

1

00:00:00,000 --> 00:00:04,660

This episode is sponsored by Bubs Naturals, yet another company that I track down to bring

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00:00:04,660 --> 00:00:08,700

on as a sponsor because I myself love their products.

3

00:00:08,700 --> 00:00:13,140

They are offering you, the audience of the Behind the Shield podcast, a 20% discount.

4

00:00:13,140 --> 00:00:17,280

But before we get to that, I do want to highlight a few of the products that I use myself.

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00:00:17,280 --> 00:00:18,840

Firstly, collagen.

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00:00:18,840 --> 00:00:25,500

I am about to turn 50 and so my hair, my skin, my nails, not really a big concern when I

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00:00:25,500 --> 00:00:28,320

was younger, definitely a lot more of a concern now.

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00:00:28,320 --> 00:00:33,400

However, where I've really seen the impact is joint health and gut health and I've been

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00:00:33,400 --> 00:00:38,620

blown away that when I'm consistent using collagen, Bubbs collagen in this case, I see

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00:00:38,620 --> 00:00:41,400

a massive improvement in both.

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00:00:41,400 --> 00:00:46,280

Another area I drink coffee, love coffee and in the morning I use the Halo Creamer.

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00:00:46,280 --> 00:00:51,560

Now originally I used the MCT Oil Powder but now they have the Halo Creamer which has also

13

00:00:51,560 --> 00:00:56,860

got grass-fed butter in it, a lot more creamy if you're not trying to go for the vegan option

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00:00:56,860 --> 00:00:58,680

that they have as well.

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00:00:58,680 --> 00:01:03,060

Now it's important to mention as well the altruistic element of Bubbs Naturals.

16

00:01:03,060 --> 00:01:08,800

The origin story involves Glenn, Bubb, Doherty, one of the two Navy SEALs killed in Benghazi

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00:01:08,800 --> 00:01:12,140

and a good friend of the founders, Sean and TJ.

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00:01:12,140 --> 00:01:17,640

So 10% of every single sale goes towards the Glenn Doherty Foundation.

19

00:01:17,640 --> 00:01:22,760

Now as I mentioned before, they are offering you, the audience, 20% off your purchase if

20

00:01:22,760 --> 00:01:24,800

you use the code SHIELD.

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00:01:24,800 --> 00:01:29,760

That's SHIELD at bubbsnaturals.com.

22

00:01:29,760 --> 00:01:34,560

And finally, if you want to hear more about their products and Glenn's powerful story,

23

00:01:34,560 --> 00:01:40,860

listen to episode 558 with co-founder Sean Lake.

24

00:01:40,860 --> 00:01:45,840

This episode is sponsored by Inside Tracker and what makes me smile is before I even started

25

00:01:45,840 --> 00:01:51,620

my podcast seven years ago, when listening to other wellness conversations, Inside Tracker

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00:01:51,620 --> 00:01:55,680

was always the company they recommended for comprehensive blood work.

27

00:01:55,680 --> 00:02:02,100

Well now in 2024, they have begun to offer a brand new first responder panel, which will

28

00:02:02,100 --> 00:02:08,480

cover nine biomarkers hitting several of the pillars of health that affect us in uniform.

29

00:02:08,480 --> 00:02:13,060

Stress, heart health, metabolism and gut health.

30

00:02:13,060 --> 00:02:18,420

Now after a very simple intake form, a blood draw, you will get the results sent to your

31

00:02:18,420 --> 00:02:25,480

computer, smartwatch, phone, not only detailing where you are on the scale from poor to optimized,

32

00:02:25,480 --> 00:02:29,560

but also tips on how you can improve each of these markers.

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00:02:29,560 --> 00:02:35,800

Now this panel is usually \$310, but they are also offering first responders 30% off any

34

00:02:35,800 --> 00:02:37,680

of their blood panels.

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00:02:37,680 --> 00:02:42,440

So that brings this specific panel down to only \$217.

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00:02:42,440 --> 00:02:46,880

Now I myself went through their ultimate, which is their comprehensive blood work, which

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00:02:46,880 --> 00:02:52,200

also includes micronutrients, hormones and other areas of overall health.

38

00:02:52,200 --> 00:02:57,360

And I have to say I was absolutely amazed at firstly how easy it was, but secondly,

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00:02:57,360 --> 00:03:02,600

the comprehensive information I got and the actionable information on how to improve each

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00:03:02,600 --> 00:03:04,640

of my own biomarkers.

41

00:03:04,640 --> 00:03:09,120

Now as with all my sponsors, if you want to hear more about Inside Tracker, you can hear

42

00:03:09,120 --> 00:03:15,720

my conversation with senior sales executive Jonathan Levitt on episode 887 of the Behind

43

00:03:15,720 --> 00:03:17,240

the Shield podcast.

44

00:03:17,240 --> 00:03:22,920

So to sign up or simply learn more, go to insidetracker.com and for the first responder

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00:03:22,920 --> 00:03:29,080

panel, the easiest way is to Google Inside Tracker first responder panel.

46

00:03:29,080 --> 00:03:34,880

This episode is sponsored by a company I've used for well over a decade and that is 511.

47

00:03:34,880 --> 00:03:40,300

I wore their uniforms back in Anaheim, California and have used their products ever since.

48

00:03:40,300 --> 00:03:45,640

From their incredibly strong yet light footwear to their cut uniforms for both male and

49

00:03:45,640 --> 00:03:51,400

female responders, I found them hands down the best workwear in all the departments that

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00:03:51,400 --> 00:03:52,640

I've worked for.

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00:03:52,640 --> 00:03:57,240

Outside of the fire service, I use their luggage for everything and I travel a lot and they

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00:03:57,240 --> 00:04:03,560

are also now sponsoring the 7X team as we embark around the world on the Human Performance

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00:04:03,560 --> 00:04:04,560

Project.

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00:04:04,560 --> 00:04:08,640

We have Murph coming up in May and again I bought their plate carrier.

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00:04:08,640 --> 00:04:13,600

I ended up buying real ballistic plates rather than the fake weight plates and that has been

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00:04:13,600 --> 00:04:17,440

my ride or die through Murph the last few years as well.

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00:04:17,440 --> 00:04:21,400

One area I want to talk about that I haven't in previous sponsorship spots is their brick

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00:04:21,400 --> 00:04:23,220

and mortar element.

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00:04:23,220 --> 00:04:27,920

They were predominantly an online company up till more recently but now they are approaching

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00:04:27,920 --> 00:04:30,680

100 stores all over the US.

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00:04:30,680 --> 00:04:35,720

My local store is here in Gainesville Florida and I've been multiple times and the discounts

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00:04:35,720 --> 00:04:38,980

you see online are applied also in the stores.

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00:04:38,980 --> 00:04:45,600

So as I mentioned, 511 is offering you 15% off every purchase that you make but I do

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00:04:45,600 --> 00:04:50,680

want to say more often than not they have an even deeper discount especially around

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00:04:50,680 --> 00:04:52,280

holiday times.

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00:04:52,280 --> 00:05:02,260

But if you use the code SHIELD15 you will get 15% off your order or in the stores every

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00:05:02,260 --> 00:05:04,080

time you make a purchase.

68

00:05:04,080 --> 00:05:09,360

And if you want to hear more about 511, who they stand for and who works with them, listen

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00:05:09,360 --> 00:05:17,920

to episode 580 of Behind the Shield podcast with 511 regional director Will Ayers.

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00:05:17,920 --> 00:05:21,080

Welcome to the Behind the Shield podcast as always my name is James Gearing and this week

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00:05:21,080 --> 00:05:27,440

it is my absolute honor to welcome on the show college football player, stunt man, professional

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00:05:27,440 --> 00:05:33,240

wrestler, coach and the creator of the Iron Neck, Mike Jolly.

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00:05:33,240 --> 00:05:39,000

Now in this conversation we discuss a host of topics from protecting our youth athletes,

74

00:05:39,000 --> 00:05:44,200

the relationship between a strong neck and concussion, the application of this product

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00:05:44,200 --> 00:05:52,420

in the first responder professions, jiu jitsu, the world of aviation, TBIs and CTE and so

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00:05:52,420 --> 00:05:53,840

much more.

77

00:05:53,840 --> 00:05:58,740

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

78

00:05:58,740 --> 00:06:03,680

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

79

00:06:03,680 --> 00:06:05,600

leave a rating.

80

00:06:05,600 --> 00:06:10,680

Every single five star rating truly does elevate this podcast therefore making it easier for

81

00:06:10,680 --> 00:06:12,120

others to find.

82

00:06:12,120 --> 00:06:16,680

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

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00:06:16,680 --> 00:06:22,360

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

84

00:06:22,360 --> 00:06:27,760

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

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00:06:27,760 --> 00:06:32,880

So with that being said, I introduce to you Mike Jolly.

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00:06:32,880 --> 00:06:52,480

Enjoy.

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00:06:52,480 --> 00:06:56,000

Well Mike, I want to start firstly by saying thank you to Robert Sherman.

88

00:06:56,000 --> 00:07:00,960

He was the gentleman from Iron Neck that I originally spoke to and he generously sent

89

00:07:00,960 --> 00:07:04,200

me the most recent Iron Neck 3 Pro.

90

00:07:04,200 --> 00:07:09,160

So I want to thank him and thank you for that and also to welcome you Mike Jolly to the

91

00:07:09,160 --> 00:07:12,480

Behind the Shield podcast today.

92

00:07:12,480 --> 00:07:13,480

Thanks James.

93

00:07:13,480 --> 00:07:17,800

Well I hope you enjoy your Iron Neck and if you want a video FaceTime session with me,

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00:07:17,800 --> 00:07:20,080

I'll gladly take you through your first workout.

95

00:07:20,080 --> 00:07:21,080

Brilliant.

96

00:07:21,080 --> 00:07:26,080

Well yeah, I did the phase one and then I'm actually going to switch to the phase one

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00:07:26,080 --> 00:07:30,000

combat athlete program that you guys have because that's exactly what I do now.

98

00:07:30,000 --> 00:07:34,920

I get murdered by younger, stronger people at the moment.

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00:07:34,920 --> 00:07:41,160

I remember when I was doing some high school coaching for wrestling at Santa Monica High

100

00:07:41,160 --> 00:07:42,160

School.

101

00:07:42,160 --> 00:07:45,320

You know, and I was in pretty good shape.

102

00:07:45,320 --> 00:07:50,720

It was a while ago and there's this big huge offensive lineman decided to want, he wanted

103

00:07:50,720 --> 00:07:53,160

to wrestle and I'm teaching him double leg takedowns.

104

00:07:53,160 --> 00:07:56,520

This is how you do a double leg takedown and I was just being the dummy, right?

105

00:07:56,520 --> 00:07:59,080

But he was just a big monstrous guy.

106

00:07:59,080 --> 00:08:02,160

Of course he broke my rib right away.

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00:08:02,160 --> 00:08:06,480

You know, these young kids, I mean, he was just like wham, all your weight on me, boom,

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00:08:06,480 --> 00:08:07,640

oh, broke my rib.

109

00:08:07,640 --> 00:08:08,640

Okay, great.

110

00:08:08,640 --> 00:08:10,120

Well, I'm done with that now.

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00:08:10,120 --> 00:08:11,560

Yeah, no, absolutely.

112

00:08:11,560 --> 00:08:15,440

I had a young guy, strong guy in Jiu Jitsu.

113

00:08:15,440 --> 00:08:16,440

We weren't even sparring.

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00:08:16,440 --> 00:08:21,480

We would just simply do it in a drill and something in his mind made him think that

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00:08:21,480 --> 00:08:27,400

he was trying to win the UFC championship belt and he freaking cranked on the other

116

00:08:27,400 --> 00:08:28,400

thing.

117

00:08:28,400 --> 00:08:32,120

He had a body triangle and he cranked it down on a choke and I felt my ribs separate and

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00:08:32,120 --> 00:08:33,120

I'm like, oh, fuck.

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00:08:33,120 --> 00:08:37,080

And this is like, you know, a year ago at 48 years old.

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00:08:37,080 --> 00:08:41,480

So yeah, that was fun kind of rehabbing that for about three or four months.

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00:08:41,480 --> 00:08:43,560

I had a similar experience.

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00:08:43,560 --> 00:08:49,720

I was doing a commercial for United Airlines and they hired a bunch of college football

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00:08:49,720 --> 00:08:55,200

players, you know, UCLA, USC, you know, to be in the commercial.

124

00:08:55,200 --> 00:08:57,400

And it was a pretty cool commercial.

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00:08:57,400 --> 00:09:00,040

What they did, we were playing in the mud, in thick mud.

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00:09:00,040 --> 00:09:04,840

So they brought in water trucks, they watered the field down, they put up a rain screen

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00:09:04,840 --> 00:09:07,680

up above and they were dumping water on that with fire hoses.

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00:09:07,680 --> 00:09:10,400

So it was pouring through, dripping through.

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00:09:10,400 --> 00:09:16,400

And they hired a semi-pro football team to play against us.

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00:09:16,400 --> 00:09:22,360

And the semi-pro football team, like your guy, decided that they could probably be discovered

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00:09:22,360 --> 00:09:25,960

on a United Airlines commercial and make it to the NFL if they could show how good they

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00:09:25,960 --> 00:09:28,400
could play on the commercial.

133
00:09:28,400 --> 00:09:30,200
We're going half speed.

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00:09:30,200 --> 00:09:35,520
They're going full speed and we're like, guys, you better tone it down.

135
00:09:35,520 --> 00:09:36,600
And they didn't.

136
00:09:36,600 --> 00:09:39,320
So then we said, okay, we're going to go full speed now.

137
00:09:39,320 --> 00:09:42,920
And they quit after three plays and walked off the set.

138
00:09:42,920 --> 00:09:45,680
And the producers had to go over there and say, no, no, no, come on, they won't do that

139
00:09:45,680 --> 00:09:46,680
anymore.

140
00:09:46,680 --> 00:09:48,720
Well, they need to play ball too, right?

141
00:09:48,720 --> 00:09:50,840
So anyway, we got it worked out.

142
00:09:50,840 --> 00:09:52,560
The same kind of thing.

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00:09:52,560 --> 00:09:57,280

It's funny how people react in different situations like that.

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00:09:57,280 --> 00:10:02,280

So I drive, I think it's just over 30 miles each way to Gainesville to train in this gym.

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00:10:02,280 --> 00:10:05,080

And this happened at this gym, but this was an anomaly.

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00:10:05,080 --> 00:10:06,360

But that is exactly it.

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00:10:06,360 --> 00:10:09,840

I think a lot of older men and women are like, oh, I don't want to do Jiu Jitsu.

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00:10:09,840 --> 00:10:10,840

I don't want to get hurt.

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00:10:10,840 --> 00:10:13,240

And I always tell them, you just got to find the right gym.

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00:10:13,240 --> 00:10:17,960

There are gyms out there where they're just very professional, very controlled, very few

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00:10:17,960 --> 00:10:23,960

egos and you can roll somewhat intensely and still come away without, as we're going to

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00:10:23,960 --> 00:10:26,320

talk about, a screwed up neck.

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00:10:26,320 --> 00:10:31,480

But there's other gyms I've been every single freaking session I come away with sore ribs,

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00:10:31,480 --> 00:10:34,160

sore neck, and it just makes you not want to return again.

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00:10:34,160 --> 00:10:35,160

Yeah.

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00:10:35,160 --> 00:10:37,360

No, no, I get it.

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00:10:37,360 --> 00:10:38,360

Exactly.

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00:10:38,360 --> 00:10:41,400

So, well, I want to start at the very beginning of your journey.

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00:10:41,400 --> 00:10:45,920

We got some interesting kind of parallels in our lives, but tell me where you were born

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00:10:45,920 --> 00:10:50,360

and tell me a little bit about your family dynamic, what your parents did, how many siblings.

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00:10:50,360 --> 00:10:56,920

This was born in Eugene, Oregon, which I didn't go to University of Oregon for college.

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00:10:56,920 --> 00:10:57,920

I went to UCLA.

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00:10:57,920 --> 00:11:00,440

So that did not make my dad very happy.

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00:11:00,440 --> 00:11:03,600

He was getting his master's degree at the University of Oregon.

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00:11:03,600 --> 00:11:06,520

Both my mom and dad graduated from Oregon.

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00:11:06,520 --> 00:11:16,240

Anyway, raised in Portland most of my life and one sister, three years younger than me,

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00:11:16,240 --> 00:11:20,920

a very normal childhood, very happy childhood.

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00:11:20,920 --> 00:11:21,920

Never can complain.

169

00:11:21,920 --> 00:11:23,120

My parents were great.

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00:11:23,120 --> 00:11:24,120

My sister was great.

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00:11:24,120 --> 00:11:29,160

It was just, I hear all these bad stories about childhood and sometimes I feel a little

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00:11:29,160 --> 00:11:33,120

bit guilty because mine was pretty cushy.

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00:11:33,120 --> 00:11:36,800

We weren't by any means wealthier or rich.

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00:11:36,800 --> 00:11:39,000

We were pretty mostly lower middle class.

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00:11:39,000 --> 00:11:42,040

You're a professor of salary trying to make a living.

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00:11:42,040 --> 00:11:44,760

It's not easy, especially back then it was pretty low.

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00:11:44,760 --> 00:11:47,680

But yeah, it all worked.

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00:11:47,680 --> 00:11:48,680

It all worked.

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00:11:48,680 --> 00:11:55,360

I got a scholarship to UCLA at a Wilson High School in Portland and went down to UCLA and

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00:11:55,360 --> 00:11:58,380

had a good five years there and graduated.

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00:11:58,380 --> 00:11:59,380

What about sports?

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00:11:59,380 --> 00:12:02,680

As you progress through middle high school, what were you playing?

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00:12:02,680 --> 00:12:11,080

I was playing basketball in grade school and then in seventh grade I started playing Pop

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00:12:11,080 --> 00:12:14,480

Warner football, seventh and eighth grade.

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00:12:14,480 --> 00:12:18,880

Then I got to high school and no more basketball.

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00:12:18,880 --> 00:12:19,880

I wanted to wrestle.

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00:12:19,880 --> 00:12:23,560

I had never wrestled before and I just loved it.

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00:12:23,560 --> 00:12:25,960

It just felt right.

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00:12:25,960 --> 00:12:32,120

As a freshman, we had a really good wrestling program at Wilson High School and as a freshman,

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00:12:32,120 --> 00:12:36,200

I was on the freshman team for about three weeks and then the coach brought me up to

191

00:12:36,200 --> 00:12:42,560

the varsity team and said, look, you can still wrestle freshmen, but I need you to train

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00:12:42,560 --> 00:12:43,560

with our state champion.

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00:12:43,560 --> 00:12:50,240

We had a state champion, Wayne Snotterly at 178 pounds and I was weighing right about

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00:12:50,240 --> 00:12:51,240

that.

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00:12:51,240 --> 00:12:55,140

I started training with Wayne and working him out because the coach wanted him to work

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00:12:55,140 --> 00:12:58,360

out with a bigger, stronger guy.

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00:12:58,360 --> 00:13:02,800

We had some good wrestling matches until I injured him about a week and a half later.

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00:13:02,800 --> 00:13:05,040

I mean, it didn't make any sense.

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00:13:05,040 --> 00:13:07,960

We were wrestling full speed and he got injured.

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00:13:07,960 --> 00:13:10,000

The coach looked at me and said, well, I guess you're starting now.

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00:13:10,000 --> 00:13:11,000

I'm like, what?

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00:13:11,000 --> 00:13:12,000

I don't even know.

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00:13:12,000 --> 00:13:16,160

I've only been wrestling for four weeks of my whole life, four or five weeks.

