I've seen women I know in the past who have been like,

1252

01:08:53,720 --> 01:08:55,240

yeah Charles, I can defend myself now.

1253

01:08:55,240 --> 01:08:58,240

Like I'm blah blah blah, and I'm like, okay, what'd you do?

1254

01:08:58,240 --> 01:09:00,760

Like have you joined a gym, are you training regularly?

1255

01:09:00,760 --> 01:09:05,760

No, they gave me this little pokey thing that they give them.

1256

01:09:05,840 --> 01:09:06,680

Oh yeah.

1257

01:09:06,680 --> 01:09:08,080

They gave me this little thing,

1258

01:09:08,080 --> 01:09:12,240

and I took a class for three hours, and I'm safe now.

1259

01:09:12,240 --> 01:09:14,880

Now, to an extent, some of the social things

1260

01:09:14,880 --> 01:09:16,480

that are taught in those things are really valuable,

1261

01:09:16,480 --> 01:09:17,960

because if you don't look weak,

1262

01:09:17,960 --> 01:09:18,920

if you don't look like a victim,

1263

01:09:18,920 --> 01:09:21,860

you're less likely to be chosen to be victimized.

1264

01:09:21,860 --> 01:09:24,380

And that part of it, I think, is invaluable.

1265

01:09:24,380 --> 01:09:28,400

However, I think it's very dangerous to essentially

1266

01:09:28,400 --> 01:09:30,660

put these people in the position that I was in

1267

01:09:30,660 --> 01:09:34,400

when I was 11 or 12, or I thought I was Superman,

1268

01:09:34,400 --> 01:09:37,180

when I was in fact completely untested.

1269

01:09:38,480 --> 01:09:42,480

And if I've never had to do these things under adrenaline,

1270

01:09:42,480 --> 01:09:45,700

under stress, and I don't maintain them,

1271

01:09:45,700 --> 01:09:47,840

maintain those skills, it's gonna be very hard

1272

01:09:47,840 --> 01:09:49,440

to react properly in those scenarios,

1273

01:09:49,440 --> 01:09:51,320

especially with adrenaline, and even worse,

1274

01:09:51,320 --> 01:09:53,400

when you see yourself on film.

1275

01:09:53,400 --> 01:09:56,640

I know that for me, when I'm competing in a jiu-jitsu

1276

01:09:56,640 --> 01:09:59,320

tournament, or an MMA match, or any sort of match,

1277

01:09:59,320 --> 01:10:01,400

and I see people filming, well, in my head,

1278

01:10:01,400 --> 01:10:04,000

it's like, oh, I hope I don't screw up on camera.

1279

01:10:04,000 --> 01:10:05,880

Everyone's gonna see this.

1280

01:10:05,880 --> 01:10:07,700

And that adds more adrenaline.

1281

01:10:08,640 --> 01:10:12,960

Adrenaline is the friend of habituated behavior,

1282

01:10:12,960 --> 01:10:16,320

and the enemy of new things.

1283

01:10:16,320 --> 01:10:20,160

When your blood pumps, boom, you're not thinking,

1284

01:10:20,160 --> 01:10:23,200

what was that move that I just learned yesterday?

1285

01:10:23,200 --> 01:10:27,360

You're gonna do what you've been doing for the longest.

1286

01:10:27,360 --> 01:10:28,680

And if what you've been doing for the longest

1287

01:10:28,680 --> 01:10:29,600

is punching a guy in the head,

1288

01:10:29,600 --> 01:10:31,240

you're gonna punch a guy in the head.

1289

01:10:31,240 --> 01:10:33,520

If what you've been doing for the longest,

1290

01:10:33,520 --> 01:10:35,400

that's all you're gonna do.

1291

01:10:35,400 --> 01:10:37,280

Or you might just freeze.

1292

01:10:37,280 --> 01:10:39,400

I don't believe that most police officers,

1293

01:10:39,400 --> 01:10:41,160

because unless it's their first day on the job,

1294

01:10:41,160 --> 01:10:43,280

they have had an altercation before.

1295

01:10:45,680 --> 01:10:48,300

But I think that if you're not confident

1296

01:10:48,300 --> 01:10:51,400

that this stuff works because you have those reps,

1297

01:10:51,400 --> 01:10:55,420

I think that confidence comes from success.

1298

01:10:55,420 --> 01:10:57,400

When you're in the gym, and you can regularly

1299

01:10:57,400 --> 01:11:00,240

take down an opponent, and you can regularly

1300

01:11:00,240 --> 01:11:03,320

pin someone to the floor, even if it's just the white belts.

1301

01:11:03,320 --> 01:11:05,080

Say that you're a blue belt level in jiu-jitsu,

1302

01:11:05,080 --> 01:11:08,360

but you know that if you put a white belt on the floor,

1303

01:11:08,360 --> 01:11:11,520

you can turn them over to their belly, and hold them there.

1304

01:11:11,520 --> 01:11:13,360

That means you can probably handcuff them.

1305

01:11:14,260 --> 01:11:17,180

Great, now get a white belt that goes to the gym.

1306

01:11:18,160 --> 01:11:19,840

Be a little bit harder.

1307

01:11:19,840 --> 01:11:21,240

And now maybe try a fellow blue belt,

1308

01:11:21,240 --> 01:11:22,640

and you keep progressing.

1309

01:11:22,640 --> 01:11:24,600

But the thing is, say you do that once.

1310

01:11:24,600 --> 01:11:27,320

One week, say you train a year, and then you quit.

1311

01:11:28,600 --> 01:11:31,000

In a year, you'll probably still be able to do that.

1312

01:11:31,000 --> 01:11:34,120

Two years past, three years past, you're gonna get rusty.

1313

01:11:34,120 --> 01:11:36,240

I think the biggest thing of whatever the methodology is,

1314

01:11:36,240 --> 01:11:39,280

whether I've done striking martial arts,

1315

01:11:39,280 --> 01:11:40,840

and the advantage of striking martial arts

1316

01:11:40,840 --> 01:11:44,620

is that you don't have to get entangled with someone.

1317

01:11:44,620 --> 01:11:47,220

If you've ever seen someone who can throw a nasty leg kick,

1318

01:11:47,220 --> 01:11:51,100

or liver kick, or punch, you can stop a situation

1319

01:11:51,100 --> 01:11:52,020

in its tracks.

1320

01:11:52,020 --> 01:11:57,020

But as you said, you're being filmed.

1321

01:11:57,020 --> 01:11:59,180

And you're going to have to justify to the world

1322

01:11:59,180 --> 01:12:02,060

why you found it necessary to put this person unconscious.

1323

01:12:02,060 --> 01:12:04,900

And it might be valid, right?

1324

01:12:04,900 --> 01:12:06,980

There's definitely a valid reason

1325

01:12:06,980 --> 01:12:08,740

to knock somebody unconscious

1326

01:12:08,740 --> 01:12:10,420

in the situation of being a police officer

1327

01:12:10,420 --> 01:12:13,860

if that person is attacking you and trying to harm you,

1328

01:12:13,860 --> 01:12:16,260

or has been attacking someone else.

1329

01:12:16,260 --> 01:12:18,500

But if there's a situation where, say,

1330

01:12:18,500 --> 01:12:21,100

that you just simply have to trespass somebody,

1331

01:12:21,100 --> 01:12:23,140

this person's not violent.

1332

01:12:23,140 --> 01:12:25,920

This person just is somewhere they're not supposed to be.

1333

01:12:25,920 --> 01:12:27,980

Which means ideally, as a police officer,

1334

01:12:27,980 --> 01:12:30,180

you should be able to remove them from where they are

1335

01:12:30,180 --> 01:12:32,860

and take them outside or take to the police station.

1336

01:12:32,860 --> 01:12:34,300

But no one should die for that, right?

1337

01:12:34,300 --> 01:12:36,900

If this person struggles and is annoying,

1338

01:12:36,900 --> 01:12:39,460

they shouldn't need to be unconscious.

1339

01:12:39,460 --> 01:12:42,300

You should be able to carry them along and move them.

1340

01:12:42,300 --> 01:12:44,420

But I think that the more that you practice these things

1341

01:12:44,420 --> 01:12:46,620

and habituate them, you can be successful.

1342

01:12:46,620 --> 01:12:49,820

I really do think that the notion

1343

01:12:49,820 --> 01:12:52,620

of educating yourself in general principles

1344

01:12:52,620 --> 01:12:53,540

of how to move a person.

1345

01:12:53,540 --> 01:12:55,100

If I wanna move a piece of someone,

1346

01:12:55,100 --> 01:12:57,120

I go to the end of the lever and I move it.

1347

01:12:57,120 --> 01:12:58,840

If I wanna attach myself to someone,

1348

01:12:58,840 --> 01:13:00,340

I go deep to the core of their body

1349

01:13:00,340 --> 01:13:01,900

and I attach myself to them.

1350

01:13:01,900 --> 01:13:04,300

If I wanna stand up and someone's trying to hold me down,

1351

01:13:04,300 --> 01:13:07,080

well, I have to stop them from being able to attach to me

1352

01:13:07,080 --> 01:13:09,520

while I move into space and get to my feet.

1353

01:13:11,220 --> 01:13:12,460

That's three sentences.

1354

01:13:13,320 --> 01:13:14,820

You don't have to know all the moves.