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00:13:16,160 --> 00:13:18,960

Anyway, it was kind of baptism by fire.

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00:13:18,960 --> 00:13:23,200

Then when Wayne came back, what I did was I cut weight.

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00:13:23,200 --> 00:13:25,400

The only time in my life that I had to cut weight.

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00:13:25,400 --> 00:13:31,280

I could cut weight to go to 168 and challenge at 168 because I could beat that guy.

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00:13:31,280 --> 00:13:38,400

I wrestled at 168 most of the rest of the season unless the coach wanted to put me someplace

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00:13:38,400 --> 00:13:39,400

else.

210

00:13:39,400 --> 00:13:42,480

He made me wrestle heavyweight a couple of times to, you know, trying to beat the team

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00:13:42,480 --> 00:13:45,040

and just lineups how they match up.

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00:13:45,040 --> 00:13:46,880

It's sort of interesting.

213

00:13:46,880 --> 00:13:50,920

Then football, played freshman football in high school.

214

00:13:50,920 --> 00:13:53,560

Then on my sophomore year, made the varsity.

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00:13:53,560 --> 00:13:59,040

I went both ways and got some city honors and all that.

216

00:13:59,040 --> 00:14:02,040

The next two years got all state honors.

217

00:14:02,040 --> 00:14:03,160

I love defense.

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00:14:03,160 --> 00:14:09,560

I was recruited to UCLA as a defensive lineman and played defensive lineman for two years.

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00:14:09,560 --> 00:14:16,400

When Coach Donahue called me into his office, he goes, Mike, you have white man's disease.

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00:14:16,400 --> 00:14:18,160

We're moving you into the offensive line.

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00:14:18,160 --> 00:14:19,160

I went, what?

222

00:14:19,160 --> 00:14:21,240

Coach, I was 300 pounds.

223

00:14:21,240 --> 00:14:26,840

I ran a 4,840, but we had guys that were a lot faster than that on the D line.

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00:14:26,840 --> 00:14:29,120

Anyway, he goes, yeah, I'm putting you on offense.

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00:14:29,120 --> 00:14:30,480

You'll be my pulling guard.

226

00:14:30,480 --> 00:14:32,720

I was like, oh my gosh.

227

00:14:32,720 --> 00:14:33,720

Okay, whatever.

228

00:14:33,720 --> 00:14:36,760

Because, you know, defense is way more fun.

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00:14:36,760 --> 00:14:39,420

When you sack a quarterback, that's a high.

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00:14:39,420 --> 00:14:42,520

You don't get that high often on the offensive line.

231

00:14:42,520 --> 00:14:47,800

Yeah, when you flatten out a linebacker and stuff like that, it feels pretty fun, but

232

00:14:47,800 --> 00:14:49,680

you don't remember that.

233

00:14:49,680 --> 00:14:52,360

You don't remember that like you remember a quarterback sack.

234

00:14:52,360 --> 00:14:56,760

So I finished up my career there, playing offensive lineman.

235

00:14:56,760 --> 00:15:02,200

Now, I want to get to the physicality of wrestling into football, but before we do, it's always

236

00:15:02,200 --> 00:15:05,560

interesting, especially when I'm talking to, for example, some of the special operations

237

00:15:05,560 --> 00:15:06,920

communities.

238

00:15:06,920 --> 00:15:10,960

A lot of them have done an individual sport and a team sport.

239

00:15:10,960 --> 00:15:12,680

Now, of course, wrestling, you're on a team.

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00:15:12,680 --> 00:15:16,400

When I was a martial artist, I was on the team, but I was there on the mat on my own.

241

00:15:16,400 --> 00:15:20,320

When I did field hockey, which is what I played back in England, that was a team sport.

242

00:15:20,320 --> 00:15:23,680

So if I screwed up, everyone was affected.

243

00:15:23,680 --> 00:15:29,120

What were the things that you pulled from the individual sport and the team sport that

244

00:15:29,120 --> 00:15:32,320

maybe served you later in life?

245

00:15:32,320 --> 00:15:36,240

I need these glasses on.

246

00:15:36,240 --> 00:15:42,220

That's a great question because we had my football team at Wilson High won seven games

247

00:15:42,220 --> 00:15:43,980

in three years.

248

00:15:43,980 --> 00:15:46,560

So we just, you know, we just that we weren't good.

249

00:15:46,560 --> 00:15:47,560

We just weren't.

250

00:15:47,560 --> 00:15:52,120

It didn't matter how good I was or someone else on the team was, you're going to lose.

251

00:15:52,120 --> 00:15:56,320

So I loved wrestling because it was an individual sport.

252

00:15:56,320 --> 00:15:57,720

It all was all about me.

253

00:15:57,720 --> 00:16:01,200

If I could, if I did a great job, awesome.

254

00:16:01,200 --> 00:16:03,000

I won and that was great.

255

00:16:03,000 --> 00:16:04,000

And if I didn't, I lost.

256

00:16:04,000 --> 00:16:05,000

It was my fault.

257

00:16:05,000 --> 00:16:06,720

It wasn't anyone else's fault.

258

00:16:06,720 --> 00:16:13,400

So that individuality of being on a wrestling team was great because, you know, I went to

259

00:16:13,400 --> 00:16:14,800

the state and did all of that.

260

00:16:14,800 --> 00:16:21,040

And that was that was a lot of fun on the and it was also a team and it would come down

261

00:16:21,040 --> 00:16:22,320

to heavyweight a lot.

262

00:16:22,320 --> 00:16:23,320

Right.

263

00:16:23,320 --> 00:16:24,600

It was like we were in the city championships.

264

00:16:24,600 --> 00:16:25,960

It came down to heavyweight.

265

00:16:25,960 --> 00:16:32,440

My coach, he would not let me pin a guy until he gave me the thumbs down signal because

266

00:16:32,440 --> 00:16:33,440

he didn't.

267

00:16:33,440 --> 00:16:35,120

He just he wanted me to get a workout.

268

00:16:35,120 --> 00:16:36,120

Right.

269

00:16:36,120 --> 00:16:43,200

And so so I went I was going out to the mat and it was it was for the city championship.

270

00:16:43,200 --> 00:16:44,200

We won.

271

00:16:44,200 --> 00:16:45,200

We won the city.

272

00:16:45,200 --> 00:16:46,680

And he grabbed me.

273

00:16:46,680 --> 00:16:49,880

He goes pin him as fast as you can.

274

00:16:49,880 --> 00:16:52,440

I said, OK, all right, coach.

275

00:16:52,440 --> 00:16:53,440

I'll pin.

276

00:16:53,440 --> 00:16:55,200

It's like the first time you ever said that.

277

00:16:55,200 --> 00:16:56,840

So it was kind of fun.

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00:16:56,840 --> 00:17:05,800

But yeah, that that that individuality of a wrestling and just being just you and having

279

00:17:05,800 --> 00:17:11,520

the confidence to go out on that mat and rely on yourself and have you on display.

280

00:17:11,520 --> 00:17:13,600

You're not hiding in the offensive lines growing up.

281

00:17:13,600 --> 00:17:19,400

No one even knows you screwed up because you're buried in that that big, you know, you know,

282

00:17:19,400 --> 00:17:22,120

scrimmage pile of all the bodies.

283

00:17:22,120 --> 00:17:23,120

No one knows.

284

00:17:23,120 --> 00:17:28,800

So that individuality, I think it makes you stronger.

285

00:17:28,800 --> 00:17:33,080

It demands a little more than if you have teammates around you.

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00:17:33,080 --> 00:17:40,320

But the team aspect teaches you so much about teamwork and leadership and and, you know,

287

00:17:40,320 --> 00:17:41,320

working together.

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00:17:41,320 --> 00:17:46,880

I mean, offensive linemen, especially out of any football team, they have to work together

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00:17:46,880 --> 00:17:52,680

in unison or the play doesn't work unlike any other sport there is.

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00:17:52,680 --> 00:17:58,000

Those those five offensive linemen and tight ends there, that sixth offensive linemen,

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00:17:58,000 --> 00:18:02,600

you have to work together and you and you have to really trust each other.

292

00:18:02,600 --> 00:18:05,340

So those are the two aspects.

293

00:18:05,340 --> 00:18:09,240

And I think when you combine them, boy, they're great, especially for linemen.

294

00:18:09,240 --> 00:18:14,320

If you combine wrestling, you know, with with offense, offensive line.

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00:18:14,320 --> 00:18:20,240

Oh, man, the best offensive defense linemen were wrestlers.

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00:18:20,240 --> 00:18:25,000

And you know, it's just it was a great opportunity to do both.

297

00:18:25,000 --> 00:18:30,300

One of the things I do now when I hire people, you have to be an athlete.

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00:18:30,300 --> 00:18:35,680

You have to understand what leadership is, what teamwork is.

299

00:18:35,680 --> 00:18:39,080

And or you have to be in the military.

300

00:18:39,080 --> 00:18:40,400

You have been athlete or in the military.

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00:18:40,400 --> 00:18:44,080

And usually guys are in the military where athletes when they were in high school.

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00:18:44,080 --> 00:18:48,480

But if you weren't in the military, you better be you better be a good athlete, you know,

303

00:18:48,480 --> 00:18:54,800

with team experience, not just not just, you know, individual experience.

304

00:18:54,800 --> 00:18:56,560

Now what about physical resilience?

305

00:18:56,560 --> 00:18:59,720

I heard you on the underground strength podcast.

306

00:18:59,720 --> 00:19:04,600

And you know, we would obviously you were talking somewhat about neck strength and concussions.

307

00:19:04,600 --> 00:19:09,560

But overall resilience when you went from wrestling, how did that serve you in the football

308

00:19:09,560 --> 00:19:10,560

uniform?

309

00:19:10,560 --> 00:19:13,560

Well, that was great.

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00:19:13,560 --> 00:19:19,200

What was what wasn't great was coming, for example, UCLA, I wrestled two years there

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00:19:19,200 --> 00:19:23,720

till Title nine, killed the wrestling program at UCLA.

312

00:19:23,720 --> 00:19:30,040

Freshman year, we went to the Fiesta Bowl, played, played Arkansas in the festival.

313

00:19:30,040 --> 00:19:33,520

And so I came out in January of the wrestling team.

314

00:19:33,520 --> 00:19:36,560

Now, they'd already been practicing for eight weeks.

315

00:19:36,560 --> 00:19:39,800

And you're in no shape to wrestle after you play football.

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00:19:39,800 --> 00:19:46,120

Not I mean, you football's five, six second burst, two minute rest, five, six second burst

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00:19:46,120 --> 00:19:48,440

to, you know, it's that kind of thing.

318

00:19:48,440 --> 00:19:50,720

So you come out and you just get killed.

319

00:19:50,720 --> 00:19:55,520

But boy, the other way around when you've been wrestling and you know, you can stay

320

00:19:55,520 --> 00:20:00,920

lower than everyone else and you can get left, you can get leverage on everyone else.

321

00:20:00,920 --> 00:20:05,120

And I mean, it's just and you're in great shape, your body's used to going and going

322

00:20:05,120 --> 00:20:07,000

and going and going.

323

00:20:07,000 --> 00:20:14,040

You condition hard, you lift hard, you on the mat, just wrestling with other big guys,

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00:20:14,040 --> 00:20:15,040

throwing each other around.

325

00:20:15,040 --> 00:20:17,880

I mean, your balance gets better.

326

00:20:17,880 --> 00:20:20,640

Your coordination gets better.

327

00:20:20,640 --> 00:20:25,920

You can tell a wrestler on a football field, if you look at the Office of Defense and Line

328

00:20:25,920 --> 00:20:30,880

linebackers, you can tell if they're wrestling just by how they move, how they carry themselves,

329

00:20:30,880 --> 00:20:37,040

their quickness to react to them, the reaction time they have.

330

00:20:37,040 --> 00:20:40,440

Wrestlers get very quick at reacting because if you can't react to your opponent, you're

331

00:20:40,440 --> 00:20:42,200

going to get beat right away.

332

00:20:42,200 --> 00:20:44,120

So that reaction time, you know, helps out.

333

00:20:44,120 --> 00:20:47,880

But wrestling certainly helps football.

334

00:20:47,880 --> 00:20:53,080

Football does not help wrestling very much.

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00:20:53,080 --> 00:20:57,240

I know in Jiu Jitsu as well, when someone, when you roll with someone, you probably tell

336

00:20:57,240 --> 00:21:01,440

them when they even walk in, but certainly when you roll with them, when they feel like

337

00:21:01,440 --> 00:21:05,440

they're double the body weight that they are and they're an immovable object on top of

338

00:21:05,440 --> 00:21:06,440

you.

339

00:21:06,440 --> 00:21:07,440

Okay.

340

00:21:07,440 --> 00:21:08,440

You wrestled, didn't you?

341

00:21:08,440 --> 00:21:09,440

Yes, I thought you did.

342

00:21:09,440 --> 00:21:12,960

It's incredible the way that they're able to just, you know, the base is insane.

343

00:21:12,960 --> 00:21:13,960

Right.

344

00:21:13,960 --> 00:21:14,960

Right.

345

00:21:14,960 --> 00:21:19,360

I mean, right away, you know, I've got guys because I'm, you know, I'm six, five and

346

00:21:19,360 --> 00:21:20,360

I'm big.

347

00:21:20,360 --> 00:21:24,080

And so for some reason, people like to just try to push you around.

348

00:21:24,080 --> 00:21:25,080

Right.

349

00:21:25,080 --> 00:21:28,680

Big guys just try to push around and mess with them.

350

00:21:28,680 --> 00:21:30,480

But they try to pick you up.

351

00:21:30,480 --> 00:21:33,000

And if you're a wrestler, they can't pick you up.

352

00:21:33,000 --> 00:21:35,440

They think they can get behind you and pick you up.

353

00:21:35,440 --> 00:21:40,400

No, because we know how to just deaden our weight, sink down and it makes it impossible.

354

00:21:40,400 --> 00:21:43,640

But, you know, that's the kind of thing you're talking about.

355

00:21:43,640 --> 00:21:48,440

You know, right away, oh, this guy, this guy's a wrestling background, obviously.

356

00:21:48,440 --> 00:21:50,480

Now what about neck conditioning back then?

357

00:21:50,480 --> 00:21:55,440

I mean, one of my instructors where I train, he's got a little thing that's called fifth

358

00:21:55,440 --> 00:21:58,720

limb, fifth, yeah, fifth hand jujitsu, I think it is.

359

00:21:58,720 --> 00:22:01,760

But you know, we think about the hands and the legs, but you watch the wrestlers, your

360

00:22:01,760 --> 00:22:05,440

head, your neck is another appendage that you use incredibly effectively.

361

00:22:05,440 --> 00:22:09,280

So when you were actually wrestling, what conditioning were you doing that back then

362

00:22:09,280 --> 00:22:10,280

for the neck?

363

00:22:10,280 --> 00:22:12,640

Well, we bridged a lot, of course.

364

00:22:12,640 --> 00:22:14,120

I mean, that's what we did.

365

00:22:14,120 --> 00:22:15,120

We bridged.

366

00:22:15,120 --> 00:22:21,240

I would have some of the 100 pound wrestlers, you know, sit on my back or on my stomach

367

00:22:21,240 --> 00:22:24,560

while I was bridging so I could add that extra weight.

368

00:22:24,560 --> 00:22:27,440

But you'd be bridging and you'd be rolling around on your neck.

369

00:22:27,440 --> 00:22:30,040

One of the things, though, you're always rolling around on your neck.

370

00:22:30,040 --> 00:22:32,200

You just sit there bridging go like this.

371

00:22:32,200 --> 00:22:36,840

No, you were rolling around and moving, which was really great for the neck muscles because

372

00:22:36,840 --> 00:22:40,320

they're all diagonal fiber direction to get full contraction.

373

00:22:40,320 --> 00:22:42,000

You know, you have to tip your head, it's lateral.

374

00:22:42,000 --> 00:22:49,720

You have to rotate it around and that certainly worked the muscles out better than a four

375

00:22:49,720 --> 00:22:50,720

way neck machine.

376

00:22:50,720 --> 00:22:55,320

Now, when I was in high school, there was no neck training in football at all.

377

00:22:55,320 --> 00:22:57,920

We didn't even have a weight room per se.

378

00:22:57,920 --> 00:22:59,520

We had a little universal gym.

379

00:22:59,520 --> 00:23:02,000

It was just ridiculous.

380

00:23:02,000 --> 00:23:05,080

But in wrestling, we were obviously working out the neck.

381

00:23:05,080 --> 00:23:08,720

We got to UCLA on the football team.

382

00:23:08,720 --> 00:23:13,200

You know, we'd sit there on all fours on the football field and you put your head up against

383

00:23:13,200 --> 00:23:17,920

the guy's thigh and you'd push against the thigh and you'd push against the thigh.

384

00:23:17,920 --> 00:23:22,240

Then you'd hold your head down and you'd arch up and then you'd grab your face mask and

385

00:23:22,240 --> 00:23:24,000

you'd pull down.

386

00:23:24,000 --> 00:23:27,080

But again, it was just very linear.

387

00:23:27,080 --> 00:23:30,680

No rotated resistance of any kind at all.

388

00:23:30,680 --> 00:23:37,920

We know that 85% of concussions happen from rotary acceleration to the brain.

389

00:23:37,920 --> 00:23:42,120

So if you picture a football helmet, you never get a direct hit.

390

00:23:42,120 --> 00:23:43,720

It's just straight on.

391

00:23:43,720 --> 00:23:44,720

Never.

392

00:23:44,720 --> 00:23:46,200

It's going to glancing blow.

393

00:23:46,200 --> 00:23:47,560

It's always a glancing blow.

394

00:23:47,560 --> 00:23:52,080

And it's that glancing blow, that rotation that starts twisting the brain and it starts

395

00:23:52,080 --> 00:23:53,080

that brain rattle.

396

00:23:53,080 --> 00:23:57,520

And that's not a very good situation to have.

397

00:23:57,520 --> 00:24:00,800

That's how you get concussed.

398

00:24:00,800 --> 00:24:06,200

So the neck training, four way neck machine just doesn't do it.

399

00:24:06,200 --> 00:24:09,040

It doesn't and it allows you to cheat a lot too.

400

00:24:09,040 --> 00:24:13,680

But that's why the iron neck is a great way to train your neck because it uses all those

401

00:24:13,680 --> 00:24:17,080

rotational resistances.

402

00:24:17,080 --> 00:24:22,560

So I did sports science in university, but then met a girl overseas.

403

00:24:22,560 --> 00:24:24,040

She was actually English as well.

404

00:24:24,040 --> 00:24:29,400

And she was a seamstress and a costume set designer in a drama school.

405

00:24:29,400 --> 00:24:32,600

So I ended up auditioning with no acting experience whatsoever.

406

00:24:32,600 --> 00:24:37,040

And I still will say I'm probably one of the worst actors that walks this earth.

407

00:24:37,040 --> 00:24:40,640

But I got into drama school, ended up spending a year there.

408

00:24:40,640 --> 00:24:42,760

It was terrible acting, but I got into stunts.

409

00:24:42,760 --> 00:24:49,240

And then ever since then for the last 20 plus years, I did stunt man alongside being a firefighter.

410

00:24:49,240 --> 00:24:55,760

I know that you did political science in university, but talk to me about drama and how that ended

411

00:24:55,760 --> 00:24:59,480

up forging the first part of your career as well.

412

00:24:59,480 --> 00:25:04,600

Yeah, it was theater department at UCLA is closed.

413

00:25:04,600 --> 00:25:09,440

You're recruited to get to get to get that did and it's a big deal to get into the theater

414

00:25:09,440 --> 00:25:11,000

department.

415

00:25:11,000 --> 00:25:17,960

But one time a year, the kids that are in the master's program for directing, they do

416

00:25:17,960 --> 00:25:18,960

one act place.

417

00:25:18,960 --> 00:25:23,800

And on the one act place, it's open auditions to anyone on campus.

418

00:25:23,800 --> 00:25:28,720

And we me and my buddy were walking by coming back from polycyclic class on North Campus.

419

00:25:28,720 --> 00:25:32,760

You're walking by the theater department and there's this big sign one act play auditions.

420

00:25:32,760 --> 00:25:34,680

You know, now big arrow.

421

00:25:34,680 --> 00:25:35,680

My buddy, let's go.

422

00:25:35,680 --> 00:25:36,680

Let's go try out.

423

00:25:36,680 --> 00:25:37,680

Let's go try out.

424

00:25:37,680 --> 00:25:38,680

So what the hell?

425

00:25:38,680 --> 00:25:39,680

Right.

426

00:25:39,680 --> 00:25:40,680

So we walk in there and we try out.

427

00:25:40,680 --> 00:25:47,920

It was for a William Inge play, very serious play about prisoners on death row.

428

00:25:47,920 --> 00:25:53,280

And you know, I tried out and the part was an emotional part.

429

00:25:53,280 --> 00:25:54,960

And I got it.

430

00:25:54,960 --> 00:25:55,960

I got this part.

431

00:25:55,960 --> 00:26:00,840

And it was in between spring ball and, you know, and summer.

432

00:26:00,840 --> 00:26:06,160

So I had this I had this time that I could actually didn't have to be a football practice.

433

00:26:06,160 --> 00:26:08,920

So I did it and I fell in love with it.

434

00:26:08,920 --> 00:26:11,480

It was just so much fun.

435

00:26:11,480 --> 00:26:13,720

So that got the acting bug into me.

436

00:26:13,720 --> 00:26:16,480

And then I wanted to take more classes.

437

00:26:16,480 --> 00:26:21,000

So I went in to the theater department during, you know, open enrollment.

438

00:26:21,000 --> 00:26:22,720

And I said, yeah, I'd like to send up some classes.

439

00:26:22,720 --> 00:26:25,280
And they said, you can't sign up for classes.

440
00:26:25,280 --> 00:26:27,080
You're not you're not in the theater department.

441
00:26:27,080 --> 00:26:28,800
You know, we recruit to get in here.

442
00:26:28,800 --> 00:26:30,120
I didn't know any of that then.

443
00:26:30,120 --> 00:26:31,120
That's when I found that out.

444
00:26:31,120 --> 00:26:32,120
Oh, really?

445
00:26:32,120 --> 00:26:33,840
But, you know, but, you know, I have pre enrollment.

446
00:26:33,840 --> 00:26:35,680
I'm on the football team.

447
00:26:35,680 --> 00:26:36,680
So what?

448
00:26:36,680 --> 00:26:38,860
It doesn't matter that you're on the football team.

449
00:26:38,860 --> 00:26:41,480
So I said, OK, so I went and I talked to the chancellor.

450

00:26:41,480 --> 00:26:46,040

So Chuck Young was a big supporter of the football program.

451

00:26:46,040 --> 00:26:47,600

And we had a pretty good relationship.

452

00:26:47,600 --> 00:26:52,680

So I went and talked to Chuck and Chancellor Young called them up.

453

00:26:52,680 --> 00:26:56,360

He said, go ahead and go back tomorrow and take any class you want.

454

00:26:56,360 --> 00:26:58,480

So I walked in there the next day.

455

00:26:58,480 --> 00:27:01,880

And of course, they they said, oh, hi, Mike.

456

00:27:01,880 --> 00:27:05,380

Yes, you can sign up for any class you'd like to sign up for.

457

00:27:05,380 --> 00:27:08,320

So I got a minor in theater, which is kind of fun.

458

00:27:08,320 --> 00:27:14,160

I would have got a major, but I couldn't do the big plays that you have to do three times

459

00:27:14,160 --> 00:27:16,520

a year because of football, obviously.

460

00:27:16,520 --> 00:27:18,320

So that kept me from getting a major.

461

00:27:18,320 --> 00:27:19,760

But I got a minor in that.

462

00:27:19,760 --> 00:27:22,020

And that got the acting bug in me.

463

00:27:22,020 --> 00:27:29,480

So my senior year at UCLA, my fifth year at UCLA, I actually got an agent and I you know,

464

00:27:29,480 --> 00:27:37,400

it was just a freak, a fluke, met this woman at a party and she said, oh, yeah, I'm an

465

00:27:37,400 --> 00:27:38,400

agent.

466

00:27:38,400 --> 00:27:42,040

I told her about, you know, my acting and I'm an agent.

467

00:27:42,040 --> 00:27:44,560

And you know, she goes, I'm with writers and artists.

468

00:27:44,560 --> 00:27:49,680

You should come by the office and sit down and talk and you can audition for the for

469

00:27:49,680 --> 00:27:52,120

the agency.

470

00:27:52,120 --> 00:27:54,440

And I said, OK, but everyone in LA is an agent.

471

00:27:54,440 --> 00:27:55,840

If you're not an actor, you're an agent.

472

00:27:55,840 --> 00:27:56,840
Right.

473
00:27:56,840 --> 00:27:57,920
So I'm like, OK, whatever.

474
00:27:57,920 --> 00:27:58,920
So I go back.

475
00:27:58,920 --> 00:28:04,520
I call up my my friend who's really dialed into Hollywood and I said, yeah, I met this

476
00:28:04,520 --> 00:28:07,360
this lady named Jenny Raymond from writers and artists.

477
00:28:07,360 --> 00:28:08,360
She said she's an agent.

478
00:28:08,360 --> 00:28:09,360
Oh, my gosh.

479
00:28:09,360 --> 00:28:11,160
She's one of the best agents in town.

480
00:28:11,160 --> 00:28:12,160
Seriously, you met her.

481
00:28:12,160 --> 00:28:13,160
How do you meet her?

482
00:28:13,160 --> 00:28:19,520
Anyway, to make a long story short, I was doing a play, off campus play.

483

00:28:19,520 --> 00:28:23,120
It was Desire Under the Elms.

484
00:28:23,120 --> 00:28:27,680
And there was a scene in that play that was where I beat up my girlfriend.

485
00:28:27,680 --> 00:28:33,160
So I go and I go into writers and artists and they set up a theater in the round.

486
00:28:33,160 --> 00:28:37,560
And she came with me and performed the scene in the round.

487
00:28:37,560 --> 00:28:40,480
And there was it was probably about a 20 foot circle.

488
00:28:40,480 --> 00:28:41,480
And we were in the middle.

489
00:28:41,480 --> 00:28:46,160
But, you know, we go through this this this intense scene where I'm where I'm beating

490
00:28:46,160 --> 00:28:48,080
her up and she's bawling and crying.

491
00:28:48,080 --> 00:28:51,760
I'm screaming at her scene ends.

492
00:28:51,760 --> 00:28:55,040
And all the chairs that were in the circle.

493
00:28:55,040 --> 00:28:56,760
We're flattened up against the wall.

494

00:28:56,760 --> 00:29:01,920

The people had just slowly pushed the chairs back and their backs were up against the wall

495

00:29:01,920 --> 00:29:02,920

because it was intense.

496

00:29:02,920 --> 00:29:03,920

Right.

497

00:29:03,920 --> 00:29:04,920

And I'm a big guy.

498

00:29:04,920 --> 00:29:07,280

I think I think they got a little bit intimidated.

499

00:29:07,280 --> 00:29:11,680

But they signed me up the next day.

500

00:29:11,680 --> 00:29:13,040

So I had a decent agent.

501

00:29:13,040 --> 00:29:15,560

I mean, a really good agent.

502

00:29:15,560 --> 00:29:16,560

And yeah, they got me.

503

00:29:16,560 --> 00:29:20,960

They got me some good parts, but the stunt work was a blast.

504

00:29:20,960 --> 00:29:25,800

They'll give actors an opportunity to do your own stunts if they think you can.

505

00:29:25,800 --> 00:29:30,200

If they think you're going to hurt yourself, as you know, I mean, you're a stunt man.

506

00:29:30,200 --> 00:29:33,400

So you're hoping that they say, no, you can't do your own stunt.

507

00:29:33,400 --> 00:29:35,600

I mean, that's going to give you more work.

508

00:29:35,600 --> 00:29:36,600

Right.

509

00:29:36,600 --> 00:29:40,280

But if they think you can do it without injuring yourself, they'd rather have you do it because

510

00:29:40,280 --> 00:29:43,800

they can show your face, you know, while you're doing the stunt.

511

00:29:43,800 --> 00:29:45,000

But yes, that works.

512

00:29:45,000 --> 00:29:46,760

I love stunt work.

513

00:29:46,760 --> 00:29:48,080

It gets back to wrestling, right?

514

00:29:48,080 --> 00:29:51,360

And football, it's so physical.

515

00:29:51,360 --> 00:29:52,360

It was funny.

516

00:29:52,360 --> 00:29:54,760

I've told a few actors a story.

517

00:29:54,760 --> 00:29:58,240

When we did the drama school, there was a showcase, you know, and you think it was like

518

00:29:58,240 --> 00:29:59,720

three cities.

519

00:29:59,720 --> 00:30:02,200

And we each did our monologue.

520

00:30:02,200 --> 00:30:07,960

And the rest of my fellow actors were good actors, but they weren't very physical human

521

00:30:07,960 --> 00:30:08,960

beings.

522

00:30:08,960 --> 00:30:12,040

And I was more of an athlete, less of an actor.

523

00:30:12,040 --> 00:30:15,560

And I did a monologue from the Falklands War.

524

00:30:15,560 --> 00:30:19,440

And it was this guy that basically now it's funny that, you know, years later, I end up

525

00:30:19,440 --> 00:30:22,220

working in this kind of arena, but he had PTSD.

526

00:30:22,220 --> 00:30:26,400

So he's kind of seeing demons and even throws a couple of martial arts kicks.

527

00:30:26,400 --> 00:30:30,240

And so at the end, I had this guy said, I'm with William Morris again.

528

00:30:30,240 --> 00:30:33,240

I'd heard that William Morris was kind of a big deal.

529

00:30:33,240 --> 00:30:34,520

You know, we love what you did.

530

00:30:34,520 --> 00:30:35,520

Yeah, just a little bit.

531

00:30:35,520 --> 00:30:36,520

Yeah, a little bit.

532

00:30:36,520 --> 00:30:40,940

But he goes, I'm not the person who would be in this group that you would fit.

533

00:30:40,940 --> 00:30:45,640

So let me know when you get a role and we'll get the other person to come watch.

534

00:30:45,640 --> 00:30:48,960

Well, in London at that time, you couldn't get work without an agent.

535

00:30:48,960 --> 00:30:50,440

You couldn't get agent without work.

536

00:30:50,440 --> 00:30:54,480

So that ended up being the kind of thing.

537

00:30:54,480 --> 00:30:56,360

So but what I ended up doing was the live stunt.

538

00:30:56,360 --> 00:30:58,580

So I never did the film and TV stunts.

539

00:30:58,580 --> 00:31:02,800

I worked on films and TV as a really a glorified extra, to be honest.

540

00:31:02,800 --> 00:31:07,280

But the the live stunt shows were amazing because you were the actor and the stunt man.

541

00:31:07,280 --> 00:31:09,360

You were everything in those and it was live.

542

00:31:09,360 --> 00:31:13,280

So, you know, if you screwed up, act the wrestling, it was on you.

543

00:31:13,280 --> 00:31:16,440

Yeah, yeah, yeah, that's cool.

544

00:31:16,440 --> 00:31:17,720

I had a Boy Scout troop.

545

00:31:17,720 --> 00:31:20,120

I was Scoutmaster for years.

546

00:31:20,120 --> 00:31:21,120

Really enjoyed it.

547

00:31:21,120 --> 00:31:23,560

I have three boys are all Eagle Scouts.

548

00:31:23,560 --> 00:31:30,120

And we had one one summer we decided to put on a stunt show.

549

00:31:30,120 --> 00:31:31,120
So we raised money.

550
00:31:31,120 --> 00:31:33,000
We bought an old car.

551
00:31:33,000 --> 00:31:38,340
My assistant Scoutmaster was was trying to break into the stunts in L.A. and he was pretty

552
00:31:38,340 --> 00:31:39,340
good at it.

553
00:31:39,340 --> 00:31:40,340
So we built a big tower.

554
00:31:40,340 --> 00:31:41,340
We jumped up.

555
00:31:41,340 --> 00:31:42,340
I mean, the parents came.

556
00:31:42,340 --> 00:31:44,120
We did this little show.

557
00:31:44,120 --> 00:31:45,120
But we rolled the car.

558
00:31:45,120 --> 00:31:47,400
It was a big deal, you know.

559
00:31:47,400 --> 00:31:48,680
But it was so fun.

560

00:31:48,680 --> 00:31:49,680
The kids had a ball.

561
00:31:49,680 --> 00:31:51,320
I mean, the kids loved it.

562
00:31:51,320 --> 00:31:53,000
A lot of fun.

563
00:31:53,000 --> 00:31:54,000
Amazing.

564
00:31:54,000 --> 00:31:56,540
Well, while we're on this subject, then, because I know we're going to transition to the sports

565
00:31:56,540 --> 00:31:58,080
side and firefighting.

566
00:31:58,080 --> 00:32:03,880
But when I look back now, when we get to the CTE conversation, but even just your next

567
00:32:03,880 --> 00:32:11,120
strength and flexibility as a stunt performer, I've probably taken tens of thousands of hits

568
00:32:11,120 --> 00:32:14,160
over 20 years of doing live shows.

569
00:32:14,160 --> 00:32:18,200
And so you think about, again, that concussive force when you're whipping your head around.

570
00:32:18,200 --> 00:32:24,660
Have you had interactions with the stunt community and how they've received Iron Man?

571

00:32:24,660 --> 00:32:25,660

I have not.

572

00:32:25,660 --> 00:32:29,680

I have not had any interactions with them at all.

573

00:32:29,680 --> 00:32:31,520

I'm hoping that they're using it.

574

00:32:31,520 --> 00:32:33,200

It just depends on where they work out.

575

00:32:33,200 --> 00:32:38,320

Now, if they work out at martial arts studios, which I know a lot of them do, most of the

576

00:32:38,320 --> 00:32:42,200

martial arts studios in the LA area have Iron Man.

577

00:32:42,200 --> 00:32:44,240

Then they probably are using it.

578

00:32:44,240 --> 00:32:45,240

I mean, it's important.

579

00:32:45,240 --> 00:32:47,920

I mean, they're taking big falls.

580

00:32:47,920 --> 00:32:53,720

I was doing a, I did a series called Dirty Dozen and it was in Yugoslavia.

581

00:32:53,720 --> 00:32:55,200

It was on Fox.

582

00:32:55,200 --> 00:32:59,280
It was right after, it was on Fox.

583
00:32:59,280 --> 00:33:02,220
It was back in the early 90s.

584
00:33:02,220 --> 00:33:04,480
And it was actually a pretty good show.

585
00:33:04,480 --> 00:33:11,280
We filmed it at movie of the week pace, meaning that we took 10 days to film an hour instead

586
00:33:11,280 --> 00:33:15,580
of an hour episode instead of six days to film an hour episode.

587
00:33:15,580 --> 00:33:17,520
So we spent a little more time filming that.

588
00:33:17,520 --> 00:33:19,080
But it was cool because it was in Yugoslavia.

589
00:33:19,080 --> 00:33:20,640
It was World War II.

590
00:33:20,640 --> 00:33:26,600
We were pulled out of prison because I was a big strong guy, supposedly.

591
00:33:26,600 --> 00:33:28,880
I was a sharpshooter and I was a driver.

592
00:33:28,880 --> 00:33:30,720
I had all these great job descriptions.

593

00:33:30,720 --> 00:33:34,120
I was always saving the day on the show.

594
00:33:34,120 --> 00:33:38,800
But so, you know, it's just like the same Dirty Dozen that was done in the movie format.

595
00:33:38,800 --> 00:33:40,400
You're pulled out of prison.

596
00:33:40,400 --> 00:33:43,760
You're going to work for us for the rest of the war.

597
00:33:43,760 --> 00:33:48,120
And if you make it, then all charges are dropped and you get an honorable discharge.

598
00:33:48,120 --> 00:33:49,120
Great.

599
00:33:49,120 --> 00:33:50,120
We'll take it.

600
00:33:50,120 --> 00:33:51,120
We get out of prison.

601
00:33:51,120 --> 00:33:55,120
But anyway, we did a lot of our own stunts.

602
00:33:55,120 --> 00:33:58,480
And I did some really fun stunts, but there was one stunt.

603
00:33:58,480 --> 00:34:00,520
These guys in Yugoslavia, James, they were.

604

00:34:00,520 --> 00:34:02,760

They were gnarly stunt guys.

605

00:34:02,760 --> 00:34:05,160

There were no airbags in Yugoslavia.

606

00:34:05,160 --> 00:34:10,200

You jumping off a roof, you're jumping into cardboard boxes and they would set the cardboard

607

00:34:10,200 --> 00:34:11,200

boxes up.

608

00:34:11,200 --> 00:34:12,200

So we had this.

609

00:34:12,200 --> 00:34:15,120

We were on top of this eight story building.

610

00:34:15,120 --> 00:34:20,920

And my job was to run really fast and stop at the edge so they could cut, you know, and

611

00:34:20,920 --> 00:34:21,920

it's not that would take over.

612

00:34:21,920 --> 00:34:22,920

They get cut.

613

00:34:22,920 --> 00:34:25,440

They would be running to him and jumps off the edge.

614

00:34:25,440 --> 00:34:29,440

But he's jumping into boxes and it was only three levels of boxes.

615

00:34:29,440 --> 00:34:34,560

There are four by four boxes piled on top of each other, just empty.

616

00:34:34,560 --> 00:34:39,360

And they just they just fly down and they just land on it and just go boom.

617

00:34:39,360 --> 00:34:41,120

And man, it was nuts.

618

00:34:41,120 --> 00:34:42,120

But they were.

619

00:34:42,120 --> 00:34:43,560

So you're going to appreciate this.

620

00:34:43,560 --> 00:34:45,680

You're going to really appreciate this.

621

00:34:45,680 --> 00:34:53,060

So one of the one of the one of the episodes I volunteered to stay behind the Germans are

622

00:34:53,060 --> 00:34:54,060

coming up the road.

623

00:34:54,060 --> 00:34:58,240

I'm going to stay behind with my sniper rifle and I'm going to take them out so that the

624

00:34:58,240 --> 00:35:03,520

rest of the team can get to the helicopter and get out or get to whatever we do.

625

00:35:03,520 --> 00:35:06,040

It was just some trucks or something.

626

00:35:06,040 --> 00:35:07,040

I don't know.

627

00:35:07,040 --> 00:35:08,200

Whatever our escape route.

628

00:35:08,200 --> 00:35:13,360

So I'm there and I hold them off as long as I can, you know, with my sniper rifle.

629

00:35:13,360 --> 00:35:18,960

And then my job is to run across this huge field and catch up with the team.

630

00:35:18,960 --> 00:35:22,560

Well in Yugoslavia, they use real dynamite.

631

00:35:22,560 --> 00:35:25,200

They don't use flash bangs, none of that bullshit.

632

00:35:25,200 --> 00:35:27,640

It's real dynamite.

633

00:35:27,640 --> 00:35:29,280

So and it's old school.

634

00:35:29,280 --> 00:35:32,420

It's a board, it's nails, it's a battery.