1355

01:13:14,820 --> 01:13:17,380

I don't think that you need to be a jiu-jitsu ace

1356

01:13:17,380 --> 01:13:19,340

who can win tournaments and know all these moves.

1357

01:13:19,340 --> 01:13:21,500

But if you have general principles

1358

01:13:21,500 --> 01:13:24,700

and you can follow them intelligently,

1359

01:13:24,700 --> 01:13:27,460

I think that you can successfully do your job

1360

01:13:27,460 --> 01:13:28,540

and keep things safe.

1361

01:13:31,540 --> 01:13:36,540

All that being said, I don't think that it's inappropriate

1362

01:13:38,940 --> 01:13:43,220

if the situation is needed that you can do it MMA style.

1363

01:13:43,220 --> 01:13:46,060

Meaning, if this person has a weapon

1364

01:13:46,060 --> 01:13:50,420

or this person has harmed you

1365

01:13:50,420 --> 01:13:53,000

and they won't put their hand behind their back

1366

01:13:53,000 --> 01:13:54,260

and you have to punch them in the ribs

1367

01:13:54,260 --> 01:13:55,340

to have their hand open,

1368

01:13:55,340 --> 01:13:59,780

I don't think that that is an appropriate use of force.

1369

01:13:59,780 --> 01:14:02,180

I think that it's gonna get you, now it's a difference.

1370

01:14:02,180 --> 01:14:05,220

If you keep punching the ribs and break a rib

1371

01:14:05,220 --> 01:14:07,000

and puncture their lung,

1372

01:14:07,000 --> 01:14:08,560

well, that wasn't you hitting them

1373

01:14:08,560 --> 01:14:10,880

in order to make compliance happen.

1374

01:14:10,880 --> 01:14:14,520

That was you probably trying to kill them

1375

01:14:14,520 --> 01:14:15,820

or getting your frustrations out.

1376

01:14:15,820 --> 01:14:18,100

So there's a line.

1377

01:14:18,100 --> 01:14:21,780

I think that striking has its place when used appropriately.

1378

01:14:21,780 --> 01:14:23,940

I don't think that it needs to be the only tool,

1379

01:14:23,940 --> 01:14:25,740

which is part of what I fell in love with with Jiu Jitsu.

1380

01:14:25,740 --> 01:14:29,780

When I realized that I can stop a scenario

1381

01:14:29,780 --> 01:14:31,960

without having to break someone's ribs.

1382

01:14:31,960 --> 01:14:32,800

I can stop a scenario

1383

01:14:32,800 --> 01:14:34,340

without having to break someone's arm even.

1384

01:14:34,340 --> 01:14:37,120

And ironically enough,

1385

01:14:37,120 --> 01:14:38,620

because of some of the stuff that I've taught,

1386

01:14:38,620 --> 01:14:43,620

I've been able to use, ironically,

1387

01:14:43,620 --> 01:14:45,900

I do a submission when I have my people's back.

1388

01:14:45,900 --> 01:14:46,860

I stop choking people,

1389

01:14:46,860 --> 01:14:49,660

because people are really good at stopping chokes,

1390

01:14:49,660 --> 01:14:51,860

but they're really bad at defending hammer locks.

1391

01:14:51,860 --> 01:14:53,620

So I actually regularly put people's hand

1392

01:14:53,620 --> 01:14:55,940

behind their back as a submission as a joke.

1393

01:14:55,940 --> 01:14:57,060

Like a half Nelson.

1394

01:14:57,060 --> 01:14:59,020

Not even half Nelson, just literally,

1395

01:14:59,020 --> 01:15:00,820

I just have their hand, I just keep pulling.

1396

01:15:00,820 --> 01:15:03,500

Like the old WWF hammer lock.

1397

01:15:03,500 --> 01:15:06,180

And I realized that I can do it pretty consistently.

1398

01:15:06,180 --> 01:15:08,840

And it's frankly, I understand why that's where

1399

01:15:08,840 --> 01:15:10,180

you put people's hands when you handcuff them.

1400

01:15:10,180 --> 01:15:11,580

Like it works.

1401

01:15:11,580 --> 01:15:13,620

Absolutely.

1402

01:15:13,620 --> 01:15:16,820

Well, I wanna get to your kind of leap of faith

1403

01:15:16,820 --> 01:15:18,180

out of the corporate world.

1404

01:15:18,180 --> 01:15:19,980

But before we do,

1405

01:15:19,980 --> 01:15:22,080

what were the principles and philosophies

1406

01:15:22,080 --> 01:15:23,860

that kept you into jiu-jitsu

1407

01:15:23,860 --> 01:15:25,660
and made you dive in so deeply

1408

01:15:25,660 --> 01:15:27,700
when so many people fall off at Blue Belt,

1409

01:15:27,700 --> 01:15:28,860
Purple Belt, et cetera?

1410

01:15:30,220 --> 01:15:31,840
Obviously I was frustrated about the fact

1411

01:15:31,840 --> 01:15:33,460
that somebody who only trained two or three years

1412

01:15:33,460 --> 01:15:35,540
could beat me when I had been training over a decade.

1413

01:15:35,540 --> 01:15:37,100
That bothered me.

1414

01:15:37,100 --> 01:15:40,220
But then I think what really got me in there was,

1415

01:15:40,220 --> 01:15:41,740
I actually didn't answer it earlier,

1416

01:15:41,740 --> 01:15:44,100
the principles that I was able to borrow

1417

01:15:44,100 --> 01:15:45,860
from American Kempo,

1418

01:15:45,860 --> 01:15:50,580

the idea of marriage of gravity, torque, leverage,

1419

01:15:50,580 --> 01:15:53,860

all of those physics principles,

1420

01:15:53,860 --> 01:15:57,140

because I ended up graduating with a degree in physics

1421

01:15:57,140 --> 01:15:58,780

in the university that I kind of,

1422

01:15:58,780 --> 01:16:01,020

I liked the idea of being able to apply physics

1423

01:16:01,020 --> 01:16:02,700

and kinematics.

1424

01:16:02,700 --> 01:16:07,500

And once I got that realization that I can

1425

01:16:07,500 --> 01:16:10,780

really get good at this jiu-jitsu thing,

1426

01:16:12,580 --> 01:16:14,460

I don't have to get hit in the face.

1427

01:16:14,460 --> 01:16:16,700

I don't have to be bruised.

1428

01:16:16,700 --> 01:16:18,660

I don't have to be in pain,

1429

01:16:18,660 --> 01:16:22,680

but I can still dive in as deeply

1430

01:16:22,680 --> 01:16:24,260

and be as obsessed as I was other stuff.

1431

01:16:24,260 --> 01:16:26,020

And I think what happened was,

1432

01:16:26,020 --> 01:16:27,740

I got into Judo as well.

1433

01:16:27,740 --> 01:16:30,020

I ended up getting my black belt in Judo,

1434

01:16:30,020 --> 01:16:32,340

and I started doing choi-li-fuk kung-fu here in town

1435

01:16:32,340 --> 01:16:35,340

at Gainesville Dojo.

1436

01:16:35,340 --> 01:16:37,860

But once I got heavy into leg locks,

1437

01:16:37,860 --> 01:16:41,580

I realized what I was doing as a triathlete.

1438

01:16:41,580 --> 01:16:43,380

How can I keep all these skills up?

1439

01:16:43,380 --> 01:16:44,720

It felt like juggling.

1440

01:16:44,720 --> 01:16:48,140

It felt like, okay, I sharpened back up my muay thai,

1441

01:16:48,140 --> 01:16:49,740

but now my Judo's going away.

1442

01:16:49,740 --> 01:16:51,820

Okay, I brought my Judo back up,

1443

01:16:51,820 --> 01:16:53,220

but now my jiu-jitsu's slacking.

1444

01:16:53,220 --> 01:16:55,580

I got my jiu-jitsu, oh no, and there's leg locks too.

1445

01:16:55,580 --> 01:16:57,780

And then I realized just how bad I was at leg locks

1446

01:16:57,780 --> 01:16:59,620

and how much more there was to learn there.

1447

01:16:59,620 --> 01:17:02,660

I'm like, there's not enough hours in the day

1448

01:17:02,660 --> 01:17:05,660

to be great at all these things.

1449

01:17:05,660 --> 01:17:08,860

And so slowly, because in the beginning,

1450

01:17:08,860 --> 01:17:12,060

I was truly obsessed with my training schedule

1451

01:17:12,060 --> 01:17:16,020

because I had like, I was teaching private lessons

1452

01:17:16,020 --> 01:17:21,020

in kickboxing, I was tutoring physics to university students,

1453

01:17:21,740 --> 01:17:24,500

and I had an internship at a natural gas company.

1454

01:17:24,500 --> 01:17:26,020

I had three jobs.

1455

01:17:26,020 --> 01:17:27,700

And then once I got made full-time

1456

01:17:27,700 --> 01:17:29,460

at the natural gas company,

1457

01:17:29,460 --> 01:17:32,900

then I stopped teaching physics at the university.

1458

01:17:32,900 --> 01:17:35,860

And then I was just, I mean, tutoring.

1459

01:17:35,860 --> 01:17:40,060

I was just at that point, teaching kickboxing

1460

01:17:40,060 --> 01:17:42,580

and working at the natural gas company.

1461

01:17:42,580 --> 01:17:43,940

Then that gym closed down

1462

01:17:44,820 --> 01:17:46,660
because it was back in the day

1463

01:17:46,660 --> 01:17:49,100
when it was like one of the only gyms here in town

1464

01:17:49,100 --> 01:17:51,420
and people didn't want to pay dues.