635

00:35:32,420 --> 00:35:37,880

You touch the battery to the top of the nail, it shoots the spark down to the stick of dynamite

636

00:35:37,880 --> 00:35:40,140

and the stick of dynamite goes off.

637

00:35:40,140 --> 00:35:46,240

So they had the track, a hundred and fifty foot track set up, you know, on the camera

638

00:35:46,240 --> 00:35:47,600

to follow me.

639

00:35:47,600 --> 00:35:54,960

And I'm sprinting across the field and the stunt guy or the bomb tech who I really, really

640

00:35:54,960 --> 00:35:58,400

trust because there's a lot of explosions in this stupid show.

641

00:35:58,400 --> 00:36:02,640

But he would set those those those pieces of dynamite off.

642

00:36:02,640 --> 00:36:09,280

I was as I was running by and he would pick me off the ground, which was really fun for

643

00:36:09,280 --> 00:36:12,200

a big guy to get picked up off the ground and just thrown.

644

00:36:12,200 --> 00:36:13,200

It never happened.

645

00:36:13,200 --> 00:36:14,360

You're like, whoa.

646

00:36:14,360 --> 00:36:19,440

So I would get blasted off the ground three or four feet through the air, ten feet shoulder

647

00:36:19,440 --> 00:36:21,360

roll, pop right back up.

648

00:36:21,360 --> 00:36:25,360

Just like MMA, you know, in wrestling, shoulder roll, shoulder roll and get back up another

649

00:36:25,360 --> 00:36:26,560

piece of dynamite go up.

650

00:36:26,560 --> 00:36:27,560

Boom.

651

00:36:27,560 --> 00:36:28,560

And it would throw me.

652

00:36:28,560 --> 00:36:31,760

I got thrown like ten times running through this scene.

653

00:36:31,760 --> 00:36:34,520

It was so much fun.

654

00:36:34,520 --> 00:36:37,360

When I was done, I was like, I really hope they didn't get that.

655

00:36:37,360 --> 00:36:41,920

We have to do this scene a second time, you know, but they got it the first time.

656

00:36:41,920 --> 00:36:43,800

But you know, it was such a kick.

657

00:36:43,800 --> 00:36:44,800

It was such a kick.

658

00:36:44,800 --> 00:36:45,800

I loved that.

659

00:36:45,800 --> 00:36:47,800
Did you ever watch the film Tropic Thunder?

660
00:36:47,800 --> 00:36:48,800
Oh, yeah.

661
00:36:48,800 --> 00:36:49,800
Oh, absolutely.

662
00:36:49,800 --> 00:36:51,560
So I think you realize.

663
00:36:51,560 --> 00:36:53,520
No, no, no, I wasn't in it at all.

664
00:36:53,520 --> 00:37:00,000
But firstly, I think it's funny how some people got offended by Robert Downey Jr.'s character

665
00:37:00,000 --> 00:37:04,120
when his character is literally highlighting the racism of old Hollywood.

666
00:37:04,120 --> 00:37:05,480
That's the whole point of that character.

667
00:37:05,480 --> 00:37:10,640
But secondly, as a stunt person and then hearing some of the behind the scenes sets from my

668
00:37:10,640 --> 00:37:14,360
stunt friends and, you know, Captain Dale die and some of these other people, you realize

669
00:37:14,360 --> 00:37:17,960
there's so many hidden jokes in there and some of these things that people are laughing

670

00:37:17,960 --> 00:37:20,680
at like, no, that really happened on this film.

671
00:37:20,680 --> 00:37:23,680
As you said, they use real dynamite, for example.

672
00:37:23,680 --> 00:37:26,920
Yeah, yeah, the real dynamite.

673
00:37:26,920 --> 00:37:28,180
That's crazy.

674
00:37:28,180 --> 00:37:33,840
So I know that you found yourself in the construction industry on the underground strength podcast.

675
00:37:33,840 --> 00:37:38,640
I heard you talking about when when you transitioned out, that was kind of the beginning of the

676
00:37:38,640 --> 00:37:39,640
process.

677
00:37:39,640 --> 00:37:44,400
But prior to that, when when did you start thinking about the potential of a device that

678
00:37:44,400 --> 00:37:50,480
was actually going to strengthen the neck and what was some of the the injuries or issues

679
00:37:50,480 --> 00:37:56,120
that you were seeing in athletes that spurred your thought process in the first place?

680
00:37:56,120 --> 00:38:02,440
So I've got a little worried about CT.

681

00:38:02,440 --> 00:38:09,200

Offensive linemen tend to have more CT than any other position on on the football field.

682

00:38:09,200 --> 00:38:12,680

The reason is every single play offensive linemen are banging heads, right?

683

00:38:12,680 --> 00:38:21,040

I mean, Dr. Robert Cantu at the Brain Institute in Boston, he proved that in one 80 yard drive,

684

00:38:21,040 --> 00:38:26,120

an offensive lineman can have 20 subconcussive blows.

685

00:38:26,120 --> 00:38:30,440

And we have to separate a concussion from a subconcussive blow.

686

00:38:30,440 --> 00:38:32,600

The subconcussive blow is a mini concussion.

687

00:38:32,600 --> 00:38:36,640

That's all it is that you just keep playing through and you don't even realize that you

688

00:38:36,640 --> 00:38:37,640

get it.

689

00:38:37,640 --> 00:38:41,480

Sometimes you do realize you get it, but most of the time you don't even know that you've

690

00:38:41,480 --> 00:38:42,480

gotten it.

691

00:38:42,480 --> 00:38:46,800

But those subconcussive blows are far more nefarious than a concussion because no one

692

00:38:46,800 --> 00:38:52,440

really understands that you're getting it and they're building up and the damage that

693

00:38:52,440 --> 00:38:53,720

they're doing to your brain.

694

00:38:53,720 --> 00:38:56,280

They just don't get that part.

695

00:38:56,280 --> 00:39:00,120

So a strong neck will prevent that from happening.

696

00:39:00,120 --> 00:39:08,400

And so I was worried about some of the guys I played with had turned to major drugs and

697

00:39:08,400 --> 00:39:12,280

ended up in prison and ODing on drugs.

698

00:39:12,280 --> 00:39:13,680

But why are they ODing on drugs?

699

00:39:13,680 --> 00:39:15,960

It wasn't because they were a drug addict.

700

00:39:15,960 --> 00:39:22,440

It was because they couldn't live with what was going on in their brains.

701

00:39:22,440 --> 00:39:25,360

They had to stop that noise from happening.

702

00:39:25,360 --> 00:39:30,160

I mean, Mark Twonay, you know, we were in the same recruiting class at UCLA.

703

00:39:30,160 --> 00:39:35,680

And then he was on the D line and we were on the D line together for two years.

704

00:39:35,680 --> 00:39:36,680

And then I went to O line.

705

00:39:36,680 --> 00:39:38,560

Well, he ended up going to Dallas.

706

00:39:38,560 --> 00:39:41,400

He ended up winning three Super Bowls there.

707

00:39:41,400 --> 00:39:45,800

He was a great family man, great community guy.

708

00:39:45,800 --> 00:39:53,320

Six months after he retired, he killed himself with drugs in his driveway, in his car.

709

00:39:53,320 --> 00:39:54,960

Six months.

710

00:39:54,960 --> 00:39:57,640

And he just couldn't live with it.

711

00:39:57,640 --> 00:40:00,600

But back then, no one really knew anything about CTE.

712

00:40:00,600 --> 00:40:03,000

No one knew what was causing it.

713

00:40:03,000 --> 00:40:08,000

And it wasn't like when Junior shot himself in the chest so his brain could go and get

714

00:40:08,000 --> 00:40:09,240
analyzed.

715

00:40:09,240 --> 00:40:11,000
And that didn't kill him the first time.

716

00:40:11,000 --> 00:40:13,960
So he shot himself a second time in the chest.

717

00:40:13,960 --> 00:40:15,360
Think about the pain.

718

00:40:15,360 --> 00:40:21,360
But he wanted this to go to go get dissected and go get looked at and studied for, you

719

00:40:21,360 --> 00:40:24,800
know, the future protection of future players.

720

00:40:24,800 --> 00:40:30,760
I mean, so you're looking at all this thing and you're going, wow, why didn't I get

721

00:40:30,760 --> 00:40:31,760
concussed?

722

00:40:31,760 --> 00:40:34,240
Well, how come?

723

00:40:34,240 --> 00:40:35,240
What was the difference?

724

00:40:35,240 --> 00:40:39,520
Because on the football team at UCL, there were a lot of concussions.

725

00:40:39,520 --> 00:40:40,520

But I never got concussed.

726

00:40:40,520 --> 00:40:41,520

Why?

727

00:40:41,520 --> 00:40:46,840

Well, I mean, it came down to I have a big, I had a really big strong neck.

728

00:40:46,840 --> 00:40:49,040

Maybe that maybe that had something to do with it.

729

00:40:49,040 --> 00:40:52,880

So then I started doing some a little bit of research on it.

730

00:40:52,880 --> 00:40:58,760

So I was into this little research a little bit before my construction job ended.

731

00:40:58,760 --> 00:41:04,720

And that was sort of the catalyst to say, OK, now I'm going to really get check this

732

00:41:04,720 --> 00:41:06,720

out and really figure it out.

733

00:41:06,720 --> 00:41:13,160

So when I went and visited Dr. Robert Cantu, he told me that they were doing a study with

734

00:41:13,160 --> 00:41:20,440

thirty five hundred high school athletes in Colorado, all different sports.

735

00:41:20,440 --> 00:41:27,600

And they were they were trying to figure out if a neck strength would prevent concussions

736

00:41:27,600 --> 00:41:29,560

at the end of that study.

737

00:41:29,560 --> 00:41:35,040

They proved that for every one pound of neck strength you add to your neck, you have a

738

00:41:35,040 --> 00:41:38,240

five percent less likely chance of being concussed.

739

00:41:38,240 --> 00:41:39,840

Now, that's huge.

740

00:41:39,840 --> 00:41:41,440

One pound strength is nothing.

741

00:41:41,440 --> 00:41:45,560

I mean, think how think how fast you could add a pound of strength to your bicep.

742

00:41:45,560 --> 00:41:48,600

I mean, you know, it's just a pound.

743

00:41:48,600 --> 00:41:50,280

It's hardly anything at all.

744

00:41:50,280 --> 00:41:54,600

And when you're a young kid and you got a bunch of testosterone falling around, you

745

00:41:54,600 --> 00:41:59,400

know, we go into these high school programs and they put on neck strength so fast and

746

00:41:59,400 --> 00:42:03,200

they'll build, you know, an inch and a half to three inches of circumference in three

747

00:42:03,200 --> 00:42:05,840

months and the next strength through the roof.

748

00:42:05,840 --> 00:42:07,600

And then they just don't get concussed.

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00:42:07,600 --> 00:42:10,320

Now we can't say, oh, we can completely concussion proof someone.

750

00:42:10,320 --> 00:42:12,320

We can't do that, obviously.

751

00:42:12,320 --> 00:42:16,560

But I'll tell you, James, well, these high school teams left twenty five concussions

752

00:42:16,560 --> 00:42:20,480

the year before after training all summer with the our neck.

753

00:42:20,480 --> 00:42:23,780

They have zero to five.

754

00:42:23,780 --> 00:42:27,800

Some of them have zero just because these kids have big necks now.

755

00:42:27,800 --> 00:42:33,720

I mean, when you and I, you know, when we played in MMA, we were talking about this

756

00:42:33,720 --> 00:42:37,680

for before about how the heads of weapon.

757

00:42:37,680 --> 00:42:38,680

This was the fifth hand.

758

00:42:38,680 --> 00:42:39,680

Right.

759

00:42:39,680 --> 00:42:45,040

I mean, I use my head as a weapon in wrestling for sure, in football for sure.

760

00:42:45,040 --> 00:42:47,920

I would use it to just had a helmet on.

761

00:42:47,920 --> 00:42:49,520

I thought I was protected.

762

00:42:49,520 --> 00:42:54,680

I'm going to use my head to destroy people and beat people up and and try to hurt people.

763

00:42:54,680 --> 00:42:58,040

And that's just that's how football was back then.

764

00:42:58,040 --> 00:43:04,280

And you know, so anyway, we've got to strengthen our neck to do that one pound and extra use

765

00:43:04,280 --> 00:43:07,440

using our neck for a week and you'll add five pounds of neck strike.

766

00:43:07,440 --> 00:43:09,840

So it was, you know, it's pretty simple to do that.

767

00:43:09,840 --> 00:43:14,920

But to get back to your question, after I had that conversation with Dr. Ken, who the

768

00:43:14,920 --> 00:43:19,120

study had finished it, they'd only been into the study about a year and they wanted to

769

00:43:19,120 --> 00:43:21,880

go at least two and a half years with the study.

770

00:43:21,880 --> 00:43:26,560

So I went ahead with the assumption that he was right.

771

00:43:26,560 --> 00:43:31,240

The next strength did prevent concussions.

772

00:43:31,240 --> 00:43:36,520

And with my own empirical experience, how my neck was wrong and I didn't get concussed,

773

00:43:36,520 --> 00:43:38,840

I took that as OK, that's what it is.

774

00:43:38,840 --> 00:43:41,080

I'm going to figure out a way to do it.

775

00:43:41,080 --> 00:43:44,600

Then I get I then I lose my job.

776

00:43:44,600 --> 00:43:46,680

And then I said, OK, now's the time to do it.

777

00:43:46,680 --> 00:43:47,680

Let's go.

778

00:43:47,680 --> 00:43:48,680

We had some money saved.

779

00:43:48,680 --> 00:43:52,800

We had to try to start this company and get it going.

780

00:43:52,800 --> 00:43:55,360

And so my wife and I made that decision.

781

00:43:55,360 --> 00:43:56,920

And you know, she jumped on board, too.

782

00:43:56,920 --> 00:44:02,360

And we worked really hard, got that thing designed and got it out there.

783

00:44:02,360 --> 00:44:08,240

But that was, you know, that's the impetus behind, you know, me getting going, knowing

784

00:44:08,240 --> 00:44:13,280

that people were dying of CTE, knowing that people were doing drugs.

785

00:44:13,280 --> 00:44:15,320

Louis Sharp.

786

00:44:15,320 --> 00:44:17,160

Great I mean, she's what a great guy.

787

00:44:17,160 --> 00:44:19,840

Louis Lewis and I played together UCLA.

788

00:44:19,840 --> 00:44:20,840

He was my right tackle.

789

00:44:20,840 --> 00:44:22,840

I was the right guard.

790

00:44:22,840 --> 00:44:27,280

Louis six, seven, you know, good three hundred and twenty pounds.

791

00:44:27,280 --> 00:44:28,280

Really good athlete.

792

00:44:28,280 --> 00:44:31,240

Played with the Cardinals for 16 years.

793

00:44:31,240 --> 00:44:38,280

Lewis and his family got on a raft in Cuba and escaped from Cuba when he was just a little

794

00:44:38,280 --> 00:44:41,120

boy of like three or four years old.

795

00:44:41,120 --> 00:44:46,200

And you know, Lewis turned into a major drug addict.

796

00:44:46,200 --> 00:44:48,960

As soon as he retired, major drug addict.

797

00:44:48,960 --> 00:44:49,960

Why?

798

00:44:49,960 --> 00:44:50,960

Because he has CTE.

799

00:44:50,960 --> 00:44:53,920

He's just hear stuff in his head all the time.

800

00:44:53,920 --> 00:44:57,440

He was he's he's out of prison now.

801

00:44:57,440 --> 00:45:04,200

And he spent a lot of time here in Arizona in prison because of drug drug charges.

802

00:45:04,200 --> 00:45:06,840

And he was well loved in Arizona.

803

00:45:06,840 --> 00:45:11,320

I mean, he spent his whole career with the Cardinals, the whole career, did a lot of

804

00:45:11,320 --> 00:45:13,040

good stuff in the community.

805

00:45:13,040 --> 00:45:15,240

But it's just such a nefarious disease.

806

00:45:15,240 --> 00:45:18,960

It's just it sneaks up and it just destroys lives.

807

00:45:18,960 --> 00:45:26,120

Well, I think what's sad as well, I can see in my mind now images of one of the Arizona.

808

00:45:26,120 --> 00:45:29,640

I don't know if he's a sheriff or what he was, but you know, the the program where they've

809

00:45:29,640 --> 00:45:34,040

got the addicts out in chain gangs and they're breaking rocks.

810

00:45:34,040 --> 00:45:37,640

And it's the polar opposite of what we actually need to do when it comes to mental health,

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00:45:37,640 --> 00:45:42,080

you know, and for our profession, CTE, especially in the military, you know, that's a big part.

812

00:45:42,080 --> 00:45:45,600

And there's a lot of the seals that have had on.

813

00:45:45,600 --> 00:45:46,840

That's a compounding element.

814

00:45:46,840 --> 00:45:51,120

You know, then you add trauma, real trauma, childhood trauma, what they saw in combat,

815

00:45:51,120 --> 00:45:52,120

etc.

816

00:45:52,120 --> 00:45:53,120

And you add sleep deprivation.

817

00:45:53,120 --> 00:45:56,200

And these are all preventative elements that we can improve.

818

00:45:56,200 --> 00:45:59,080

Like next strength is a perfect example of that.

819

00:45:59,080 --> 00:46:02,720

And until we stop looking at, you know, I mean, even Aaron Hernandez, that was a horrendous

820

00:46:02,720 --> 00:46:03,720

ending.

821

00:46:03,720 --> 00:46:08,540

But, you know, oh, my gosh, they look at it and go his brain was a was was jelly.

822

00:46:08,540 --> 00:46:11,080

You know, that's that's probably where a lot of that came from.

823

00:46:11,080 --> 00:46:15,720

And excuse what he absolutely but we can, you know, OK, well, can we learn from this

824

00:46:15,720 --> 00:46:18,080
and therefore stop preventing it?

825

00:46:18,080 --> 00:46:21,600
What I want to put to you before we kind of go down the kind of journey that your neck

826

00:46:21,600 --> 00:46:27,540
has gone on an observation that I've made coming from a country where we don't really

827

00:46:27,540 --> 00:46:35,120
forge a high level of athleticism in our schools so much.

828

00:46:35,120 --> 00:46:39,600
You have a lot of high school kids, even college graduates that then go on and they keep playing

829

00:46:39,600 --> 00:46:42,520
football rugby, you know, whatever the sports are.

830

00:46:42,520 --> 00:46:45,500
And there's public leagues and local leagues and all that kind of stuff.

831

00:46:45,500 --> 00:46:51,080
What I saw when I first came to the US was a lot of like I would say Uncle Rico's, you

832

00:46:51,080 --> 00:46:55,400
know, that that could have, would have, should have been if it wasn't for my MCO ACL, you

833

00:46:55,400 --> 00:46:57,600
know, slap tear, you name it.

834

00:46:57,600 --> 00:47:01,360
And as we've gone through and I've listened to a lot of high high level athletes, high

835

00:47:01,360 --> 00:47:07,240

level coaches, my observation is and this isn't all the people, but there's a real

836

00:47:07,240 --> 00:47:13,600

danger when it comes to our youth athletes of squeezing out performance from them at

837

00:47:13,600 --> 00:47:16,040

the detriment of their wellness.

838

00:47:16,040 --> 00:47:18,760

And that's a line that I think gets blurred sometimes.

839

00:47:18,760 --> 00:47:23,540

What's your perspective of winning with a young person versus making sure that we're

840

00:47:23,540 --> 00:47:27,440

overseeing their longevity and health as well?

841

00:47:27,440 --> 00:47:31,520

No, that's a really good statement.