1465

01:17:51,420 --> 01:17:53,420
Like people would legit sneak in the back door.

1466

01:17:53,420 --> 01:17:55,100
Like it was one of those situations where like,

1467

01:17:55,100 --> 01:17:57,580
no one wanted to pay dues.

1468

01:17:57,580 --> 01:17:58,460
And so the gym closed down.

1469

01:17:58,460 --> 01:18:01,500
And then everyone was like, Pikachu face, like, oh.

1470

01:18:01,500 --> 01:18:03,860
It's like, yeah, if none of us paid dues,

1471

01:18:03,860 --> 01:18:05,340
then they can't pay rent.

1472

01:18:05,340 --> 01:18:07,500
Now we have no gym to train at.

1473

01:18:07,500 --> 01:18:09,700

And so it was a brief moment in this town

1474

01:18:09,700 --> 01:18:11,140

where everyone was kind of homeless.

1475

01:18:11,140 --> 01:18:12,580

There was nowhere to train.

1476

01:18:12,580 --> 01:18:16,540

And one of the gyms started a Vale Tudo program.

1477

01:18:16,540 --> 01:18:18,060

And I showed up and like, I've never done Vale Tudo.

1478

01:18:18,060 --> 01:18:19,140

That sounds great.

1479

01:18:19,140 --> 01:18:21,540

And then I realized like, it's just a branding thing.

1480

01:18:21,540 --> 01:18:23,860

And I see all the same guys I've been training

1481

01:18:23,860 --> 01:18:25,220

with at other places in town here.

1482

01:18:25,220 --> 01:18:27,300

And I'm like, oh, it's you guys.

1483

01:18:27,300 --> 01:18:32,300

And as I got deeper and deeper into it,

1484

01:18:33,540 --> 01:18:35,540

I really think the leg locks was a thing.

1485

01:18:35,540 --> 01:18:36,900

As like, as a circle back to it.

1486

01:18:36,900 --> 01:18:41,900

Like I realized that I wasn't gonna be able to get good

1487

01:18:42,500 --> 01:18:45,340

at this whole other branch of Jiu-Jitsu

1488

01:18:45,340 --> 01:18:46,460

and my regular Jiu-Jitsu.

1489

01:18:46,460 --> 01:18:47,500

Cause I had the big, in the beginning,

1490

01:18:47,500 --> 01:18:48,860

I was just trying to stand back up.

1491

01:18:48,860 --> 01:18:50,940

My whole game was like, I just stand back up

1492

01:18:50,940 --> 01:18:52,420

and then I get to punch you again.

1493

01:18:52,420 --> 01:18:53,540

I kick you again.

1494

01:18:53,540 --> 01:18:54,380

That was the game.

1495

01:18:54,380 --> 01:18:56,820

Just don't, just make your BS Jiu-Jitsu not work on me.

1496

01:18:56,820 --> 01:18:59,940

That was the original goal was to become Jiu-Jitsu proof

1497

01:18:59,940 --> 01:19:01,540

so that I could kick box everybody.

1498

01:19:01,540 --> 01:19:03,260

And all my years of training how to punch

1499

01:19:03,260 --> 01:19:05,220

and kick really fast would be valuable.

1500

01:19:06,460 --> 01:19:07,860

But then I felt like a fraud.

1501

01:19:07,860 --> 01:19:10,460

Like I remember I got my blue belt and I felt like a fraud.

1502

01:19:10,460 --> 01:19:12,540

I was like, I don't even play guard.

1503

01:19:12,540 --> 01:19:15,580

Like I don't think I've ever hit a guard arm bar.

1504

01:19:15,580 --> 01:19:19,100

Like I'm, I don't know why they gave me this,

1505

01:19:19,100 --> 01:19:19,940

this blue belt.

1506

01:19:21,260 --> 01:19:23,500

And I started playing guard more.

1507

01:19:23,500 --> 01:19:24,820

I started, and then I was like,

1508

01:19:24,820 --> 01:19:26,140

then the world got even wider.

1509

01:19:26,140 --> 01:19:27,460

Once I, it was the first time

1510

01:19:27,460 --> 01:19:29,300

cause I had a hard blue belt plateau.

1511

01:19:30,420 --> 01:19:32,820

I stepped away from my A game entirely.

1512

01:19:32,820 --> 01:19:34,300

And I was like, I have to play guard.

1513

01:19:34,300 --> 01:19:35,580

Every day I gotta play guard.

1514

01:19:35,580 --> 01:19:37,900

I gotta play guard, but I gotta play guard, gotta play guard.

1515

01:19:37,900 --> 01:19:39,100

And I started losing more.

1516

01:19:39,100 --> 01:19:41,140

And that's the hardest thing is realizing

1517

01:19:41,140 --> 01:19:43,820

cause especially I think at blue belt,

1518

01:19:43,820 --> 01:19:46,060

you have this pecking order in your head in the gym.

1519

01:19:46,060 --> 01:19:48,540

This guy beats me, I beat this guy

1520

01:19:48,540 --> 01:19:50,420

and I'm even with this guy.

1521

01:19:50,420 --> 01:19:51,700

All right.

1522

01:19:51,700 --> 01:19:56,260

And when the guy who you usually beat

1523

01:19:56,260 --> 01:19:58,020

starts beating you regularly,

1524

01:19:58,020 --> 01:20:00,340

you're like, oh, I'm getting worse.

1525

01:20:00,340 --> 01:20:02,740

You never think that that guy got better.

1526

01:20:03,700 --> 01:20:04,980

Like, oh, I must be getting worse.

1527

01:20:04,980 --> 01:20:07,100

I'm horrible, but you have to step back.

1528

01:20:07,100 --> 01:20:09,100

Of course that guy's gonna beat you.

1529

01:20:09,100 --> 01:20:12,380

Cause you were beating that guy with your best stuff.

1530

01:20:12,380 --> 01:20:14,380

You gotta step into some stuff that you're not great at

1531

01:20:14,380 --> 01:20:15,260

and you're gonna do it wrong.

1532

01:20:15,260 --> 01:20:16,580

You're gonna mess it up

1533

01:20:16,580 --> 01:20:18,780

and you're gonna start losing more.

1534

01:20:18,780 --> 01:20:20,060

And that was the big step.

1535

01:20:20,060 --> 01:20:22,460

And that's kind of how I've solved my plateau problems a lot.

1536

01:20:22,460 --> 01:20:25,180

It's almost always like, let's dive in

1537

01:20:25,180 --> 01:20:26,540

and just play different games.

1538

01:20:26,540 --> 01:20:28,340

These days we're a little bit more sophisticated with it

1539

01:20:28,340 --> 01:20:30,300

with different types of specific training

1540

01:20:30,300 --> 01:20:31,900

and skill development games.

1541

01:20:31,900 --> 01:20:34,900

And I have more precise ways of improving

1542

01:20:34,900 --> 01:20:36,820

when I hit plateaus.

1543

01:20:36,820 --> 01:20:39,660

But the biggest thing was realizing that

1544

01:20:40,820 --> 01:20:43,060

keeping track of how many times you tap this guy

1545

01:20:43,060 --> 01:20:45,420

or that guy and all of that,

1546

01:20:46,820 --> 01:20:48,260

it's not the way.

1547

01:20:48,260 --> 01:20:50,380

Like it can be fun.

1548

01:20:50,380 --> 01:20:51,220

Like, let me be real,

1549

01:20:51,220 --> 01:20:52,500

if you don't have a desire to get better,

1550

01:20:52,500 --> 01:20:54,740

if you just, I always have to remember this.

1551

01:20:54,740 --> 01:20:56,220

Cause I've always thought that everyone else

1552

01:20:56,220 --> 01:20:57,980

is trying to become the best they can.

1553

01:20:57,980 --> 01:20:59,620

And to a degree, some people are,

1554

01:20:59,620 --> 01:21:03,540

but a piece of training is just having fun.

1555

01:21:03,540 --> 01:21:07,140

Some people view Jiu-Jitsu like pick up basketball.

1556

01:21:07,140 --> 01:21:10,220

Some people view Jiu-Jitsu like playing Xbox.

1557

01:21:10,220 --> 01:21:11,780

To an extent it's about winning,

1558

01:21:11,780 --> 01:21:15,700

but to the real extent is just having some fun.

1559

01:21:15,700 --> 01:21:17,620

And I always try to be careful.

1560

01:21:17,620 --> 01:21:22,580

I don't want to foist this serious hermit growth mentality

1561

01:21:22,580 --> 01:21:23,700

upon people who don't want it.

1562

01:21:23,700 --> 01:21:26,820

Cause there is a value in Jiu-Jitsu as community

1563

01:21:26,820 --> 01:21:28,500

and Jiu-Jitsu as stress relief.

1564

01:21:28,500 --> 01:21:31,380

And I never want to discount the value of that.

1565

01:21:31,380 --> 01:21:35,300

Ironically, I think Ken was the first person

1566

01:21:35,300 --> 01:21:36,300

to talk to me.

1567

01:21:36,300 --> 01:21:39,020

He's like, hey Charles, not everybody wants to be the best.

1568

01:21:39,900 --> 01:21:42,740

And I just sat there like, what do you mean?

1569

01:21:42,740 --> 01:21:44,300

Why wouldn't they want to be the best?

1570

01:21:44,300 --> 01:21:49,300

Absolutely.

1571

01:21:49,300 --> 01:21:51,420

I've experienced that very thing myself.

1572

01:21:51,420 --> 01:21:53,020

And even with my son, it's funny,

1573

01:21:53,020 --> 01:21:56,020

cause I had to take my own advice and apply it to myself.

1574

01:21:57,300 --> 01:22:01,140

You forget when you're in school, in a Jiu-Jitsu school,

1575

01:22:01,140 --> 01:22:04,660

that your friends are getting better at the same speed,

1576

01:22:04,660 --> 01:22:08,580

or in my case now faster, because either,

1577

01:22:08,580 --> 01:22:11,140

either and or they're younger than you.

1578

01:22:11,140 --> 01:22:12,660

They just simply hear more.

1579

01:22:12,660 --> 01:22:13,740

They just get it better.

1580

01:22:13,740 --> 01:22:16,020

I mean, legs, oh my God, it's my kryptonite.

1581

01:22:16,020 --> 01:22:19,340

Like I just still, I still was joking.

1582

01:22:19,340 --> 01:22:20,900

Yeah, yeah, yeah, exactly.

1583

01:22:20,900 --> 01:22:22,820

But yeah, but you realize again,

1584

01:22:22,820 --> 01:22:24,420

I remember someone telling me this a long time ago,

1585

01:22:24,420 --> 01:22:26,700

stop trying to win the roles.

1586

01:22:26,700 --> 01:22:27,860

And I get what they mean.

1587

01:22:27,860 --> 01:22:29,220

I totally get what they mean.

1588

01:22:29,220 --> 01:22:30,700

And stop counting all that stuff.

1589

01:22:30,700 --> 01:22:34,820

And as soon as I did, like you're on a boat, on a stream,

1590

01:22:34,820 --> 01:22:37,460

you are moving and it may not be a speed boat

1591

01:22:37,460 --> 01:22:39,100

and you may not be, you know,

1592

01:22:39,100 --> 01:22:40,980

rafting in the canyon somewhere.

1593

01:22:40,980 --> 01:22:42,700

But if you get off the boat,

1594

01:22:42,700 --> 01:22:44,260

you're never gonna move forward again.

1595

01:22:44,260 --> 01:22:46,020

But if you get on, maybe you'll find some paddles.

1596

01:22:46,020 --> 01:22:47,180

Maybe you'll speed up a little bit.

1597

01:22:47,180 --> 01:22:51,100

But that's again, is where the humility comes in in Jiu-Jitsu.

1598

01:22:51,100 --> 01:22:54,060

Stop looking at everyone else and enjoy your own journey.

1599

01:22:54,900 --> 01:22:56,460

It's also, I think learning that

1600

01:22:58,300 --> 01:23:01,700

this person tapping you out in a given role

1601

01:23:01,700 --> 01:23:04,620

isn't a representation of they are better at Jiu-Jitsu

1602

01:23:04,620 --> 01:23:05,660

than you.

1603

01:23:05,660 --> 01:23:09,700

It's a representation that it's just like a hand of cards.

1604

01:23:09,700 --> 01:23:14,180

You chose to play and do these things.

1605

01:23:14,180 --> 01:23:16,260

They chose to do these other things.

1606

01:23:17,540 --> 01:23:21,100

In that moment, in that day, they came together

1607

01:23:21,100 --> 01:23:22,540

and they ended up on top.

1608

01:23:22,540 --> 01:23:24,060

To me, it's almost always a lesson.

1609

01:23:24,060 --> 01:23:27,180

I look at the discrete movements and I'm like, okay.

1610

01:23:27,180 --> 01:23:30,420

If someone responds this way to this thing that I did,

1611

01:23:30,420 --> 01:23:33,540

it has these consequences or can have these consequences.

1612

01:23:34,860 --> 01:23:37,300

And you only get that if you really look at

1613

01:23:37,300 --> 01:23:39,180

how the match plays out.

1614

01:23:39,180 --> 01:23:41,860

My biggest thing is it's okay to lose,

1615

01:23:41,860 --> 01:23:44,420

but try to lose differently next time.

1616

01:23:44,420 --> 01:23:46,740

Meaning if they play the same game again with you, right?

1617

01:23:46,740 --> 01:23:48,020

If they beat you with an arm bar

1618

01:23:48,020 --> 01:23:49,500

and they're trying to gun for that arm bar again

1619

01:23:49,500 --> 01:23:52,340

from the same position, just do something different.

1620

01:23:52,340 --> 01:23:55,700

And that little bit of changing what you did

1621

01:23:55,700 --> 01:23:56,860

allows you to learn something.

1622

01:23:56,860 --> 01:23:59,220

All right, I tried this and I tried that.

1623

01:23:59,220 --> 01:24:01,580

Were the results different or they're the same?

1624

01:24:01,580 --> 01:24:03,380

And that can help you grow.

1625

01:24:03,380 --> 01:24:05,620

The biggest thing that I like doing is

1626

01:24:05,620 --> 01:24:07,540

setting myself little mini goals.

1627

01:24:07,540 --> 01:24:09,460

Have you ever played the old shooting games

1628

01:24:09,460 --> 01:24:10,900

like Halo and stuff?

1629

01:24:10,900 --> 01:24:12,340

I imagine they still have it in Modern Warfare

1630

01:24:12,340 --> 01:24:13,660

and the newer shooting games

1631

01:24:13,660 --> 01:24:16,740

where you can win the death match or whatever,

1632

01:24:16,740 --> 01:24:18,340

capture the flag, but at the end,

1633

01:24:18,340 --> 01:24:20,500

you have these little perks, little bonuses

1634

01:24:20,500 --> 01:24:24,660

where you, oh, five headshots or you capture.

1635

01:24:24,660 --> 01:24:25,900

I like doing that in my Jiu Jitsu.

1636

01:24:25,900 --> 01:24:28,180

It's like, okay, my goal is to get this many sweeps

1637

01:24:28,180 --> 01:24:29,980

or my goal is to get two on one

1638

01:24:29,980 --> 01:24:31,460

or my goal is to get their back

1639

01:24:31,460 --> 01:24:36,100

or my goal is even just to be able to count to five seconds

1640

01:24:36,100 --> 01:24:37,580

between each of my moves

1641

01:24:37,580 --> 01:24:39,860

or my goal is to try to do the entire role

1642

01:24:39,860 --> 01:24:41,380

on the beat of the music.

1643

01:24:41,380 --> 01:24:43,220

Like I'll set all kinds of crazy goals

1644

01:24:43,220 --> 01:24:44,500

like little missions for myself

1645

01:24:44,500 --> 01:24:46,460

and it keeps the role interesting and fun

1646

01:24:46,460 --> 01:24:48,620

and I'm constantly building skills

1647

01:24:48,620 --> 01:24:50,180

because I'm not just rolling to say,

1648

01:24:50,180 --> 01:24:52,020

okay, let's beat this guy.

1649

01:24:52,020 --> 01:24:55,100

And I find that my little side quests

1650

01:24:55,100 --> 01:24:57,460

are immensely valuable in skill building

1651

01:24:57,460 --> 01:24:59,740

and maintaining the fact that like,

1652

01:24:59,740 --> 01:25:01,940

I don't, you asked me why I haven't quit.

1653

01:25:01,940 --> 01:25:03,180

It's never been boring.

1654

01:25:03,180 --> 01:25:04,220

That's the crazy thing.

1655

01:25:04,220 --> 01:25:07,460

Since Blue Belt, since that big plateau at Blue Belt,

1656

01:25:07,460 --> 01:25:09,900

I've been getting better at Jiu Jitsu the entire time,

1657

01:25:09,900 --> 01:25:14,820

whether it be learning more moves or learning more concepts

1658

01:25:14,820 --> 01:25:16,980

or now as a teacher, thinking of different ways

1659

01:25:16,980 --> 01:25:19,700

of conveying Jiu Jitsu or shifting a paradigm.

1660

01:25:19,700 --> 01:25:21,460

I've had these big jumps over the years

1661

01:25:21,460 --> 01:25:23,900

of things that redefined Jiu Jitsu for me.

1662

01:25:23,900 --> 01:25:26,020

Like leg locks were one of them

1663

01:25:26,020 --> 01:25:28,340

and then getting better at my theoretical approach

1664

01:25:28,340 --> 01:25:29,260

was another one.

1665

01:25:29,260 --> 01:25:33,420

And then bringing my Judo and wrestling kind of together

1666

01:25:33,420 --> 01:25:34,260

was one.

1667

01:25:34,260 --> 01:25:37,660

And then the idea of defensive postures in Jiu Jitsu

1668

01:25:37,660 --> 01:25:38,580

was another one.

1669

01:25:38,580 --> 01:25:40,900

And then the idea of just standing up, right?

1670

01:25:40,900 --> 01:25:45,060

Like, ironically, I had the,

1671

01:25:45,060 --> 01:25:47,260

I'd been teaching a seminar called Just Stand Up

1672

01:25:47,260 --> 01:25:48,940

all around the world and I was gonna film it

1673

01:25:48,940 --> 01:25:51,180

with BJ Fanatics and then Craig Jones came out with his

1674

01:25:51,180 --> 01:25:52,020

and I was like, no.

1675

01:25:52,020 --> 01:25:52,860

No.

1676

01:25:52,860 --> 01:25:53,700

No.