842

00:47:31,520 --> 00:47:36,600

You know, brains are more susceptible to damage the younger you are.

843

00:47:36,600 --> 00:47:42,120

When I see kids on a Pop Warner football field and they're, you know, they're barely three

844

00:47:42,120 --> 00:47:44,120

feet tall.

845

00:47:44,120 --> 00:47:45,480

What is the point?

846

00:47:45,480 --> 00:47:47,360

What are you doing?

847

00:47:47,360 --> 00:47:50,800

What's going on in your brain to think that that's okay to have these little kids running

848

00:47:50,800 --> 00:47:53,280

around tackling?

849

00:47:53,280 --> 00:47:56,280

There's just no reason for that at all.

850

00:47:56,280 --> 00:48:00,000

I mean, there's a great deal of guys in the NFL that didn't start playing football until

851

00:48:00,000 --> 00:48:05,000

they were in seventh, eighth or freshman in high school.

852

00:48:05,000 --> 00:48:09,600

And one of the reasons that they complain, if their bodies aren't beat up and destroyed,

853

00:48:09,600 --> 00:48:12,600

they just haven't had that much wear and tear on the body.

854

00:48:12,600 --> 00:48:16,400

But we have to protect, we have to protect the kids.

855

00:48:16,400 --> 00:48:25,120

You know, the NFL has made great strides in helping with awareness that, yeah, you don't

856

00:48:25,120 --> 00:48:27,320

need to tackle all practice long.

857

00:48:27,320 --> 00:48:30,480

You don't need to go full speed all practice long.

858

00:48:30,480 --> 00:48:32,240

You don't, you're going to tackle this way.

859

00:48:32,240 --> 00:48:34,280

We're not going to use our heads any longer.

860

00:48:34,280 --> 00:48:41,320

You're not going to hit a guy when he is completely defenseless, even if it's in the body, so his

861

00:48:41,320 --> 00:48:44,920

head snaps and we're not going to go helmet to helmet with a defenseless player.

862

00:48:44,920 --> 00:48:47,040

We're not going to do that anymore.

863

00:48:47,040 --> 00:48:50,200

They've recognized that they were sort of forced into it.

864

00:48:50,200 --> 00:48:56,400

You're forced into it by the potential lawsuit from the NFLPA and former players and all

865

00:48:56,400 --> 00:48:57,400

of that.

866

00:48:57,400 --> 00:49:05,200

And they got the settlement to help cover it, but they lead the way.

867

00:49:05,200 --> 00:49:06,200

They do it.

868

00:49:06,200 --> 00:49:10,640

It filters down into college and then it filters down into high school and filters down into

869

00:49:10,640 --> 00:49:11,640

youth sports.

870

00:49:11,640 --> 00:49:13,560

I mean, that's how it goes.

871

00:49:13,560 --> 00:49:16,640

So they've led the way.

872

00:49:16,640 --> 00:49:22,620

Practice at UCLA, when I was there, it was two and a half hours long.

873

00:49:22,620 --> 00:49:29,600

We had 18 periods and I think that 14 of them were full speed contact.

874

00:49:29,600 --> 00:49:32,880

I mean, just full speed contact.

875

00:49:32,880 --> 00:49:36,400

So he plays in a football game.

876

00:49:36,400 --> 00:49:39,000

Does it offense run back then?

877

00:49:39,000 --> 00:49:40,640

Maybe 65.

878

00:49:40,640 --> 00:49:46,600

So, but in practice we'd run 400 full speed contact drills.

879

00:49:46,600 --> 00:49:50,920

It might not be a play, but it might be one on one and you're just beating yourself up.

880

00:49:50,920 --> 00:49:54,600

And on top of that, we had a garden hose on the field.

881

00:49:54,600 --> 00:49:55,600

And this is not a joke, James.

882

00:49:55,600 --> 00:49:57,600

I know, I'm an old guy.

883

00:49:57,600 --> 00:49:58,600

Yeah.

884

00:49:58,600 --> 00:50:01,960

We walked, you know, we had to walk through the snow up a mountain all the way to school.

885

00:50:01,960 --> 00:50:04,560

And then on the way home, it was up a steeper mountain.

886

00:50:04,560 --> 00:50:06,680

This isn't one of those stories.

887

00:50:06,680 --> 00:50:07,960

This is the truth.

888

00:50:07,960 --> 00:50:10,880

We had a garden hose on the football field.

889

00:50:10,880 --> 00:50:15,160

One of them, 110 football players out there.

890

00:50:15,160 --> 00:50:16,280

It's LA.

891

00:50:16,280 --> 00:50:17,280

It was hot.

892

00:50:17,280 --> 00:50:19,800

August, smoggy and hot.

893

00:50:19,800 --> 00:50:20,800

Who cares?

894

00:50:20,800 --> 00:50:23,520

It's going to make you stronger.

895

00:50:23,520 --> 00:50:29,640

And if you were good, you got to run over there and drink out of a garden hose.

896

00:50:29,640 --> 00:50:31,840

Now what do they do?

897

00:50:31,840 --> 00:50:35,640

They got Gatorade stations, tables set up all over the field.

898

00:50:35,640 --> 00:50:39,920

Anytime you're thirsty, anytime you need water, you can leave your drill and you can go get

899

00:50:39,920 --> 00:50:41,080

a drink.

900

00:50:41,080 --> 00:50:43,360

And you know, it's how it should be.

901

00:50:43,360 --> 00:50:44,360

Right?

902

00:50:44,360 --> 00:50:46,160

We ran, we ran a test.

903

00:50:46,160 --> 00:50:54,080

We had a three and a half mile test when we got to school after summer and we ran it at

904

00:50:54,080 --> 00:51:00,040

four o'clock in the afternoon, right in the middle of rush hour, right along Sunset Boulevard

905

00:51:00,040 --> 00:51:02,120

was half of the loop.

906

00:51:02,120 --> 00:51:08,360

Super smoggy back in the early seventies or late seventies, early eighties.

907

00:51:08,360 --> 00:51:10,560

And they didn't care.

908

00:51:10,560 --> 00:51:12,820

We thought, oh, that's going to make it tougher.

909

00:51:12,820 --> 00:51:13,820

Go that water.

910

00:51:13,820 --> 00:51:15,000

That's going to make it tougher.

911

00:51:15,000 --> 00:51:16,480

Get hard all day long.

912

00:51:16,480 --> 00:51:17,480

That's going to make you tougher.

913

00:51:17,480 --> 00:51:18,800

We get to the game.

914

00:51:18,800 --> 00:51:20,600

All of a sudden there's all the Gatorade and all the water.

915

00:51:20,600 --> 00:51:21,600

Oh no, drink it.

916

00:51:21,600 --> 00:51:26,600

It's really important for you to drink this, you know, so you can, you can perform better.

917

00:51:26,600 --> 00:51:31,680

But it was, it's, it's that, it's that mentality.

918

00:51:31,680 --> 00:51:36,880

It, it, we, it's, you know, it's filtered down.

919

00:51:36,880 --> 00:51:37,880

It's filtered down.

920

00:51:37,880 --> 00:51:38,880

It's getting better.

921

00:51:38,880 --> 00:51:41,320

The hitting is completely a lot less now.

922

00:51:41,320 --> 00:51:44,600

I mean, in high school, they hardly hit it all anymore, which is great.

923

00:51:44,600 --> 00:51:47,880

They just, the form tackle, they tackle up.

924

00:51:47,880 --> 00:51:54,960

But the thing that a lot of people don't realize is girls' soccer, number one concussal sport

925

00:51:54,960 --> 00:51:55,960

in America.

926

00:51:55,960 --> 00:51:58,440

A lot of hitting in girls' soccer.

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00:51:58,440 --> 00:52:01,440

No, there's not a lot of hitting in girls' soccer.

928

00:52:01,440 --> 00:52:03,040

What's the problem there?

929

00:52:03,040 --> 00:52:04,520

It's the bobblehead effect.

930

00:52:04,520 --> 00:52:08,200

Girls' anatomy, they have a longer neck than men do.

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00:52:08,200 --> 00:52:09,200

They just do.

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00:52:09,200 --> 00:52:11,520

Anatomically, they have that longer neck.

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00:52:11,520 --> 00:52:16,640

They have a weaker neck than men do because anatomically, they have a weaker neck.

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00:52:16,640 --> 00:52:20,040

And they're, they just have this bobblehead going on.

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00:52:20,040 --> 00:52:22,200

So they're running around the soccer field.

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00:52:22,200 --> 00:52:23,800

They trip, they fall.

937

00:52:23,800 --> 00:52:26,320

Their head's going to snap and smack into the ground.

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00:52:26,320 --> 00:52:27,800

They're going to get concussed.

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00:52:27,800 --> 00:52:31,080

They, they body blow, body blow, body blow.

940

00:52:31,080 --> 00:52:32,080

Their head snaps.

941

00:52:32,080 --> 00:52:34,480

They don't make any contact, but it's just snapping.

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00:52:34,480 --> 00:52:39,400

I mean, some of the worst concussions in NFL have been from, from a wide receiver going

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00:52:39,400 --> 00:52:44,840

up to make a catch, you know, and then he gets, he gets hit in the midsection and his

944

00:52:44,840 --> 00:52:47,600

whole body snaps and his head snaps.

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00:52:47,600 --> 00:52:49,560

The guys concussed that he's knocked out.

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00:52:49,560 --> 00:52:51,920

And there was like, how could that happen?

947

00:52:51,920 --> 00:52:52,920

It's a snapping.

948

00:52:52,920 --> 00:53:01,720

If we can prevent the head from reaching the end of the range of motion, it's the end of

949

00:53:01,720 --> 00:53:02,840

range of motion.

950

00:53:02,840 --> 00:53:04,800

We can prevent it.

951

00:53:04,800 --> 00:53:06,200

Then we prevent the snapping.

952

00:53:06,200 --> 00:53:12,160

And if we can prevent the snapping, we prevent the brain from flying across inside the skull

953

00:53:12,160 --> 00:53:17,800

and smashing onto the other side of the skull and then rattling the coup, counter coup that

954

00:53:17,800 --> 00:53:20,080

the neurosurgeons are always talking about.

955

00:53:20,080 --> 00:53:21,080

We prevent that.

956

00:53:21,080 --> 00:53:22,880

And all of a sudden you don't get concussed.

957

00:53:22,880 --> 00:53:26,480

If you have a strong neck and you can prevent the snapping.

958

00:53:26,480 --> 00:53:30,960

But girls soccer, the most concussed sport in America, they need to strengthen their

959

00:53:30,960 --> 00:53:33,360

necks and it's not just about hitting.

960

00:53:33,360 --> 00:53:36,280

It's not, you know, and football has, has done a lot.

961

00:53:36,280 --> 00:53:41,280

I mean, they've taken all that back and it's not just, it's good for your whole body.

962

00:53:41,280 --> 00:53:42,280

You know, it's good for your whole body.

963

00:53:42,280 --> 00:53:43,840

I have two knee replacements.

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00:53:43,840 --> 00:53:46,640

I have two hip replacements.

965

00:53:46,640 --> 00:53:48,640

What do you think that was from?

966

00:53:48,640 --> 00:53:49,640

Golfing?

967

00:53:49,640 --> 00:53:52,000

Yeah, no, it wasn't from golfing.

968

00:53:52,000 --> 00:53:56,000

At least I can still golf, but it wasn't from golfing.

969

00:53:56,000 --> 00:54:01,800

It was, it was from football, just pounding and pounding and pounding away.

970

00:54:01,800 --> 00:54:06,480

So the fact that we're, we're, we're saving the bodies of all these kids.

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00:54:06,480 --> 00:54:07,480

That's great.

972

00:54:07,480 --> 00:54:10,720

The fact that we're starting to protect their brains, you know, that's great.

973

00:54:10,720 --> 00:54:16,840

A lot of kids have, have gotten CT in high school now in high school.

974

00:54:16,840 --> 00:54:19,160

You know, they're, they're just to the point where they can't even read anymore.

975

00:54:19,160 --> 00:54:20,440

They can't learn.

976

00:54:20,440 --> 00:54:24,160

So I think that, you know, there's been great strides.

977

00:54:24,160 --> 00:54:26,120

We need to do more.

978

00:54:26,120 --> 00:54:32,000

And I think that, and I know I've invented the iron neck and, and you know, whatever,

979

00:54:32,000 --> 00:54:34,800

but here's the bottom line.

980

00:54:34,800 --> 00:54:40,920

I tell everyone I know that has a daughter in soccer, you have to strengthen her neck.

981

00:54:40,920 --> 00:54:44,600

You have to, you have to, you have to, if you don't, you're going to, it's going to

982

00:54:44,600 --> 00:54:48,140

come back later and it's going to be, it's going to be a problem.

983

00:54:48,140 --> 00:54:49,140

You got to do that.

984

00:54:49,140 --> 00:54:50,140

Why they don't hit.

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00:54:50,140 --> 00:54:51,880

And then I, I give them my spiel.

986

00:54:51,880 --> 00:54:57,520

I had a buddy I was working with, um, and a real estate development company has had

987

00:54:57,520 --> 00:55:03,720

a daughter and was a great athlete, played soccer, got a, got into Princeton because

988

00:55:03,720 --> 00:55:05,200

of her soccer abilities.

989

00:55:05,200 --> 00:55:09,640

Uh, you know, they don't, they don't get four rides in the Ivy league, but you know,

990

00:55:09,640 --> 00:55:13,600

you get basically a half scholarship to get in or more to get into the school.

991

00:55:13,600 --> 00:55:15,960

And then you're on the soccer team.

992

00:55:15,960 --> 00:55:21,820

She couldn't make it because she couldn't concentrate and she couldn't read any longer.

993

00:55:21,820 --> 00:55:22,820

She had CTE already.

994

00:55:22,820 --> 00:55:23,820

And it's cause of soccer.

995

00:55:23,820 --> 00:55:30,320

And I told him so many times, I even taught him how to do it with his hands.

996

00:55:30,320 --> 00:55:33,400

You know, I mean, he wouldn't take an iron neck for free.

997

00:55:33,400 --> 00:55:38,560

It just, it just makes me sick when I think back on that and we just have to strengthen

998

00:55:38,560 --> 00:55:39,560

the necks.

999

00:55:39,560 --> 00:55:43,680

It's just, it's just like, it's just the dumbest thing in the world when, and I know

1000

00:55:43,680 --> 00:55:45,720

I'm just rambling here and I'm going on a little rant.

1001

00:55:45,720 --> 00:55:49,600

I've apologized, but it drives me nuts.

1002

00:55:49,600 --> 00:55:54,200

It drives me nuts when people say, oh no, the next fragile can't work out the neck.

1003

00:55:54,200 --> 00:55:57,240

No, it's if you break your neck, you know, you're going to get paralyzed.

1004

00:55:57,240 --> 00:55:58,240

Just fragile.

1005

00:55:58,240 --> 00:55:59,240

You can't work it out.

1006

00:55:59,240 --> 00:56:05,080

And like, watch a watch NFL game, watch college game.

1007

00:56:05,080 --> 00:56:07,920

What happens to the head and neck during that game?

1008

00:56:07,920 --> 00:56:08,920

They get thrashed.

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00:56:08,920 --> 00:56:09,920

They get beat around.

1010

00:56:09,920 --> 00:56:11,880

They get smashed into the ground.

1011

00:56:11,880 --> 00:56:15,120

Helmet to helmet contact, just crunching blows.

1012

00:56:15,120 --> 00:56:17,520

Well, that's okay.

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00:56:17,520 --> 00:56:22,400

But you're, you're afraid to train it in the gym with it, with a strength coach that could

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00:56:22,400 --> 00:56:24,520

guide you through it.

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00:56:24,520 --> 00:56:26,760

It makes no sense at all.

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00:56:26,760 --> 00:56:27,880

None.

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00:56:27,880 --> 00:56:30,960

And it's, it's, you strengthen every other part of your body.

1018

00:56:30,960 --> 00:56:34,440

They worry about the knee joint and they, and they should, they should worry about the

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00:56:34,440 --> 00:56:37,080

knee joint and they worry about the Achilles tendon.

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00:56:37,080 --> 00:56:39,920

You know, we got to make that strong so it doesn't snap.

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00:56:39,920 --> 00:56:41,920

We've seen that happen this year several times.

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00:56:41,920 --> 00:56:42,920

Yeah.

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00:56:42,920 --> 00:56:46,200

You worry about those different joints to strengthen them up to protect the player.

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00:56:46,200 --> 00:56:49,160

This is part of the core.

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00:56:49,160 --> 00:56:51,040

It's just that it's the top part of the core.

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00:56:51,040 --> 00:56:53,000

It needs to be strong.

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00:56:53,000 --> 00:56:54,000

It needs to be massive.

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00:56:54,000 --> 00:56:58,080

You're, you're, you know, like we were talking, your head is a weapon.

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00:56:58,080 --> 00:57:04,800

Aaron Pico, MMA fighter, um, California wrestler started using iron neck when Doc Kreese, who

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00:57:04,800 --> 00:57:10,840

was a strength coach at UCLA after he left, when Carl Durrell got let go, started his

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00:57:10,840 --> 00:57:14,960

own clinic in Marina Del Rey and he had a bunch of athletes working out with him.

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00:57:14,960 --> 00:57:19,000

And Aaron was a freshman and he was a little tiny guy.

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00:57:19,000 --> 00:57:22,680

And you know, we started him on our neck right off the bat.

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00:57:22,680 --> 00:57:27,040

And this kid, this kid developed into this huge neck.

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00:57:27,040 --> 00:57:31,400

He's a great MMA fighter and super strong and he's been carrying that old iron neck

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00:57:31,400 --> 00:57:33,120

around with him forever.

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00:57:33,120 --> 00:57:39,240

Um, but you know, he came up to me after he'd been working out on it for a long, long time

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00:57:39,240 --> 00:57:43,840

and in a very threatening way told me his head was now a weapon.

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00:57:43,840 --> 00:57:46,040

You know, like this, my head's a weapon now.

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00:57:46,040 --> 00:57:49,680

I'll kick your ass with my head because my neck is so strong.

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00:57:49,680 --> 00:57:54,760

But um, you know, that was a, that was, you know, that was one of the things that got

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00:57:54,760 --> 00:57:58,520

our neck going because he worked out with Nick Kersen.

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00:57:58,520 --> 00:58:03,100

Nick Kersen is a great strength coach for MMA fighters and Nick Kersen got on the Joe

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00:58:03,100 --> 00:58:09,440

Rogan podcast and Joe asked Nick, Joe's neck was bothering him.

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00:58:09,440 --> 00:58:13,400

He asked Nick, what do you do for, what do you do for necks?

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00:58:13,400 --> 00:58:16,320

And Nick Kersen was like, Oh, we have this weird thing you put on your head.

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00:58:16,320 --> 00:58:17,520

It's the weirdest thing ever.

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00:58:17,520 --> 00:58:21,800

And he looked like a dork when you put it on your head and you're doing it.

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00:58:21,800 --> 00:58:26,920

And anyway, the producer found it online and, and then, you know, we reached out to Joe

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00:58:26,920 --> 00:58:32,440

and Joe had me over and I got to work him out and he, he filmed it and it was, you know,

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00:58:32,440 --> 00:58:35,040

it really helped out the growth of the company.

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00:58:35,040 --> 00:58:39,280

But um, you know, the next strength, it's so important.

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00:58:39,280 --> 00:58:41,240

There's no excuse not to ever train your neck.

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00:58:41,240 --> 00:58:43,480

There's just none at all.

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00:58:43,480 --> 00:58:49,080

Just a regular person in a car, a lady coming home from grocery shopping or whatever work,

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00:58:49,080 --> 00:58:50,080

she gets re-ended.

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00:58:50,080 --> 00:58:52,200

Her neck can be jacked up forever.

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00:58:52,200 --> 00:58:57,640

If it's strong, I'm not talking bulky ladies out there watching this.

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00:58:57,640 --> 00:59:00,840

I know trying to get your neck bulky, but it can get a lot stronger.

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00:59:00,840 --> 00:59:04,940

My wife has a very slim, sexy neck, but guess what?

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00:59:04,940 --> 00:59:07,060

That neck is so strong.

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00:59:07,060 --> 00:59:09,360

You cannot believe how strong it is.

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00:59:09,360 --> 00:59:11,080

So there I'm done.

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00:59:11,080 --> 00:59:12,080

I'm done rants.

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00:59:12,080 --> 00:59:13,080

No, no, I like rants.

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00:59:13,080 --> 00:59:14,080

Trust me.

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00:59:14,080 --> 00:59:15,080

That's what my podcasts are long.

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00:59:15,080 --> 00:59:20,440

Um, going back to the, uh, the, the combat side, the, the, uh, the amount of head trauma

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00:59:20,440 --> 00:59:23,240

when I was in LA, I worked for Anaheim fire for a few years.

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00:59:23,240 --> 00:59:26,480

That's how I came across Rolke ultimately who connected us.

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00:59:26,480 --> 00:59:30,360

So I want to give him a shout out massive fucking neck that guy.

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00:59:30,360 --> 00:59:36,560

Um, but, uh, I've trained in a shoot box who was in LA, um, just for a short time.

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00:59:36,560 --> 00:59:39,880

I think they were full about a year and that was full on fight club.

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00:59:39,880 --> 00:59:44,120

Like I had broken nose, perforated, you name it, just had the shit kicked out of me by

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00:59:44,120 --> 00:59:46,360

people bigger and stronger.

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00:59:46,360 --> 00:59:49,480

Learned how to, you know, learned that wasn't the world's biggest pussy, but didn't really

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00:59:49,480 --> 00:59:54,120

learn a lot of techniques because, you know, as you know, when you're going full belt,

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00:59:54,120 --> 00:59:56,280

you're not really learning technique.

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00:59:56,280 --> 00:59:59,800

It's more survival mode or just, you know, red zone fighting.

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00:59:59,800 --> 01:00:03,960

But what I've seen, um, you know, had Greg Jackson on, for example, is a lot of the MMA

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01:00:03,960 --> 01:00:08,640

gyms now are like we were saying in football, they're doing a lot less heavy sparring now.

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01:00:08,640 --> 01:00:11,200

That's going to be a lighter sparring pad work, those kinds of things.

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01:00:11,200 --> 01:00:15,240

Of course they're going to have sessions where they go heavier, but just like you hit on

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01:00:15,240 --> 01:00:20,040

with the number of heavy, heavy training sessions you had, now it's pulled back a lot.

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01:00:20,040 --> 01:00:24,440

And I think that coupled with the proactive element that we're going to talk about of

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01:00:24,440 --> 01:00:27,400

training so that you can protect the neck.

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01:00:27,400 --> 01:00:31,720

Also we've just, we've evolved and it's sad because the fire service hasn't, when it comes

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01:00:31,720 --> 01:00:37,240

to the, the amount of hours that these firefighters work and they're less, you know, the little

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01:00:37,240 --> 01:00:40,360

sleep that they get, we're killing them through that way as well.

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01:00:40,360 --> 01:00:44,440

I'm trying to get them to understand that we need to evolve the same way as for example,

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01:00:44,440 --> 01:00:47,760

the NFL has, because you know, we're in a ring in our hands.

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01:00:47,760 --> 01:00:49,800

Oh, why are we, you know, why are so many dying?

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01:00:49,800 --> 01:00:55,600

Well, you still work in 56 hours a week and then mandatory overtime and you're under wondering

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01:00:55,600 --> 01:00:57,120

why they're getting sick and all that stuff.

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01:00:57,120 --> 01:00:59,720

Cause sleep deprivation mirrors CTE.

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01:00:59,720 --> 01:01:01,280

It also breaks down the neurons.

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01:01:01,280 --> 01:01:06,200

So um, with that being said though, I want to just, before we get to the actual athlete

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01:01:06,200 --> 01:01:13,320

side, when I look at a lot of younger people and the, we are in a weird to blame, the parents

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01:01:13,320 --> 01:01:18,200

is the blame because our generation invented the tablet, the cell phone, all these things.

1100

01:01:18,200 --> 01:01:20,880

But a lot of these kids have this forward head carriage.

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01:01:20,880 --> 01:01:26,920

Now they have the forward shoulder carriage, athletics, you know, neck resilience aside,

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01:01:26,920 --> 01:01:28,160

talk to me about posture.

1103

01:01:28,160 --> 01:01:33,720

Have you seen a lot of, a lot of positive impact when it comes to simply returning a

1104

01:01:33,720 --> 01:01:37,040

young person's spine back to where it should be?

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01:01:37,040 --> 01:01:38,040

Absolutely.

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01:01:38,040 --> 01:01:41,680

And we call it tech neck or tech neck.

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01:01:41,680 --> 01:01:46,520

So tech neck is basically someone sitting at a desk all day like this, looking down

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01:01:46,520 --> 01:01:52,000

at a keyboard, looking down at a screen and then text neck is, you know, kids walking

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01:01:52,000 --> 01:01:55,720

around with their phones in their hands, their heads down all the time.

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01:01:55,720 --> 01:02:01,000

It elongates and stretches out the neck erectors, uh, spleen is capital spleen and cervix just

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01:02:01,000 --> 01:02:05,920

get all stretched out, even a little bit of sternocleidomastoid in the back section.

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01:02:05,920 --> 01:02:09,400

And you know, it's terrible posture, terrible posture.

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01:02:09,400 --> 01:02:11,020

It affects shoulders.

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01:02:11,020 --> 01:02:12,020

It affects your back.

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01:02:12,020 --> 01:02:15,000

Uh, it needs to, it needs to get fixed.

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01:02:15,000 --> 01:02:17,960

One great thing about the iron neck is it does that.

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01:02:17,960 --> 01:02:20,620

So when you, when you think about a lever, right?

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01:02:20,620 --> 01:02:25,800

So if you got something attached to a lever and you're pulling it this way, that whole

1119

01:02:25,800 --> 01:02:27,600

lever has to remain rigid.

1120

01:02:27,600 --> 01:02:30,680

It has to, cause you're getting pulled this way.

1121

01:02:30,680 --> 01:02:32,880

Well that's the basic principle behind our neck.

1122

01:02:32,880 --> 01:02:36,880

You put it on your head and you're attached to a cable machine or you're attached to the

1123

01:02:36,880 --> 01:02:40,160

bungee cord and you're getting pulled in that direction.

1124

01:02:40,160 --> 01:02:46,200

Your whole body, your whole kinetic chain has to resist that.

1125

01:02:46,200 --> 01:02:48,280

You have to have good posture.

1126

01:02:48,280 --> 01:02:51,520

And all of a sudden, if you start using that, even if you're doing this during the course

1127

01:02:51,520 --> 01:02:56,040

of the day, you're going to have good posture because those muscles now have been tightened

1128

01:02:56,040 --> 01:03:00,040

up and it's, it's all the way around, which works well.

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01:03:00,040 --> 01:03:04,800

You know, whatever, whatever, whatever's away from the attachment point, you know, those

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01:03:04,800 --> 01:03:06,440

muscles are working.

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01:03:06,440 --> 01:03:11,240

Now I go this way, then, you know, the muscles on this side are working, et cetera.

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01:03:11,240 --> 01:03:14,280

So it's, it's really important to do that.

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01:03:14,280 --> 01:03:19,600

Um, I was going to say something else and I'm, I just lost my train of thought about

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01:03:19,600 --> 01:03:20,600

the posture.

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01:03:20,600 --> 01:03:21,600

Oh yeah.

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01:03:21,600 --> 01:03:27,000

So we have, we have corporations, companies that put iron neck in their break rooms.

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01:03:27,000 --> 01:03:29,640

They're hanging on the wall in their break rooms.

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01:03:29,640 --> 01:03:30,800

Why?

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01:03:30,800 --> 01:03:35,720

Because they're, they're people are like this all day long and they come in and they, they

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01:03:35,720 --> 01:03:39,280

know now if they put the iron neck on and they work out with it, they just feel better.

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01:03:39,280 --> 01:03:43,440

They get a blood flow immediately, a blood flow to your, to your head.

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01:03:43,440 --> 01:03:44,680

It helps with headaches.

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01:03:44,680 --> 01:03:47,380

It helps with waking up.

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01:03:47,380 --> 01:03:51,080

You know that after, after lunch, you come in there, do a little iron neck workout literally

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01:03:51,080 --> 01:03:53,640

for one minute and it just helps.

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01:03:53,640 --> 01:03:56,080

It just gets blood flow and it gets your posture back.

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01:03:56,080 --> 01:03:58,960

I mean, I have a standup desk at home.

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01:03:58,960 --> 01:04:01,240

I have a standup desk at work.

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01:04:01,240 --> 01:04:04,720

That also helps to get your posture up, especially when you raise the desk up.

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01:04:04,720 --> 01:04:08,600

So you're actually looking up like this at the screens and not, you know, not down like

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01:04:08,600 --> 01:04:14,000

this at the screens, but yeah, it's, it's so important posture and, and you know, there's

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01:04:14,000 --> 01:04:16,800

a, the younger you are, the worst that it is.

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01:04:16,800 --> 01:04:21,440

I remember when I, I owned a gym in Pacific Palisades for a long time.

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01:04:21,440 --> 01:04:22,920

It was, it was called pro trade.

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01:04:22,920 --> 01:04:24,080

It was a great gym.

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01:04:24,080 --> 01:04:27,560

It was just private trainers and the clients and all of that.

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01:04:27,560 --> 01:04:32,720

And I had one client that brought his daughter in and she had the worst posture, just the

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01:04:32,720 --> 01:04:37,480

absolute worst posture you could just, she just walked around and this is before cell

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01:04:37,480 --> 01:04:38,480

phones.

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01:04:38,480 --> 01:04:42,960

She walked around like this all the time, you know, and she was tall and she was embarrassed

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01:04:42,960 --> 01:04:45,160

about being tall.

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01:04:45,160 --> 01:04:49,240

And, and her dad said, look, Mike, whatever you got to do, I want her standing straight

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01:04:49,240 --> 01:04:50,240

up.

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01:04:50,240 --> 01:04:57,280

So, you know, we did a lot of work and I did back then I would do hands on neck training.

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01:04:57,280 --> 01:05:00,320

You know, hand on the head and maybe pushing it.

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01:05:00,320 --> 01:05:01,320

I do rotate.

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01:05:01,320 --> 01:05:04,360

They have to rotate back and forth.

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01:05:04,360 --> 01:05:08,560

I'd hold their chin so they had to rotate, but that really helped her posture out.

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01:05:08,560 --> 01:05:14,400

And then I did a lot of upper back work, a lot of work on the scapula and the rhomboids

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01:05:14,400 --> 01:05:21,040

and you know, in about three months she was standing pretty much straight up and you know,

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01:05:21,040 --> 01:05:22,920

she's got a really, really good job now.

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01:05:22,920 --> 01:05:25,760

You know, and you know, she had confidence.

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01:05:25,760 --> 01:05:32,160

She looked confident, she didn't look like she was scared to walk into her room, but

1174

01:05:32,160 --> 01:05:34,200

yeah, it's, it's important.

1175

01:05:34,200 --> 01:05:35,200

Absolutely.

1176

01:05:35,200 --> 01:05:39,720

Well, I want to get to the application and the tactical professions in a little bit,

1177

01:05:39,720 --> 01:05:44,680

but before we do talk to me about the size and weight of the original prototype and then

1178

01:05:44,680 --> 01:05:47,360

walk me through how it's evolved.

1179

01:05:47,360 --> 01:05:48,640

Okay.

1180

01:05:48,640 --> 01:05:54,720

So so I mentioned that, you know, right after I lost that job, I invented the iron neck,

1181

01:05:54,720 --> 01:06:00,160

literally James in one week I had it on my head and I was using it and it worked.

1182

01:06:00,160 --> 01:06:02,000

It was like, okay, this works.

1183

01:06:02,000 --> 01:06:03,080

But how did that happen?

1184

01:06:03,080 --> 01:06:10,320

Well, I started off with a 33 pound block of aluminum and I have some really, really

1185

01:06:10,320 --> 01:06:15,680

close friends that own a machine shop in Torrance and they do spark back then they were doing

1186

01:06:15,680 --> 01:06:20,160

spatial parts and now they do a lot of space X parts and all of that.

1187

01:06:20,160 --> 01:06:25,280

So I walked in there and I sat down with Danny and George and I said, Hey guys, I want to

1188

01:06:25,280 --> 01:06:26,280

build this thing.

1189

01:06:26,280 --> 01:06:28,440

And I, and I, I drawn it all up.

1190

01:06:28,440 --> 01:06:32,800

I have a drafting table because you know, I'm a developer and sometimes I do my own plans

1191

01:06:32,800 --> 01:06:33,880

for homes.

1192

01:06:33,880 --> 01:06:37,640

So I, I, I drafted it up three dimensional drawing.

1193

01:06:37,640 --> 01:06:39,440

This is what I want to do.

1194

01:06:39,440 --> 01:06:43,700

And I want to, can we just do it out of, out of aluminum?

1195

01:06:43,700 --> 01:06:47,960

So we started with this 33 pound block and we milled it and we turned it and you know,

1196

01:06:47,960 --> 01:06:54,000

because the center hole is oblong outside was perfectly round and literally, um, on

1197

01:06:54,000 --> 01:06:58,960

Friday I walked in there on a Monday and they sent me back and said, look, it has to be

1198

01:06:58,960 --> 01:07:01,480

to a thousandth of an inch every measurement.

1199

01:07:01,480 --> 01:07:06,240

So we can put it into our cab machine and you know, this, this big machine computer

1200

01:07:06,240 --> 01:07:07,240

operates it.

1201

01:07:07,240 --> 01:07:11,160

And it was the coolest thing that walk in there and watch this machine, you know, holding

1202

01:07:11,160 --> 01:07:15,560

the holding the block of aluminum and all these bits and pieces come in and just drill

1203

01:07:15,560 --> 01:07:18,040

it all out and make all the holes.

1204

01:07:18,040 --> 01:07:25,400

So then I, I, um, went to an upholster shop and I got a band, a Velcro in a post and I

1205

01:07:25,400 --> 01:07:30,200

had that thing on my head and the truck was on there roaring, roaring around the outside.

1206

01:07:30,200 --> 01:07:32,320

That was over 13 pounds.

1207

01:07:32,320 --> 01:07:36,120

Now to me, 13 pounds was nothing.

1208

01:07:36,120 --> 01:07:40,480

Try to get someone else to put 13 pounds in their head.

1209

01:07:40,480 --> 01:07:41,600

Even in the NFL.

1210

01:07:41,600 --> 01:07:47,600

It's funny because I mean, women aren't going to do it because no way, although my wife

1211

01:07:47,600 --> 01:07:54,880

just recently stopped using her 13 pound iron neck for the brand new 3.0 model.

1212

01:07:54,880 --> 01:07:57,100

Cause she, she just loved how it felt.

1213

01:07:57,100 --> 01:07:58,100

She got used to it.

1214

01:07:58,100 --> 01:08:01,800

She just liked it, but she's using the brand new model now.

1215

01:08:01,800 --> 01:08:06,600

Once in a while I catch her using the old model, but she says it's really comfortable.

1216

01:08:06,600 --> 01:08:13,640

You know, actually it was, but it's still 13 pounds, but my rationale was that a Navy

1217

01:08:13,640 --> 01:08:20,760

seal helmet with full on night vision gear and all the apparatus that they put on it

1218

01:08:20,760 --> 01:08:22,920

was 13 pounds.

1219

01:08:22,920 --> 01:08:30,480

So you know, when I went down and installed down in Coronado in San Diego for the Navy

1220

01:08:30,480 --> 01:08:32,560

seals down there, they didn't care.

1221

01:08:32,560 --> 01:08:33,560

13 pounds is great.

1222

01:08:33,560 --> 01:08:35,120

It's the same as their helmet.

1223

01:08:35,120 --> 01:08:37,520

They have that weight on their head all the time.

1224

01:08:37,520 --> 01:08:40,400

So it just depends on who was looking at it.

1225

01:08:40,400 --> 01:08:43,880

Now a physical therapist, I'm not putting that on anyone's head.

1226

01:08:43,880 --> 01:08:44,880

And I don't blame them.

1227

01:08:44,880 --> 01:08:50,160

You know, especially you come out of some kind of a neck rehab, you know, neck surgery,

1228

01:08:50,160 --> 01:08:51,560

you don't want that on there.

1229

01:08:51,560 --> 01:08:54,760

So that was the first iteration.

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01:08:54,760 --> 01:09:00,800

The next iteration was to take that and just do a spine of aluminum and do injection mold

1231

01:09:00,800 --> 01:09:01,800

top and bottom.

1232

01:09:01,800 --> 01:09:04,240

We're also trying to cheapen the price.

1233

01:09:04,240 --> 01:09:08,280

It was over \$800 to build that first on our neck.

1234

01:09:08,280 --> 01:09:12,520

I mean, you know, it's a commodity in some weeks, it'd be more because aluminum was up

1235

01:09:12,520 --> 01:09:13,520

that week.

1236

01:09:13,520 --> 01:09:14,520

It just depended.

1237

01:09:14,520 --> 01:09:17,120

So I wanted to get the aluminum down.

1238

01:09:17,120 --> 01:09:18,120

So that was the spine.

1239

01:09:18,120 --> 01:09:20,000

That was seven and a half pounds.

1240

01:09:20,000 --> 01:09:26,400

So we had the spine and we had injection mold, a lot of bolts and metal parts on that one.

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01:09:26,400 --> 01:09:33,440

Then we went to another iteration where we got rid of almost all metal and that got down

1242

01:09:33,440 --> 01:09:35,200
to about three pounds.

1243

01:09:35,200 --> 01:09:42,200
And now the new one, the 3.0, just under two pounds.

1244

01:09:42,200 --> 01:09:47,440
All injection mold works great, more comfortable than anything we've built.

1245

01:09:47,440 --> 01:09:52,760
Plus, we have a haptic response in the disc breaking system now.

1246

01:09:52,760 --> 01:09:57,960
So you know that you do three clicks for rotational resistance or four clicks or five clicks if

1247

01:09:57,960 --> 01:09:59,960
you're stronger, depending.

1248

01:09:59,960 --> 01:10:01,520
I mean, you can figure it out.

1249

01:10:01,520 --> 01:10:04,920
Or it was just trying to figure it, you know, just doing it and saying, oh yeah, this feels

1250

01:10:04,920 --> 01:10:05,920
about right.

1251

01:10:05,920 --> 01:10:08,640
It was difficult to do that and try and keep the price down.

1252

01:10:08,640 --> 01:10:12,080

But anyway, that's where it started.

1253

01:10:12,080 --> 01:10:15,240

13, now we're down to two.

1254

01:10:15,240 --> 01:10:21,400

So in the Jiu Jitsu school that I'm in now, religiously, every warm up, they do a load

1255

01:10:21,400 --> 01:10:22,400

of exercise.

1256

01:10:22,400 --> 01:10:26,760

You go on your back and you always leave your head off the ground and you do, you know,

1257

01:10:26,760 --> 01:10:29,800

look up and down, left, right, ear to ear.

1258

01:10:29,800 --> 01:10:33,040

And that alone, I literally went to my wife out recently.