1677

01:25:53,700 --> 01:25:54,540

No.

1678

01:25:54,540 --> 01:25:55,380

No.

1679

01:25:55,380 --> 01:25:57,220

His is not at all the same as what I'm teaching,

1680

01:25:57,220 --> 01:26:00,020

but it was such a good name for a DVD.

1681

01:26:00,020 --> 01:26:02,340

But just that idea that like, oh yeah,

1682

01:26:02,340 --> 01:26:04,860

we don't have to stay in guard when we're in guard.

1683

01:26:04,860 --> 01:26:07,340

I think a lot of us, when we're in guard,

1684

01:26:07,340 --> 01:26:08,780

we're like, I have to stay down here.

1685

01:26:08,780 --> 01:26:10,860

I must sweep or replace guard again.

1686

01:26:10,860 --> 01:26:13,780

When, no, you can literally stand up.

1687

01:26:13,780 --> 01:26:15,340

But then also after just standing up all the time,

1688

01:26:15,340 --> 01:26:16,660

realizing like, okay, maybe sometimes

1689

01:26:16,660 --> 01:26:18,220

I should also still stay down.

1690

01:26:18,220 --> 01:26:22,140

Like, it's very fascinating to me that it seems

1691

01:26:22,140 --> 01:26:25,060

the more that I learn, the more that I understand

1692

01:26:25,060 --> 01:26:27,260

there's more and there's more.

1693

01:26:27,260 --> 01:26:29,740

And it's not just a like Pokemon,

1694

01:26:29,740 --> 01:26:31,700

gotta catch them all of moves.

1695

01:26:31,700 --> 01:26:33,100

It's a lot more than that.

1696

01:26:34,060 --> 01:26:35,540

I got one more area I wanna throw at you

1697

01:26:35,540 --> 01:26:37,620

and then we'll talk about obviously where people can find

1698

01:26:37,620 --> 01:26:39,820

your seminars and your personal coaching.

1699

01:26:40,860 --> 01:26:42,140

Something was very interesting to me

1700

01:26:42,140 --> 01:26:43,460

when I heard you want another podcast

1701

01:26:43,460 --> 01:26:44,780

and I wish I'd written down which one it was

1702

01:26:44,780 --> 01:26:45,820

so I could give him credit.

1703

01:26:45,820 --> 01:26:47,460

But I think it was an American,

1704

01:26:47,460 --> 01:26:50,260

it sounded like a Brazilian gentleman as well,

1705

01:26:50,260 --> 01:26:52,940

but I don't know if that rings a bell or not.

1706

01:26:52,940 --> 01:26:57,380

You went to his gym on the very first day of his jujitsu,

1707

01:26:57,380 --> 01:26:58,500

it sounded Brazilian and French.

1708

01:26:58,500 --> 01:26:59,820

Oh, he's Polish.

1709

01:26:59,820 --> 01:27:00,660

He's Polish.

1710

01:27:00,660 --> 01:27:01,820

Trying to get the accent,

1711

01:27:01,820 --> 01:27:04,220

because he's got that American lilt now.

1712

01:27:04,220 --> 01:27:05,780

So anyway, those gentlemen.

1713

01:27:06,820 --> 01:27:11,180

And this journey from being in the corporate space,

1714

01:27:11,180 --> 01:27:14,460

having the things that we're told will make us happy

1715

01:27:15,300 --> 01:27:16,380

and making the leap of faith

1716

01:27:16,380 --> 01:27:17,900

because I did this with this podcast

1717

01:27:17,900 --> 01:27:20,180

and it wasn't to get out of the profession for me,

1718

01:27:20,180 --> 01:27:22,500

I was driven into it because I was going

1719

01:27:22,500 --> 01:27:24,540

to firefighter funerals and I wanted to make a difference

1720

01:27:24,540 --> 01:27:26,940

and make a change and ultimately I was at a crossroads

1721

01:27:26,940 --> 01:27:29,780

and it was, do I stay and possibly be told

1722

01:27:29,780 --> 01:27:32,900

you can't say these things or do I jump out,

1723

01:27:32,900 --> 01:27:35,580

terrify my wife financially and then do this

1724

01:27:35,580 --> 01:27:37,460

and that's what I ended up doing?

1725

01:27:37,460 --> 01:27:40,660

Talk to me about where you were in the corporate space

1726

01:27:40,660 --> 01:27:43,500

and what made you make that jump to follow your dreams.

1727

01:27:44,500 --> 01:27:48,860

I wish I could say it was that direct

1728

01:27:48,860 --> 01:27:52,300

and also like that responsible.

1729

01:27:52,300 --> 01:27:57,300

Like, I worked at the same natural gas company

1730

01:27:57,300 --> 01:28:01,660

since I was an intern for eight and a half years total.

1731

01:28:01,660 --> 01:28:06,060

For seven of those years, I pretty much every six months

1732

01:28:06,060 --> 01:28:07,380

to a year and a half was getting promoted.

1733

01:28:07,380 --> 01:28:09,380

I was doing really well at every job they gave me.

1734

01:28:09,380 --> 01:28:12,140

So I was an intern, I was a trade room analyst,

1735

01:28:12,140 --> 01:28:14,260

then I was a structured hedging analyst

1736

01:28:14,260 --> 01:28:17,620

which is like the financial insurance on the natural gas

1737

01:28:17,620 --> 01:28:19,020
that we were purchasing.

1738

01:28:19,020 --> 01:28:21,020
Then I was a business systems analyst,

1739

01:28:21,020 --> 01:28:24,660
so like the liaison between the business speaking people

1740

01:28:24,660 --> 01:28:26,940
and the technical speaking people.

1741

01:28:26,940 --> 01:28:28,980
Then I was a software developer

1742

01:28:28,980 --> 01:28:31,180
where I was actually writing the code

1743

01:28:31,180 --> 01:28:34,660
to build the internal software for us to do

1744

01:28:34,660 --> 01:28:36,620
some of the operations of the company.

1745

01:28:36,620 --> 01:28:39,580
Then after that, I was a business system,

1746

01:28:39,580 --> 01:28:43,140
so I was a, what is it called?

1747

01:28:43,140 --> 01:28:44,140
Wow, I'm forgetting it.

1748

01:28:44,140 --> 01:28:45,980

I can't believe I'm forgetting this.

1749

01:28:45,980 --> 01:28:48,860

A business analytics manager, that's what I was.

1750

01:28:48,860 --> 01:28:50,140

I forgot the name of the title,

1751

01:28:50,140 --> 01:28:53,340

but I managed a team of people who would then use databases

1752

01:28:53,340 --> 01:28:56,140

to query data from the company and make reports

1753

01:28:56,140 --> 01:28:57,180

to help the business make decisions,

1754

01:28:57,180 --> 01:28:59,460

as well as automate various tedious tasks

1755

01:28:59,460 --> 01:29:01,580

around the company with scripts and such.

1756

01:29:01,580 --> 01:29:04,980

And then finally, I was a natural gas scheduler

1757

01:29:04,980 --> 01:29:06,860

in my last year and a half at the company,

1758

01:29:06,860 --> 01:29:09,620

which a natural gas scheduler is kind of like

1759

01:29:09,620 --> 01:29:10,820
the company buys and sells gas,

1760

01:29:10,820 --> 01:29:12,740
and I kind of route it through the pipelines

1761

01:29:12,740 --> 01:29:14,100
to get from where we bought the gas

1762

01:29:14,100 --> 01:29:16,780
to where our customers were burning it.

1763

01:29:16,780 --> 01:29:18,140
So I did all of those jobs.

1764

01:29:20,380 --> 01:29:23,300
In the end, I kind of got to a point where,

1765

01:29:23,300 --> 01:29:24,940
I don't know if you've heard of the,

1766

01:29:24,940 --> 01:29:27,700
you kind of get promoted up until the point

1767

01:29:27,700 --> 01:29:29,620
where you're no longer amazing.

1768

01:29:29,620 --> 01:29:32,660
So like every job I had for the first seven years

1769

01:29:32,660 --> 01:29:35,060
at that company, I did really, really well

1770

01:29:35,060 --> 01:29:36,820
and was like getting the five star,

1771

01:29:36,820 --> 01:29:39,940
like A plus reviews and everything, and did amazingly.

1772

01:29:39,940 --> 01:29:42,620
The very last job, I was no longer that.

1773

01:29:42,620 --> 01:29:44,420
I wasn't the best person,

1774

01:29:44,420 --> 01:29:45,500
or the best thing since sliced bread.

1775

01:29:45,500 --> 01:29:47,580
I was not the best person ever to do that job.

1776

01:29:47,580 --> 01:29:50,300
And for someone who was an overachiever in school

1777

01:29:50,300 --> 01:29:51,740
and did really well in everything,

1778

01:29:51,740 --> 01:29:54,660
and got a degree in physics, which is really hard,

1779

01:29:54,660 --> 01:29:57,180
and kind of fancied himself a smart guy,

1780

01:29:57,180 --> 01:30:01,700
it wasn't easy to not be that guy all of a sudden.

1781

01:30:01,700 --> 01:30:06,700

All of a sudden I wasn't, and I wasn't crap at the job,

1782

01:30:07,340 --> 01:30:10,380

but by no means was I amazing at the job either.