1259

01:10:33,040 --> 01:10:37,720

I think we were on a cruise and I took my smart white shirt and I went to button it

1260

01:10:37,720 --> 01:10:39,840

and I couldn't get it around my damn neck anymore.

1261

01:10:39,840 --> 01:10:43,360

And I, as you can see, I'm not exactly, you know, I'm not the role.

1262

01:10:43,360 --> 01:10:45,020

But yeah, that alone.

1263

01:10:45,020 --> 01:10:46,020

So I know that it will.

1264

01:10:46,020 --> 01:10:50,240

And I haven't really had any touchwood, any neck issues at all.

1265

01:10:50,240 --> 01:10:53,600

But then I start using the iron neck.

1266

01:10:53,600 --> 01:10:57,280

And you know, I'm aware, obviously, again, it's still, you know, specific planes that

1267

01:10:57,280 --> 01:10:59,740

I'm doing even on a warm up in Jiu Jitsu.

1268

01:10:59,740 --> 01:11:01,920

But now I'm seeing the application.

1269

01:11:01,920 --> 01:11:07,000

I'm seeing, you know, again, all the different directions that you can turn under resistance

1270

01:11:07,000 --> 01:11:09,100

whilst you're wearing the iron neck.

1271

01:11:09,100 --> 01:11:13,320

And then I'm looking at my career wearing this massive fire helmet.

1272

01:11:13,320 --> 01:11:16,960

I mean, if you've got the full leather, I forget how many pounds is, but I think you're

1273

01:11:16,960 --> 01:11:21,840

scraping, you know, heading towards 10, especially if you've got some door chocks and other things

1274

01:11:21,840 --> 01:11:25,280
strapped to it like a lot of us do the big shield.

1275
01:11:25,280 --> 01:11:26,280
Yeah.

1276
01:11:26,280 --> 01:11:29,480
You know, and then I've got a friend, Dave, who started using the iron neck.

1277
01:11:29,480 --> 01:11:30,480
He's a helicopter pilot.

1278
01:11:30,480 --> 01:11:35,340
He was British military and now he's in Canada doing the kind of EMS transport stuff.

1279
01:11:35,340 --> 01:11:39,280
And he was having neck issues and he actually bought an iron neck and said it's helped him

1280
01:11:39,280 --> 01:11:40,280
immensely.

1281
01:11:40,280 --> 01:11:45,800
So what are you getting as far as feedback from these professions that wear helmets with

1282
01:11:45,800 --> 01:11:48,360
your product?

1283
01:11:48,360 --> 01:11:49,360
Great feedback.

1284
01:11:49,360 --> 01:11:52,440
I mean, let's start with Formula One racing and NASCAR.

1285

01:11:52,440 --> 01:11:57,600

They got helmets on all the time and then motocross helmets on all the time.

1286

01:11:57,600 --> 01:11:59,120

And you know, they weigh a lot.

1287

01:11:59,120 --> 01:12:04,000

They're in a high collision sport and they all love iron neck.

1288

01:12:04,000 --> 01:12:05,000

Love it.

1289

01:12:05,000 --> 01:12:08,400

It's really benefited the drivers quite a bit.

1290

01:12:08,400 --> 01:12:10,080

Air Force.

1291

01:12:10,080 --> 01:12:14,320

The Air Force Academy or the Air Force loves iron neck.

1292

01:12:14,320 --> 01:12:16,960

They've done two studies on iron neck.

1293

01:12:16,960 --> 01:12:21,680

And I love that when my tax dollar actually does something worthwhile and they did two

1294

01:12:21,680 --> 01:12:25,440

great studies, one out of Luke Air Force Base in Arizona.

1295

01:12:25,440 --> 01:12:32,160

That's where the newbies come out of the Air Force Academy and that they're a pilot.

1296

01:12:32,160 --> 01:12:36,720

They come to Luke to learn how to fly up 16s and F-15s and all of that.

1297

01:12:36,720 --> 01:12:38,560

That's where they're trained.

1298

01:12:38,560 --> 01:12:47,120

So I was at TSAC, NSCH-TSAC, Strength and Conditioning Show.

1299

01:12:47,120 --> 01:12:52,920

And I did a presentation and there's an Air Force guy standing there and he's watching.

1300

01:12:52,920 --> 01:12:57,600

He came up to me right afterwards and he said, do you think it would help with my fighter

1301

01:12:57,600 --> 01:12:58,600

pilots?

1302

01:12:58,600 --> 01:12:59,600

They have really bad necks.

1303

01:12:59,600 --> 01:13:02,840

And I never thought that fighter pilots would have bad necks.

1304

01:13:02,840 --> 01:13:03,840

Right.

1305

01:13:03,840 --> 01:13:06,080

But yeah, pull four Gs at takeoff.

1306

01:13:06,080 --> 01:13:08,880

F-16 fighter pilot, four Gs at takeoff.

1307

01:13:08,880 --> 01:13:09,880

Cold neck.

1308

01:13:09,880 --> 01:13:10,880

No warm up at all.

1309

01:13:10,880 --> 01:13:13,720

And you wonder why their necks are bad.

1310

01:13:13,720 --> 01:13:18,280

James, the worst necks I've ever seen in my life.

1311

01:13:18,280 --> 01:13:21,760

United States Air Force fighter pilots.

1312

01:13:21,760 --> 01:13:24,560

Their necks are so jacked up.

1313

01:13:24,560 --> 01:13:27,440

So anyway, I go to Luke, Air Force base.

1314

01:13:27,440 --> 01:13:30,800

I meet with them, take them through a couple of workouts.

1315

01:13:30,800 --> 01:13:36,160

We donate a couple of our necks to them so they can start training these guys.

1316

01:13:36,160 --> 01:13:43,200

Developed a couple of different exercises for them because their seat is like, it's

1317

01:13:43,200 --> 01:13:44,200

about right like that.

1318

01:13:44,200 --> 01:13:46,160

This is how they sit.

1319

01:13:46,160 --> 01:13:49,920

So they're like this and they're pulling all the different Gs at that angle.

1320

01:13:49,920 --> 01:13:55,160

So what I did was I took a weight bench, matched that angle, and then I took the iron neck

1321

01:13:55,160 --> 01:14:00,120

and I built a little 18 inch cable.

1322

01:14:00,120 --> 01:14:04,560

And on the end of that cable, I put a one pound fishing weight.

1323

01:14:04,560 --> 01:14:09,340

So now what they had to do was they had to go ahead, trying to stay in frame here.

1324

01:14:09,340 --> 01:14:11,320

They had to go ahead and sit at this angle.

1325

01:14:11,320 --> 01:14:14,580

They had the one pound fishing weight hanging there.

1326

01:14:14,580 --> 01:14:20,200

And then like a hula hoop, kind of, they had to get that fishing weight spinning while

1327

01:14:20,200 --> 01:14:22,080

they were at this angle.

1328

01:14:22,080 --> 01:14:23,500

It's not easy.

1329

01:14:23,500 --> 01:14:27,760

So you got the weight spinning and now you're at this angle.

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01:14:27,760 --> 01:14:30,000

And then I'd say check your six.

1331

01:14:30,000 --> 01:14:35,000

And then they'd have to keep it spinning and they'd have to look up and over and look out

1332

01:14:35,000 --> 01:14:44,560

of the roof and check their six, see if there's another fighter plane coming, chasing them

1333

01:14:44,560 --> 01:14:46,480

in dogfights or whatever.

1334

01:14:46,480 --> 01:14:49,760

But that really works well.

1335

01:14:49,760 --> 01:14:54,240

And a lot of times at the strength and conditioning shows, because all these young guys, you know,

1336

01:14:54,240 --> 01:14:55,760

think on the old fart, right?

1337

01:14:55,760 --> 01:15:03,160

We said, look, if you can beat Mike, how many rotations with the weight in one minute, you

1338

01:15:03,160 --> 01:15:05,000

get a free iron neck.

1339

01:15:05,000 --> 01:15:07,400

So during the show, you know, they do it.

1340

01:15:07,400 --> 01:15:11,440

We count them, you know, they'd be like, you know, whatever.

1341

01:15:11,440 --> 01:15:12,440

So funny.

1342

01:15:12,440 --> 01:15:14,960

Then the last day I would do it.

1343

01:15:14,960 --> 01:15:17,360

I try to beat everybody and I can.

1344

01:15:17,360 --> 01:15:20,680

I mean, it's like things going so fast you can't.

1345

01:15:20,680 --> 01:15:23,480

I mean, I've been doing this for, you know, 12 years.

1346

01:15:23,480 --> 01:15:25,040

I should be able to beat everybody.

1347

01:15:25,040 --> 01:15:28,640

You know, even at 64, I should be able to beat everybody.

1348

01:15:28,640 --> 01:15:31,360

But you know, it's funny, but it's a great workout.

1349

01:15:31,360 --> 01:15:35,360

It's a great workout and it's a different.

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01:15:35,360 --> 01:15:37,280

I recommend that you try it.

1351

01:15:37,280 --> 01:15:41,140

It's a little different than, you know, just working with the bands and working with a

1352

01:15:41,140 --> 01:15:42,600

cable and weight stack.

1353

01:15:42,600 --> 01:15:45,680

But yeah, so those groups with helmets.

1354

01:15:45,680 --> 01:15:51,480

Yeah, I mean, we've seen great effects on all of them, especially the fighter pilots.

1355

01:15:51,480 --> 01:15:57,760

They did a study with a squadron out of England, which would rotate into the Middle East, a

1356

01:15:57,760 --> 01:16:04,600

two year study using the iron neck and it improved all of the fighter pilots necks.

1357

01:16:04,600 --> 01:16:06,720

Pain went away.

1358

01:16:06,720 --> 01:16:08,000

Range of motion came back.

1359

01:16:08,000 --> 01:16:10,120

Flexibility came back.

1360

01:16:10,120 --> 01:16:11,640

All those good things happen.

1361

01:16:11,640 --> 01:16:12,960

Blood flow to the neck.

1362

01:16:12,960 --> 01:16:19,280

Now they have them on flight decks, on aircraft carriers, just on, you know, regular old landing

1363

01:16:19,280 --> 01:16:20,280

strips.

1364

01:16:20,280 --> 01:16:22,280

They'll have an iron neck out on the on the wall.

1365

01:16:22,280 --> 01:16:25,360

You just throw it on just for one minute.

1366

01:16:25,360 --> 01:16:27,960

Get the blood flow before you go jump into your plane and take off.

1367

01:16:27,960 --> 01:16:32,360

You know, of course, if they have the time to do that, but it really helps.

1368

01:16:32,360 --> 01:16:37,640

And a lot of football programs when you're going out to the field, you use our neck to

1369

01:16:37,640 --> 01:16:39,160

warm up before you go out there.

1370

01:16:39,160 --> 01:16:44,440

You're going to start hitting, you know, get that neck, those neck muscles warmed up.

1371

01:16:44,440 --> 01:16:53,960

Firefighters is one group of people, one profession that I have worked hard to try to break through,

1372

01:16:53,960 --> 01:16:54,960

to try to get in.

1373

01:16:54,960 --> 01:17:00,760

We've gone to a couple of shows and we've just never we've never got the buy in from

1374

01:17:00,760 --> 01:17:02,600

the firefighters.

1375

01:17:02,600 --> 01:17:05,480

And it's something that I never understood.

1376

01:17:05,480 --> 01:17:10,880

And since you're a firefighter, maybe you can you can educate me on this.

1377

01:17:10,880 --> 01:17:14,880

But it's like, I don't know, I just I just it's probably my approach.

1378

01:17:14,880 --> 01:17:16,720

I just couldn't get through.

1379

01:17:16,720 --> 01:17:17,720

Never had any buy in.

1380

01:17:17,720 --> 01:17:21,240

I know we have some fire departments that use it.

1381

01:17:21,240 --> 01:17:22,240

Some do.

1382

01:17:22,240 --> 01:17:24,720

But I've tried to work with Orange County.

1383

01:17:24,720 --> 01:17:30,080

I had connections in Orange County and I couldn't get them to buy into it.

1384

01:17:30,080 --> 01:17:32,160

There's a few problems that we have in the fire service.

1385

01:17:32,160 --> 01:17:35,440

Personally, I mean, I worked at Anaheim, which is in Orange County.

1386

01:17:35,440 --> 01:17:39,640

And actually, I have to say, Northnet, where Rolke does a lot of his training, that is

1387

01:17:39,640 --> 01:17:44,440

one of the few places I've truly seen fire departments, surrounding departments come

1388

01:17:44,440 --> 01:17:46,440

together and they train together there.

1389

01:17:46,440 --> 01:17:51,200

They've got great, you know, they go into each other's cities and cover each other.

1390

01:17:51,200 --> 01:17:55,040

I mean, it really does work well, but that's because they train together in the central

1391

01:17:55,040 --> 01:17:57,360

location over and over and over again.

1392

01:17:57,360 --> 01:17:59,960

But a lot of the fire departments are very fragmented.

1393

01:17:59,960 --> 01:18:04,360

And sometimes the city thinks they're better than the county or vice versa.

1394

01:18:04,360 --> 01:18:05,400

So that's one issue.

1395

01:18:05,400 --> 01:18:10,280

We don't have this network, you know, where everyone's saying, wow, there's this thing,

1396

01:18:10,280 --> 01:18:14,840

Iron Neck, Newcom, foundation training, whatever it is, you guys need to do this.

1397

01:18:14,840 --> 01:18:16,520

This is incredible.

1398

01:18:16,520 --> 01:18:23,120

The other thing is there's a real push against innovation, which sounds insane in a profession

1399

01:18:23,120 --> 01:18:24,560

where we could die.

1400

01:18:24,560 --> 01:18:25,560

But there is.

1401

01:18:25,560 --> 01:18:28,880

And the fire helmet, which people hate me talking about, but it's true.

1402

01:18:28,880 --> 01:18:33,240

I've got in my background, you can see over my shoulder there, that is the the patent

1403

01:18:33,240 --> 01:18:34,560

for the American fire helmet.

1404

01:18:34,560 --> 01:18:36,780

And I think it's 1937.

1405

01:18:36,780 --> 01:18:38,600

And that's the one they still hang on.

1406

01:18:38,600 --> 01:18:39,600

It's heavy.

1407

01:18:39,600 --> 01:18:40,600

It's cumbersome.

1408

01:18:40,600 --> 01:18:42,580

It's it's shit, for lack of a better word.

1409

01:18:42,580 --> 01:18:46,920

And then they will ridicule the European helmet, which is actually far more advanced.

1410

01:18:46,920 --> 01:18:47,920

It's lighter.

1411

01:18:47,920 --> 01:18:49,260

It's more ergonomic.

1412

01:18:49,260 --> 01:18:50,840

So that's the other thing.

1413

01:18:50,840 --> 01:18:56,060

There's this real kind of blind, you know, it's the way we've always done it element

1414

01:18:56,060 --> 01:19:00,360

to it rather than looking at themselves as a tactical athlete, looking themselves as

1415

01:19:00,360 --> 01:19:06,760

a seal, an S.A.S. member wanting the very best in their gear, in their performance,

1416

01:19:06,760 --> 01:19:08,760

in their rest and recovery.

1417

01:19:08,760 --> 01:19:10,220

And that's where the disconnect is.

1418

01:19:10,220 --> 01:19:14,440

So that's probably why you're seeing resistance is do we need it?

1419

01:19:14,440 --> 01:19:15,440

Absolutely.

1420

01:19:15,440 --> 01:19:16,440

We need it.

1421

01:19:16,440 --> 01:19:19,660

You know, our neck injuries are one of the biggest things that puts our guys out.

1422

01:19:19,660 --> 01:19:21,680

And it makes perfect sense.

1423

01:19:21,680 --> 01:19:24,000

You know, we go from zero to 100, we put all this gear on.

1424

01:19:24,000 --> 01:19:27,160

It's not just the helmets, all the shit sitting on our traps, too.

1425

01:19:27,160 --> 01:19:31,560

And then we breach, we pull ceilings overhead and stuff falls on our head.

1426

01:19:31,560 --> 01:19:35,640

And, you know, it's it's a real toll on the neck.

1427

01:19:35,640 --> 01:19:41,200

But unless you look at yourself as an athlete, unless you're thinking about your longevity,

1428

01:19:41,200 --> 01:19:42,960

they're not putting two and two together.

1429

01:19:42,960 --> 01:19:49,300

Now, obviously, now where I am outside the fire service, looking in, trying to disseminate

1430

01:19:49,300 --> 01:19:53,960

this information as a stuntman, as a martial artist, as a firefighter, it makes perfect

1431

01:19:53,960 --> 01:19:55,240

sense to me.

1432

01:19:55,240 --> 01:19:59,600

But hopefully people's eyes will start being opened wider and wider and they'll realize

1433

01:19:59,600 --> 01:20:04,580

that, yeah, well, we ask you, especially if we keep using outdated equipment, then you

1434

01:20:04,580 --> 01:20:06,800

absolutely need to strengthen your neck.

1435

01:20:06,800 --> 01:20:10,920

Yeah, I mean, tactical athlete, that's what they are.

1436

01:20:10,920 --> 01:20:16,960

I mean, they should just look at the evolution of the football, football equipment, the football

1437

01:20:16,960 --> 01:20:21,440

uniform and pads over the last 35, 40 years.

1438

01:20:21,440 --> 01:20:24,240

I mean, it's changed from these giant pads.

1439

01:20:24,240 --> 01:20:27,160

I mean, I had these giant, huge pads.

1440

01:20:27,160 --> 01:20:32,120

We had, you know, we had material that didn't breathe, just didn't breathe at all.

1441

01:20:32,120 --> 01:20:35,520

So we had cut off shirts, you know, for the summertime.

1442

01:20:35,520 --> 01:20:40,400

And I mean, now look at the pads are really small, but they do a lot better at dissipating

1443

01:20:40,400 --> 01:20:42,520

blows to the body, right?

1444

01:20:42,520 --> 01:20:43,520

A lot better.

1445

01:20:43,520 --> 01:20:48,240

So the fabric breeze and it's lighter, so people are faster and quicker now.

1446

01:20:48,240 --> 01:20:51,720

It doesn't make any sense because they are athletes and you would think that they would

1447

01:20:51,720 --> 01:20:58,720

want to evolve like all other sports are and, you know, improve.

1448

01:20:58,720 --> 01:21:04,040

I mean, I'll bet you, I mean, if they had competitions, you know, and I'm sure they

1449

01:21:04,040 --> 01:21:08,560

do, but I mean, if they had competitions where you're climbing stairs as fast as you possibly

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01:21:08,560 --> 01:21:11,580

can, you don't want to have the lightest uniform possible.

1451

01:21:11,580 --> 01:21:12,580

They would get there.

1452

01:21:12,580 --> 01:21:17,640

You know, but this is life and death.

1453

01:21:17,640 --> 01:21:20,920

It's just life and death when you walk into a burning building that you have a strong

1454

01:21:20,920 --> 01:21:21,920

neck.

1455

01:21:21,920 --> 01:21:26,320

You don't want to get knocked out in a burning building, obviously.

1456

01:21:26,320 --> 01:21:30,640

So yeah, I mean, maybe, maybe you can shoot me some contacts and I can, I can reach out

1457

01:21:30,640 --> 01:21:36,680

to some people in Orange County and, you know, we can see what we can do and help some, help

1458

01:21:36,680 --> 01:21:38,160

some guys out.

1459

01:21:38,160 --> 01:21:39,600

Yeah, absolutely.

1460

01:21:39,600 --> 01:21:41,200

Well, certainly Anaheim.

1461

01:21:41,200 --> 01:21:44,880

That was where I worked, so we can start there.