1783

01:30:10,380 --> 01:30:11,860

And ended up in a situation

1784

01:30:11,860 --> 01:30:14,380

where the company I parted ways,

1785

01:30:14,380 --> 01:30:19,140

and the moment was I was at home,

1786

01:30:19,140 --> 01:30:21,020

and I looked at my resume,

1787

01:30:21,020 --> 01:30:23,980

and I was like the youngest person to do this and do that,

1788

01:30:23,980 --> 01:30:25,580

and had all this success,

1789

01:30:25,580 --> 01:30:27,940

and I was like I knew I could get another job.

1790

01:30:28,900 --> 01:30:30,660

But then I was like, and then what?

1791

01:30:32,220 --> 01:30:35,300

And I had been very frugal with my money,

1792

01:30:35,300 --> 01:30:39,020

lived far beneath my means, and so I had a good savings,

1793

01:30:39,020 --> 01:30:41,380

and I had a mortgage, and I figured out

1794

01:30:41,380 --> 01:30:42,940

that I could Airbnb my place,

1795

01:30:42,940 --> 01:30:45,020

and that would pay my mortgage.

1796

01:30:45,020 --> 01:30:47,300

I never had any other bills, I owned my car outright,

1797

01:30:47,300 --> 01:30:50,180

and I was like, so I can leave.

1798

01:30:50,180 --> 01:30:52,140

And so I got on the road,

1799

01:30:52,140 --> 01:30:53,540

and just started traveling for fun.

1800

01:30:53,540 --> 01:30:54,980

I wasn't teaching, wasn't making any money,

1801

01:30:54,980 --> 01:30:56,980

it was just seeing places,

1802

01:30:56,980 --> 01:30:59,700

and back then any place that I went,

1803

01:30:59,700 --> 01:31:01,140

I would, I mean I think I taught,

1804

01:31:01,140 --> 01:31:03,020

actually I taught a couple of seminars

1805

01:31:04,060 --> 01:31:06,300

here in Florida and Georgia before I left.

1806

01:31:07,220 --> 01:31:09,780

So I had been teaching already seminars,

1807

01:31:09,780 --> 01:31:12,500

but the plan wasn't that I was gonna go

1808

01:31:12,500 --> 01:31:14,540

and travel the world teaching seminars.

1809

01:31:14,540 --> 01:31:17,020

The plan was to go see the world.

1810

01:31:17,020 --> 01:31:18,540

I think shortly before I left the job,

1811

01:31:18,540 --> 01:31:19,860

I had done a small world tour,

1812

01:31:19,860 --> 01:31:22,540

and I remember that was part of what it almost

1813

01:31:22,540 --> 01:31:26,260

like set me down this path of not wanting to just continue,

1814

01:31:26,260 --> 01:31:29,380

because I'd never dreamed of being a corporate guy.

1815

01:31:30,660 --> 01:31:33,020

Like the problem I had is I never had a dream.

1816

01:31:34,180 --> 01:31:37,620

I remember that around me I saw these people,

1817

01:31:37,620 --> 01:31:39,900

like I wanna be a doctor, and I wanna be a lawyer.

1818

01:31:39,900 --> 01:31:42,260

They were so confident in their life goals,

1819

01:31:42,260 --> 01:31:43,460

I never had that.

1820

01:31:43,460 --> 01:31:46,980

All I knew was I liked the idea of like being an old man,

1821

01:31:46,980 --> 01:31:50,380

and sitting down and regaling my grandkids with stories.

1822

01:31:50,380 --> 01:31:53,580

That sounded really romantic to me, so I wanted that.

1823

01:31:54,420 --> 01:31:55,260

That was it.

1824

01:31:55,260 --> 01:31:58,660

And then beyond that, I wanted to know that

1825

01:31:58,660 --> 01:32:00,380

the sweat of my brow meant something.

1826

01:32:00,380 --> 01:32:04,820

I wanted to know that the hard work that I was putting in

1827

01:32:04,820 --> 01:32:06,380

had some kind of an impact,

1828

01:32:06,380 --> 01:32:07,620

that I wasn't just digging holes

1829

01:32:07,620 --> 01:32:09,180

and filling right back in for money.

1830

01:32:09,180 --> 01:32:12,180

I didn't want that to be the feeling about what I was doing.

1831

01:32:13,380 --> 01:32:18,380

And so after, only reason I ended up at that company

1832

01:32:18,380 --> 01:32:21,020

was I didn't know if I wanted to go to grad school,

1833

01:32:21,900 --> 01:32:25,180

because I was terrified when I talked to all the people,

1834

01:32:25,180 --> 01:32:27,220

all the newly minted physics PhDs

1835

01:32:27,220 --> 01:32:30,860

that I was talking to for advice were miserable.

1836

01:32:30,860 --> 01:32:32,180

They weren't happy people.

1837

01:32:33,020 --> 01:32:34,260

And I talked to one of my professors,

1838

01:32:34,260 --> 01:32:36,020

one of them that I respected the most,

1839

01:32:36,020 --> 01:32:39,060

and I was like, hey, what do I do?

1840

01:32:39,060 --> 01:32:41,380

I was like, no one does anything with a bachelor's of physics.

1841

01:32:41,380 --> 01:32:45,020

I have to either get a PhD or do something.

1842

01:32:45,020 --> 01:32:46,620

And I was pretty much told that like,

1843

01:32:46,620 --> 01:32:48,540

if I wanted, I could probably be a manager

1844

01:32:48,540 --> 01:32:50,100

at an engineering company,

1845

01:32:50,100 --> 01:32:51,580

because engineers respect physicists

1846

01:32:51,580 --> 01:32:53,460

for their big picture view.

1847

01:32:53,460 --> 01:32:55,140

But frankly, that I probably should have just gotten

1848

01:32:55,140 --> 01:32:57,700

a damn engineering degree if I wanted to get a job.

1849

01:32:58,700 --> 01:33:00,740

But this was all like, I was not proactive about this.

1850

01:33:00,740 --> 01:33:03,540

This was all like a few months before I was about to graduate.

1851

01:33:04,500 --> 01:33:08,380

And so I was like, all right, I'm gonna get this job.

1852

01:33:08,380 --> 01:33:10,820

And if I hate it, I go to grad school.

1853

01:33:10,820 --> 01:33:12,580

Well, as I told you, I didn't hate it.

1854

01:33:12,580 --> 01:33:13,820

They loved me, I loved them.

1855

01:33:13,820 --> 01:33:15,060

I really loved working at the company.

1856

01:33:15,060 --> 01:33:15,900

They kept promoting me.

1857

01:33:15,900 --> 01:33:17,620

I was like, all right.

1858

01:33:17,620 --> 01:33:19,420

But then after I was no longer with the company,

1859

01:33:19,420 --> 01:33:22,220

I was just like, I don't have a reason

1860

01:33:23,100 --> 01:33:24,580

to work in this industry.

1861

01:33:24,580 --> 01:33:26,140

And like, I enjoyed being a software developer.

1862

01:33:26,140 --> 01:33:29,700

So I thought about tech, like that pays well, I like it.

1863

01:33:29,700 --> 01:33:30,860

But like, I also didn't dream

1864

01:33:30,860 --> 01:33:32,700

of being a software developer either.

1865

01:33:34,100 --> 01:33:36,540

At that point in time, I was 29 or 30,

1866

01:33:36,540 --> 01:33:39,300

and I was like, I dreamed of having some good stories

1867

01:33:39,300 --> 01:33:40,220

for my grandkids.

1868

01:33:40,220 --> 01:33:43,180

Let's go make some stories, let's go travel.

1869

01:33:43,180 --> 01:33:44,300

And then I just kind of fell into it.

1870

01:33:44,300 --> 01:33:45,500

I got lucky that I'd been teaching

1871

01:33:45,500 --> 01:33:46,380

since I was 13, right?

1872

01:33:46,380 --> 01:33:47,820

I'd been teaching since I was 13.

1873

01:33:47,820 --> 01:33:49,580

We also did the performance, the catas.

1874

01:33:49,580 --> 01:33:51,820

I was kind of, in a way, I'd been a performer

1875

01:33:51,820 --> 01:33:52,660

for a long time.

1876

01:33:52,660 --> 01:33:54,700

So being in front of crowds and public speaking,

1877

01:33:54,700 --> 01:33:58,700

I had a lot of public speaking at my job as a manager,

1878

01:33:58,700 --> 01:34:00,460

having to talk to groups of people.

1879

01:34:00,460 --> 01:34:03,380

So like, I already was good at public speaking.

1880

01:34:03,380 --> 01:34:06,860

And that kind of made it easy that once I started traveling,

1881

01:34:06,860 --> 01:34:10,060

that I kind of got a lot of nos

1882

01:34:10,060 --> 01:34:11,780

when I asked people if I could teach a seminar.

1883

01:34:11,780 --> 01:34:12,780

A lot of nos.

1884

01:34:12,780 --> 01:34:14,100

What have you won?

1885

01:34:14,100 --> 01:34:16,620

Some nugas and some new breeds and,

1886

01:34:16,620 --> 01:34:17,460

are you a world champion?

1887

01:34:17,460 --> 01:34:18,300

No.

1888

01:34:18,300 --> 01:34:19,140

Are you a Pan Am champion?

1889

01:34:19,140 --> 01:34:19,960

No.

1890

01:34:19,960 --> 01:34:20,800

Are you a European champion?

1891

01:34:20,800 --> 01:34:21,640

No.

1892

01:34:22,660 --> 01:34:25,180

So why do you think you can teach here?

1893

01:34:25,180 --> 01:34:28,580

That was kind of the train of thought that I got.

1894

01:34:28,580 --> 01:34:30,140

And I was also a pretty new black belt.

1895

01:34:30,140 --> 01:34:32,540

I hadn't, I'd been a black belt for like,

1896

01:34:32,540 --> 01:34:35,620

I think at that point, either a year or a couple of months.

1897

01:34:35,620 --> 01:34:39,700

And I would go to open mats

1898

01:34:39,700 --> 01:34:41,060

and I would just roll with everybody.

1899

01:34:41,060 --> 01:34:43,040

And I would set myself this set of rules,

1900

01:34:43,040 --> 01:34:45,780

which was, I have to convince these people

1901

01:34:45,780 --> 01:34:47,820

that I don't suck at jiu-jitsu.

1902

01:34:47,820 --> 01:34:50,580

And I have to convince them that I'm not an asshole.

1903

01:34:50,580 --> 01:34:52,260

And not in that order.

1904

01:34:52,260 --> 01:34:54,020

Because at that point in time,

1905

01:34:54,020 --> 01:34:56,220

I had been hearing rumors

1906

01:34:56,220 --> 01:34:57,980

that a lot of the people who are currently touring,

1907

01:34:57,980 --> 01:34:59,620

teaching seminars were making

1908

01:35:00,540 --> 01:35:01,940

bad relationships with the gyms.

1909

01:35:01,940 --> 01:35:04,740

They would, you've been to the seminars back in the day

1910

01:35:04,740 --> 01:35:08,060

where seminars at two, they don't show up till four.

1911

01:35:08,060 --> 01:35:09,900

Or while they're there,

1912

01:35:09,900 --> 01:35:12,660

they're spending half the time getting the girls' numbers.

1913

01:35:12,660 --> 01:35:14,300

Or they injure students.

1914

01:35:14,300 --> 01:35:16,940

Like it's all these little things

1915

01:35:16,940 --> 01:35:18,940

that kind of put black eyes on Brazilian jiu-jitsu

1916

01:35:18,940 --> 01:35:20,780

because of the people who were touring in that era

1917

01:35:20,780 --> 01:35:23,540

were not professionals.

1918

01:35:23,540 --> 01:35:25,420

They were really bad motherfuckers.

1919

01:35:25,420 --> 01:35:26,300

That's what they were.

1920

01:35:26,300 --> 01:35:28,140

They were great at fighting jiu-jitsu.

1921

01:35:28,140 --> 01:35:32,260

They were great fighters, but they weren't really teachers.

1922

01:35:32,260 --> 01:35:35,860

And they weren't really professional business owners either.

1923

01:35:35,860 --> 01:35:38,820

They were guys who were really, really gifted

1924

01:35:38,820 --> 01:35:42,780

at the art of strangling and breaking things.

1925

01:35:42,780 --> 01:35:45,620

There are people from that era who were separate.

1926

01:35:45,620 --> 01:35:48,100

There are people who were good teachers even in that era.

1927

01:35:48,100 --> 01:35:50,460

But I benefited from the bad experiences

1928

01:35:50,460 --> 01:35:52,120

that people around the world had had

1929

01:35:52,120 --> 01:35:54,680

with those people who were just fighters.

1930

01:35:54,680 --> 01:35:56,020

And so once I showed them, like,

1931

01:35:56,020 --> 01:35:57,420

hey, I'm just sitting in the corner

1932

01:35:57,420 --> 01:35:58,780

teaching one of the white belt something

1933

01:35:58,780 --> 01:36:00,820

or helping people out.

1934

01:36:00,820 --> 01:36:02,140

And mind you, when I'm rolling,

1935

01:36:02,140 --> 01:36:04,180

I'm trying to make sure that I leave a good impression,

1936

01:36:04,180 --> 01:36:06,900

which means I can't get beat up.

1937

01:36:06,900 --> 01:36:10,300

I have to win, but I cannot injure anybody in my winning.

1938

01:36:10,300 --> 01:36:12,060

I have to make sure I do so with control.

1939

01:36:12,060 --> 01:36:14,780

And even also, back then, I was thinking of the egos.

1940

01:36:14,780 --> 01:36:16,900

So if this is the owner of the gym,

1941

01:36:16,900 --> 01:36:19,420

I am not going to tap him out in front of his students

1942

01:36:19,420 --> 01:36:22,940

unless he strikes me as one of those people who wants it.

1943

01:36:22,940 --> 01:36:25,020

Because there's gym owners who are just gym owners.

1944

01:36:25,020 --> 01:36:26,580

Then there's gym owners that are psychopaths.

1945

01:36:26,580 --> 01:36:28,740

And by psychopaths, I mean they're still

1946

01:36:28,740 --> 01:36:30,780

the fighter they were when they were 21,

1947

01:36:30,780 --> 01:36:32,900

and they still have that fire inside them.

1948

01:36:32,900 --> 01:36:36,620

And if I'm nice to them, they will lose respect for me.

1949

01:36:36,620 --> 01:36:38,860

And I have to figure out who you are

1950

01:36:38,860 --> 01:36:41,060

when I'm rolling with you.

1951

01:36:41,060 --> 01:36:43,060

Because if I'm too nice to you, you're going to think I suck,

1952

01:36:43,060 --> 01:36:45,460

or that I'm soft, and you're not going to book me for a seminar.

1953

01:36:45,460 --> 01:36:47,460

But if you're not that guy, and I tap you out

1954

01:36:47,460 --> 01:36:48,540

in front of your students, I'm going

1955

01:36:48,540 --> 01:36:49,980

to hurt your pride and your ego, and you're not

1956

01:36:49,980 --> 01:36:52,660

going to invite me back for a seminar.

1957

01:36:52,660 --> 01:36:54,140

So that was what I learned how to do.

1958

01:36:54,140 --> 01:36:56,780

I learned the right way to roll with people

1959

01:36:56,780 --> 01:36:58,180

and to leave the right impression.

1960

01:36:58,180 --> 01:37:00,100

And people started inviting me for seminars.

1961

01:37:00,100 --> 01:37:02,620

And then I got a great opportunity

1962

01:37:02,620 --> 01:37:05,180

for my friend Dan in Taiwan, who just welcomed me

1963

01:37:05,180 --> 01:37:07,780

to teach in his gym on faith.

1964

01:37:07,780 --> 01:37:10,900

And after I taught in his gym and the adventures

1965

01:37:10,900 --> 01:37:12,940

I had there with him, he actually hooked me up

1966

01:37:12,940 --> 01:37:16,140

with a spot getting to take the Craig Jones Heel Hooker

1967

01:37:16,140 --> 01:37:17,780

Camp in Thailand.

1968

01:37:17,780 --> 01:37:20,500

And so I got to go over there and meet

1969

01:37:20,500 --> 01:37:22,620

all these people who would be crazy enough to fly all

1970

01:37:22,620 --> 01:37:24,820

the way to Thailand to take a jiu-jitsu seminar.

1971

01:37:24,820 --> 01:37:26,420

I met a lot of cool people there.

1972

01:37:26,420 --> 01:37:28,700

And I got recommended to Christian Galgart,

1973

01:37:28,700 --> 01:37:31,340

which is how I got the gig being sponsored to travel by BJJ

1974

01:37:31,340 --> 01:37:34,460

Globetrotters and became a teacher for them.

1975

01:37:34,460 --> 01:37:36,860

And then I got lucky that one of my friends who used to train

1976

01:37:36,860 --> 01:37:39,020

here in town at Marcelo Gracia's ended up

1977

01:37:39,020 --> 01:37:41,780

being one of the instructors for Bernardo Faria.

1978

01:37:41,780 --> 01:37:45,100

And so I got to go train with them using my same method

1979

01:37:45,100 --> 01:37:47,980

of rolling but not injuring them in there.

1980

01:37:47,980 --> 01:37:50,740

Managed to leave an impression on Bernardo and those guys.

1981

01:37:50,740 --> 01:37:53,860

And Mike Zenga asked me to roll one day.

1982

01:37:53,860 --> 01:37:54,780

And I rolled with him.

1983

01:37:54,780 --> 01:37:55,900

And then after we finished rolling,

1984

01:37:55,900 --> 01:37:58,220

I guess he decided I didn't suck at jiu-jitsu

1985

01:37:58,220 --> 01:38:01,300

and handed me a check and said, would you

1986

01:38:01,300 --> 01:38:04,220

like to make an instructional for BJJ Fanatics?

1987

01:38:04,220 --> 01:38:06,540

And I got to make an instructional for BJJ Fanatics.

1988

01:38:06,540 --> 01:38:08,700

And that was the beginning.

1989

01:38:08,700 --> 01:38:10,780

And that kind of is what brings me

1990

01:38:10,780 --> 01:38:12,460

into kind of my current life.

1991

01:38:12,460 --> 01:38:14,740

Actually, no, that's kind of my previous life.

1992

01:38:14,740 --> 01:38:17,540

Because at that point, then I was traveling the world about

1993

01:38:17,540 --> 01:38:21,900

10 months out of the year teaching seminars and studying

1994

01:38:21,900 --> 01:38:24,100

and trying to make instructions for Fanatics.

1995

01:38:24,100 --> 01:38:26,660

These days, I'm making a shift this year.

1996

01:38:26,660 --> 01:38:28,100

I'm still traveling.

1997

01:38:28,100 --> 01:38:32,700

But I want to be able to do more online stuff.

1998

01:38:32,700 --> 01:38:34,260

So I've started a Patreon.

1999

01:38:34,260 --> 01:38:37,780

I'm posting more on Instagram and YouTube.

2000

01:38:37,780 --> 01:38:39,500

And I'm designing more instructionals

2001

01:38:39,500 --> 01:38:41,900

that are going to be on Fanatics with the goal of being

2002

01:38:41,900 --> 01:38:44,540

able to do more distance learning

2003

01:38:44,540 --> 01:38:46,740

and build people up remotely.

2004

01:38:46,740 --> 01:38:51,380

Whether it be Zoom lessons, I'm going to be doing not

2005

01:38:51,380 --> 01:38:52,740

instructionals.

2006

01:38:52,740 --> 01:38:55,820

Because instructionals are usually in a certain format.

2007

01:38:55,820 --> 01:38:59,300

It's going to be more of an actual course, where

2008

01:38:59,300 --> 01:39:02,660

I want to make actual classes, where you would watch the video

2009

01:39:02,660 --> 01:39:05,420

and you would do this day's video today.

2010

01:39:05,420 --> 01:39:07,660

And then you do tomorrow's video tomorrow.

2011

01:39:07,660 --> 01:39:09,340

And that it actually is taking you

2012

01:39:09,340 --> 01:39:11,780

through a progression with actual goals

2013

01:39:11,780 --> 01:39:13,540

and measurable skills that you want to have

2014

01:39:13,540 --> 01:39:15,060

at the end of this course.

2015

01:39:15,060 --> 01:39:18,660

Versus most of the, even the best taught instructionals

2016

01:39:18,660 --> 01:39:24,380

on BJ Fanatics, mine included, it's we're giving you knowledge.

2017

01:39:24,380 --> 01:39:26,340

And we're going to tell you kind of how we want you

2018

01:39:26,340 --> 01:39:27,340

to develop that knowledge.

2019

01:39:27,340 --> 01:39:29,660

But it's mostly we're giving you the information processing.

2020

01:39:29,660 --> 01:39:31,220

And now there's the ecological guys,

2021

01:39:31,220 --> 01:39:32,940

who I love, who are also giving you

2022

01:39:32,940 --> 01:39:36,140

some games, some ways to practice and build skills.

2023

01:39:36,140 --> 01:39:37,940

And I think that you need both.

2024

01:39:37,940 --> 01:39:39,860

I'm not 100% ecological, where it's just

2025

01:39:39,860 --> 01:39:42,340

like all of Jiu Jitsu will magically

2026

01:39:42,340 --> 01:39:43,780

appear if you just play games.

2027

01:39:43,780 --> 01:39:46,220

But I'm also not just drilling, because I've always

2028

01:39:46,220 --> 01:39:48,180

hated dead drilling.

2029

01:39:48,180 --> 01:39:53,340

And so I think that that's my view on the whole thing.

2030

01:39:53,340 --> 01:39:55,100

And I hope to be able to make an impact.

2031

01:39:55,100 --> 01:39:57,060

I've had a really lot of success and really been

2032

01:39:57,060 --> 01:39:58,820

happy with the Patreon model.

2033

01:39:58,820 --> 01:40:01,460

And being here in Gainesville more and teaching more

2034

01:40:01,460 --> 01:40:03,700

private lessons, I love private lessons.

2035

01:40:03,700 --> 01:40:08,260

I love getting to know exactly what your personal problems are

2036

01:40:08,260 --> 01:40:10,780

and kind of together devise a plan

2037

01:40:10,780 --> 01:40:12,220

and then get feedback from you guys.

2038

01:40:12,220 --> 01:40:13,540

You're like, OK, I did this.

2039

01:40:13,540 --> 01:40:15,380

And we can tweak and guide people

2040

01:40:15,380 --> 01:40:16,620

and help them on their journey.

2041

01:40:16,620 --> 01:40:18,220

Because I only have one body, and I

2042

01:40:18,220 --> 01:40:21,420

have certain gifts and disadvantages, and so do you.

2043

01:40:21,420 --> 01:40:22,980

And so getting to solve your problems

2044

01:40:22,980 --> 01:40:25,780

is like getting to play the game through a second time

2045

01:40:25,780 --> 01:40:27,460

on a video game as a different character.

2046

01:40:27,460 --> 01:40:30,420

Like, I really love teaching private lessons.

2047

01:40:30,420 --> 01:40:32,460

So.

2048

01:40:32,460 --> 01:40:33,260

Beautiful.

2049

01:40:33,260 --> 01:40:35,180

Well, I know we're going to be mindful of your time.

2050

01:40:35,180 --> 01:40:37,980

People listening, how do they find you on social media,

2051

01:40:37,980 --> 01:40:39,060

and what about the website?

2052

01:40:39,060 --> 01:40:43,140

So my name is Charles Harriet, spelled H-A-R-R-I-O-T-T.

2053

01:40:43,140 --> 01:40:45,060

That's pretty much how to find me everywhere.

2054

01:40:45,060 --> 01:40:47,780

So on Instagram, it's Charles Harriet.

2055

01:40:47,780 --> 01:40:50,940

On Patreon, it's patreon.com slash Charles Harriet.

2056

01:40:50,940 --> 01:40:53,340

On YouTube, it's Charles Harriet.

2057

01:40:53,340 --> 01:40:56,500

And on BJJ Fanatics, you type in, once again,

2058

01:40:56,500 --> 01:40:57,660

my name, Charles Harriet.

2059

01:40:57,660 --> 01:40:59,740

My website is CharlesHarriet.com.

2060

01:40:59,740 --> 01:41:01,780

So it should be pretty easy.

2061

01:41:01,780 --> 01:41:06,180

I did pretty good of buying up all of my internet real estate.

2062

01:41:06,180 --> 01:41:08,340

My last name is spelled oddly enough

2063

01:41:08,340 --> 01:41:10,580

that there's not many Charles Harriots out there.

2064

01:41:10,580 --> 01:41:13,340

So at this point in time, there's

2065

01:41:13,340 --> 01:41:15,020

a special that I'm running, meaning

2066

01:41:15,020 --> 01:41:18,260

if you join the Patreon this month,

2067

01:41:18,260 --> 01:41:24,740

you will not only get a 15 minute jujitsu diagnostic

2068

01:41:24,740 --> 01:41:27,420

and all your things, but also I'll double it to a half an hour

2069

01:41:27,420 --> 01:41:30,540

because I realized that I want to just talk to people longer

2070

01:41:30,540 --> 01:41:31,040

anyway.

2071

01:41:31,040 --> 01:41:33,020

And kind of set a plan for your jujitsu journey.

2072

01:41:33,020 --> 01:41:36,660

And I'm going to be teaching a seminar actually today,

2073

01:41:36,660 --> 01:41:40,060

and which probably won't be in the past by the time

2074

01:41:40,060 --> 01:41:42,780

this gets released, but in Placa, Florida.

2075

01:41:42,780 --> 01:41:45,620

Then another one next week in Orange Park at Smiley's.

2076

01:41:45,620 --> 01:41:50,940

And then two weeks after that, I'll be in Pensacola.

2077

01:41:50,940 --> 01:41:53,620

And then my friend Chris Paynes and I are doing a full USA tour.

2078

01:41:53,620 --> 01:41:56,300

We're starting here in Florida, going through Georgia,

2079

01:41:56,300 --> 01:42:00,900

Tennessee, over to Austin, Texas, California, Denver,

2080

01:42:00,900 --> 01:42:02,380

Philadelphia, and Connecticut.

2081

01:42:02,380 --> 01:42:05,420

And that'll all be in the end of March and April.

2082

01:42:05,420 --> 01:42:07,060

All those information will be on my website,

2083

01:42:07,060 --> 01:42:10,140

charlesharriot.com, in the coming days.

2084

01:42:10,140 --> 01:42:10,980

Beautiful.

2085

01:42:10,980 --> 01:42:12,540

Well, we could talk about a whole bunch of stuff.

2086

01:42:12,540 --> 01:42:14,340

I mean, a time in Osaka, for example.

2087

01:42:14,340 --> 01:42:15,100

But I would love.

2088

01:42:15,100 --> 01:42:16,140

I want to be part two.

2089

01:42:16,140 --> 01:42:17,660

I want to I would usually do this.

2090

01:42:17,660 --> 01:42:20,100

I made the mistake of booking something after this.

2091

01:42:20,100 --> 01:42:22,060

We can do a part two.

2092

01:42:22,060 --> 01:42:24,660

And this experience is, once again,

2093

01:42:24,660 --> 01:42:28,660

just lighting the fire under me to do my own podcast more.

2094

01:42:28,660 --> 01:42:29,860

Because I've recorded some.

2095

01:42:29,860 --> 01:42:32,620

I just haven't had the courage you've had to actually properly

2096

01:42:32,620 --> 01:42:33,140

release it.

2097

01:42:33,140 --> 01:42:36,900

So I'm going to take this as more motivation to release mine.

2098

01:42:36,900 --> 01:42:38,380

So I'll talk to you.

2099

01:42:38,380 --> 01:42:39,780

I'll have you on my podcast, or I'll

2100

01:42:39,780 --> 01:42:40,980

come back on this one again.

2101

01:42:40,980 --> 01:42:52,100

ASHLEY有一

2102

01:42:52,100 --> 01:42:54,160

you