1462

01:21:44,880 --> 01:21:48,560

One other area I want to hit before we go to some closing questions, which is also extremely

1463

01:21:48,560 --> 01:21:49,880

important.

1464

01:21:49,880 --> 01:21:54,220

I tore my back about nine years ago now in the fire service.

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01:21:54,220 --> 01:21:57,120

I thought it was going to be a possible career ending injury.

1466

01:21:57,120 --> 01:21:59,120

It was a three ligament tear.

1467

01:21:59,120 --> 01:22:03,920

I mean, I couldn't even get out of bed, couldn't put my shoes on, couldn't pick up my son,

1468

01:22:03,920 --> 01:22:04,920

nothing.

1469

01:22:04,920 --> 01:22:10,440

And ended up going through the route of PT, paid out of pocket for chiropractic and stumbled

1470

01:22:10,440 --> 01:22:14,240

across this thing called foundation training, which is an incredible movement practice that

1471

01:22:14,240 --> 01:22:19,200

is, you know, preventative as well, but also for back pain, back injury.

1472

01:22:19,200 --> 01:22:22,040

And it's a movement practice.

1473

01:22:22,040 --> 01:22:26,720

It kills me when I hear people going into surgery, young people, because they hurt whatever.

1474

01:22:26,720 --> 01:22:30,320

Now, some of them, maybe that's what they need to have done, but I would argue probably

1475

01:22:30,320 --> 01:22:36,520

a lot just aren't aware of how powerful the body is at healing when given the right movements.

1476

01:22:36,520 --> 01:22:42,160

Talk to me about neck pain and some success stories of people that maybe were going into

1477

01:22:42,160 --> 01:22:45,000

surgery that were able to rehab using your device.

1478

01:22:45,000 --> 01:22:47,120

Oh my gosh.

1479

01:22:47,120 --> 01:22:52,120

I mean, we sell, like I said before, about 80% of our next certain people that have neck

1480

01:22:52,120 --> 01:22:55,960

pain that have are trying to avoid surgery.

1481

01:22:55,960 --> 01:22:59,480

They're doing everything they can to avoid that.

1482

01:22:59,480 --> 01:23:01,600

And the our neck fixes their neck.

1483

01:23:01,600 --> 01:23:03,560

I mean, it's funny.

1484

01:23:03,560 --> 01:23:07,240

I used to go to chiropractors to get straightened out, right?

1485

01:23:07,240 --> 01:23:08,760

Pop, pop, pop, pop.

1486

01:23:08,760 --> 01:23:10,700

Our neck does it automatically.

1487

01:23:10,700 --> 01:23:12,760

You never have to go to a chiropractor again.

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01:23:12,760 --> 01:23:16,600

Now, we have chiropractors that use our neck.

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01:23:16,600 --> 01:23:21,000

Some chiropractors are really good and they want to strengthen their clients and get their

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01:23:21,000 --> 01:23:26,200

clients back to their normal selves and off of using them.

1491

01:23:26,200 --> 01:23:37,760

But I think that I mean, I know there's several people that have called up and asked, oh,

1492

01:23:37,760 --> 01:23:39,880

my doctor says I need surgery.

1493

01:23:39,880 --> 01:23:40,880

I need this.

1494

01:23:40,880 --> 01:23:41,880

I need that.

1495

01:23:41,880 --> 01:23:42,880

Would it be safe to use our neck?

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01:23:42,880 --> 01:23:44,240

And we say, yes, it will be.

1497

01:23:44,240 --> 01:23:47,000

You start off slow.

1498

01:23:47,000 --> 01:23:52,960

You control how much weight you are going to resist.

1499

01:23:52,960 --> 01:23:57,280

And the band, if it goes 25 pounds, it can only be one pound.

1500

01:23:57,280 --> 01:24:01,160

You can just step it out barely and just start moving your head around with one pound of

1501

01:24:01,160 --> 01:24:05,160

resistance and maybe two pounds and three pounds.

1502

01:24:05,160 --> 01:24:10,920

But you would be amazed if you have chronic neck pain.

1503

01:24:10,920 --> 01:24:17,280

If you start using those muscles that you haven't used in years and you start getting

1504

01:24:17,280 --> 01:24:22,600

blood flow to those ligaments and the tendons and the muscles and start stretching those

1505

01:24:22,600 --> 01:24:30,500

out a little bit and elongating them and building range of motion, James pain just goes away.

1506

01:24:30,500 --> 01:24:33,840

It just literally goes away.

1507

01:24:33,840 --> 01:24:34,840

Here's a good story.

1508

01:24:34,840 --> 01:24:42,140

Mike Clark, he was the Chicago Bears strength coach, NFL, obviously.

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01:24:42,140 --> 01:24:47,220

And I'd spoken at the combine on concussion prevention and neck strength because back

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01:24:47,220 --> 01:24:52,000

then when I was speaking, they didn't believe it.

1511

01:24:52,000 --> 01:24:54,520

How could neck strength prevent a concussion?

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01:24:54,520 --> 01:24:56,000

Your brain's inside your skull.

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01:24:56,000 --> 01:24:58,000

That doesn't make any sense.

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01:24:58,000 --> 01:24:59,720

How does that even help?

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01:24:59,720 --> 01:25:02,320

So I'd have to take them through.

1516

01:25:02,320 --> 01:25:03,820

Your head snaps.

1517

01:25:03,820 --> 01:25:05,720

Your brain flies across your skull.

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01:25:05,720 --> 01:25:06,720

It rattles around.

1519

01:25:06,720 --> 01:25:10,120

You can dissipate that blow, blah, blah, blah.

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01:25:10,120 --> 01:25:12,760

So some of them kind of bought into it.

1521

01:25:12,760 --> 01:25:16,440

The more I spoke, the more they bought into it.

1522

01:25:16,440 --> 01:25:20,880

But Mike Clark could not move his head.

1523

01:25:20,880 --> 01:25:25,960

Old football player, great strength coach, great guy, just a really good personality.

1524

01:25:25,960 --> 01:25:28,160

But he walked like this.

1525

01:25:28,160 --> 01:25:30,160

He turned like this.

1526

01:25:30,160 --> 01:25:35,040

And after he heard me speak one time, he came up and he said, OK, I want to try this thing

1527

01:25:35,040 --> 01:25:36,040

on.

1528

01:25:36,040 --> 01:25:37,040

I get it.

1529

01:25:37,040 --> 01:25:38,800

I'm kind of buying into what you're saying.

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01:25:38,800 --> 01:25:40,840

Let me feel how it feels.

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01:25:40,840 --> 01:25:45,680

So I put it on his head and gave him about 10 pounds of resistance.

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01:25:45,680 --> 01:25:47,440

And he was resisting it.

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01:25:47,440 --> 01:25:52,440

And I said, OK, Mike, try to look left and then try to look right, even if it's a half

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01:25:52,440 --> 01:25:53,440

an inch.

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01:25:53,440 --> 01:25:58,640

So he starts, you know, and right away, blood starts flowing into his neck.

1536

01:25:58,640 --> 01:26:00,800

Immediately, things start warming up.

1537

01:26:00,800 --> 01:26:02,960

And James, I'm not joking.

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01:26:02,960 --> 01:26:03,960

I'm not joking.

1539

01:26:03,960 --> 01:26:07,040

I'm not exaggerating either.

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01:26:07,040 --> 01:26:11,040

Pretty soon, he's moving his head this much.

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01:26:11,040 --> 01:26:12,040

You know, not all the way.

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01:26:12,040 --> 01:26:17,400

But I mean, he's got some range of motion going on that he hadn't had in years and years

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01:26:17,400 --> 01:26:18,400

and years.

1544

01:26:18,400 --> 01:26:22,400

And he came back about two hours later and wanted to do the workout again.

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01:26:22,400 --> 01:26:23,400

OK, we'll do it.

1546

01:26:23,400 --> 01:26:24,400

We'll do it again.

1547

01:26:24,400 --> 01:26:28,400

But, you know, you're going to get a little sore tomorrow, you know, working out this

1548

01:26:28,400 --> 01:26:29,400

much because I don't care.

1549

01:26:29,400 --> 01:26:31,400

I could move my head.

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01:26:31,400 --> 01:26:33,400

I am so happy.

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01:26:33,400 --> 01:26:39,400

Here's a guy that had contemplated surgery over and over and over again over the years

1552

01:26:39,400 --> 01:26:43,400

to get rid of pain and to get his range of motion back.

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01:26:43,400 --> 01:26:50,400

And all of a sudden, he's using our neck for the first time in one day.

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01:26:50,400 --> 01:26:56,400

Pain's going away and range of motion is coming back and flexibility is coming back.

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01:26:56,400 --> 01:26:59,400

And then it's funny, he had this, he had an old truck.

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01:26:59,400 --> 01:27:04,400

And I saw him, I don't know, two years later, maybe three years.

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01:27:04,400 --> 01:27:07,400

He goes, he came up to me, he goes, Mike, you know, the best thing about your iron neck

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01:27:07,400 --> 01:27:08,400

is.

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01:27:08,400 --> 01:27:11,400

And I said, no, Mike, what's the best thing about my iron neck?

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01:27:11,400 --> 01:27:18,400

I don't have to turn my whole body and get up on the seat of my car to back my truck

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01:27:18,400 --> 01:27:19,400

up.

1562

01:27:19,400 --> 01:27:20,400

Because I can just go like this.

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01:27:20,400 --> 01:27:23,400

I can just turn and I can look out the back window.

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01:27:23,400 --> 01:27:28,400

And I laughed and I said, Mike, you know, they do have new cars with backup cameras now.

1565

01:27:28,400 --> 01:27:31,400

And you wouldn't have to really worry about that at all.

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01:27:31,400 --> 01:27:34,400

But no, he loved his old truck and he wasn't about to sell it.

1567

01:27:34,400 --> 01:27:37,400

But yeah, so we have had stories like that.

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01:27:37,400 --> 01:27:40,400

The doctor said I was going to have surgery my next great now.

1569

01:27:40,400 --> 01:27:42,400

I don't have to have surgery.

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01:27:42,400 --> 01:27:44,400

You know, I don't have to go to the chiropractor anymore.

1571

01:27:44,400 --> 01:27:47,400

I don't have to go to the physical therapist anymore.

1572

01:27:47,400 --> 01:27:54,400

And, you know, one of the things sometimes I think and I'm going to get in trouble for

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01:27:54,400 --> 01:28:02,400

saying this, but sometimes I think that physical therapists don't really want to use iron neck

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01:28:02,400 --> 01:28:06,400

because it's new or whatever, but also because it fixes things.

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01:28:06,400 --> 01:28:09,400

And they cut off their food supply, right?

1576

01:28:09,400 --> 01:28:11,400

I mean, it's like, OK, now you're fixed.

1577

01:28:11,400 --> 01:28:15,400

You don't have to come back and keep working, working on the stuff that I the stuff that

1578

01:28:15,400 --> 01:28:16,400

we're doing.

1579

01:28:16,400 --> 01:28:20,400

You know, chiropractors the same way.

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01:28:20,400 --> 01:28:24,400

But you just it's so important.

1581

01:28:24,400 --> 01:28:28,400

It prevents a lot of surgeries, a lot.

1582

01:28:28,400 --> 01:28:30,400

I think it is so important.

1583

01:28:30,400 --> 01:28:31,400

I didn't have surgeries.

1584

01:28:31,400 --> 01:28:36,400

Didn't take drugs more than I mean, barely like a handful of days.

1585

01:28:36,400 --> 01:28:40,400

The painkiller when I first hurt my back and then I was off completely.

1586

01:28:40,400 --> 01:28:42,400

And initially it was just PT and Cairo.

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01:28:42,400 --> 01:28:44,400

Then I added this foundation training.

1588

01:28:44,400 --> 01:28:47,400

And and the theory makes so much sense.

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01:28:47,400 --> 01:28:51,400

You know, and I always you know, I was more analytical being an athlete, exercise physiology

1590

01:28:51,400 --> 01:28:53,400

grad, you know, OK, why did I get hurt?

1591

01:28:53,400 --> 01:28:54,400

No, I just want to get out of pain.

1592

01:28:54,400 --> 01:28:55,400

What happened?

1593

01:28:55,400 --> 01:28:57,400

I was doing what I thought was all the right things.

1594

01:28:57,400 --> 01:29:02,400

But when you realize that the spinal column and as we sit here now, we are literally sitting

1595

01:29:02,400 --> 01:29:06,400

on our tailbones, you know, talking to each other in a chair, you know, that's that's

1596

01:29:06,400 --> 01:29:10,400

a skeleton absorbing the the the mass of the body.

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01:29:10,400 --> 01:29:15,400

But when you put that column of strength or that muscle around, it takes the pressure

1598

01:29:15,400 --> 01:29:17,400

off those nerves and things don't hurt.

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01:29:17,400 --> 01:29:22,400

And if you look at the founder of that, his MRI, his back looks terrible when you look

1600

01:29:22,400 --> 01:29:23,400

at the structure.

1601

01:29:23,400 --> 01:29:27,400

But he's completely pain free and strong because he's built it around.

1602

01:29:27,400 --> 01:29:29,400

And this is why it makes so much sense with the iron neck.

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01:29:29,400 --> 01:29:34,400

I forget what they say for every degree of, you know, forward or backward tilt.

1604

01:29:34,400 --> 01:29:38,400

You know, you add X amount of pounds to the weight of your head and God forbid you put

1605

01:29:38,400 --> 01:29:39,400

a helmet on.

1606

01:29:39,400 --> 01:29:43,400

But if you simply put it back in the alignment and add that column of strength around the

1607

01:29:43,400 --> 01:29:48,400

neck, it makes complete sense to me that the pain will go away.

1608

01:29:48,400 --> 01:29:52,400

Yeah, because it becomes very, very light right off the bat.

1609

01:29:52,400 --> 01:29:58,400

And that's one of the good things about you talking about foundation, kinetic, you know,

1610

01:29:58,400 --> 01:29:59,400

open or closed kinetic chain.

1611

01:29:59,400 --> 01:30:02,400

It's important that we do both, right?

1612

01:30:02,400 --> 01:30:06,400

I do iron neck on top of a bozu ball upside down.

1613

01:30:06,400 --> 01:30:08,400

So it's very unstable.

1614

01:30:08,400 --> 01:30:10,400

So it's an open kinetic chain exercise.

1615

01:30:10,400 --> 01:30:16,400

And I'm fighting that at the same time having, you know, being pulled to the side and going

1616

01:30:16,400 --> 01:30:18,400

through the entire workout.

1617

01:30:18,400 --> 01:30:20,400

It's a great way to work it out.

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01:30:20,400 --> 01:30:24,400

And I encourage you to do that to take your bozu ball, flip it upside down, get on top

1619

01:30:24,400 --> 01:30:27,400

of that thing and do the iron neck.

1620

01:30:27,400 --> 01:30:28,400

It's intense.

1621

01:30:28,400 --> 01:30:31,400

I like to do it on a vibration plate too.

1622

01:30:31,400 --> 01:30:32,400

It's amazing the difference.

1623

01:30:32,400 --> 01:30:36,400

You stand on the vibration plate and you do the whole iron neck workout.

1624

01:30:36,400 --> 01:30:40,400

You're like, wow, that's something.

1625

01:30:40,400 --> 01:30:48,400

Since you're into, you know, jiu jitsu and MMA and all of that, blindfold yourself.

1626

01:30:48,400 --> 01:30:56,400

Give the end of the bungee cord to your workout partner and have him go around.

1627

01:30:56,400 --> 01:31:02,400

When you're blindfolded in your jiu jitsu stance, have him go around very quietly and

1628

01:31:02,400 --> 01:31:05,400

just jerk you from all different angles.

1629

01:31:05,400 --> 01:31:07,400

Run around, pull you.

1630

01:31:07,400 --> 01:31:11,400

But sometimes I'll let the cord go loose and I'll sneak around in the back and you're in

1631

01:31:11,400 --> 01:31:12,400

your stance.

1632

01:31:12,400 --> 01:31:14,400

I'll have a boxer shadow box, right?

1633

01:31:14,400 --> 01:31:16,400

There's shadow boxing, MMA guy shadow boxing.

1634

01:31:16,400 --> 01:31:17,400

He's in his stance.

1635

01:31:17,400 --> 01:31:18,400

He doesn't know where I am.

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01:31:18,400 --> 01:31:24,400

And all of a sudden, wham, wham, wham, wham, wham, you know, and he has to react, react

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01:31:24,400 --> 01:31:28,400

to the force because we need to teach the neck to also react to the force.

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01:31:28,400 --> 01:31:33,400

When you're using our neck, just like when you're using a, when you're sitting on a bench

1639

01:31:33,400 --> 01:31:37,400

doing a chest press, you're not, you know, you know, you're doing it.

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01:31:37,400 --> 01:31:42,400

I'm not reacting to a deliniment coming down and I have to react back and push him off

1641

01:31:42,400 --> 01:31:45,400

because I'm dealing with this guy over here.

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01:31:45,400 --> 01:31:49,400

We want to, we want to, we want to quicken the reaction time.

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01:31:49,400 --> 01:31:52,400

So when you're blindfolded and you don't know where the blow to your head and neck is going

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01:31:52,400 --> 01:31:57,400

to come from, then you're reacting to it and it quickens it.

1645

01:31:57,400 --> 01:32:02,400

But the open kinetic chain, closed kinetic chain exercises are really good for that foundation

1646

01:32:02,400 --> 01:32:06,400

for strengthening that whole core of the whole trunk.

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01:32:06,400 --> 01:32:07,400

Brilliant.

1648

01:32:07,400 --> 01:32:10,400

Well, I want to throw some quick closing questions at you before I let you go.

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01:32:10,400 --> 01:32:13,400

And obviously we'll make sure everyone knows where to find Iron Neck.

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01:32:13,400 --> 01:32:18,400

The first one I love to ask, is there a book or are there books that you love to recommend?

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01:32:18,400 --> 01:32:25,400

It can be related to our discussion today or completely unrelated.

1652

01:32:25,400 --> 01:32:29,400

Well, I like to read novels.

1653

01:32:29,400 --> 01:32:35,400

I'm rereading right now, Hunter Red October, because it was such a great, you know, as a Tom Clancy's

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01:32:35,400 --> 01:32:40,400

first novel that got recognized and broke through.

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01:32:40,400 --> 01:32:42,400

But oh my gosh, it's just such a great novel.

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01:32:42,400 --> 01:32:46,400

He gets into all the bits and pieces of all the different things.

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01:32:46,400 --> 01:32:49,400

But that's what I'm reading right now.

1658

01:32:49,400 --> 01:32:52,400
I've probably read it twice before.

1659
01:32:52,400 --> 01:32:56,400
But, you know, once in a while you just have to go back to something you love.

1660
01:32:56,400 --> 01:33:01,400
And, you know, you let 10 years go by, you forget enough that it's still exciting to read.

1661
01:33:01,400 --> 01:33:06,400
I do, I'm trying to think of the time management book I just read.

1662
01:33:06,400 --> 01:33:10,400
Oh my gosh, I can't think of it.

1663
01:33:10,400 --> 01:33:14,400
Shoot, maybe I can find it on my phone.

1664
01:33:14,400 --> 01:33:21,400
But there's a time management book that I just finished reading and it was really good.

1665
01:33:21,400 --> 01:33:28,400
It was more for a leadership role and how you time manage, not just about tasks,

1666
01:33:28,400 --> 01:33:31,400
not just writing a bunch of tasks down, you can task, task, task, but, you know,

1667
01:33:31,400 --> 01:33:34,400
looking at the bigger picture of everything.

1668
01:33:34,400 --> 01:33:38,400
And if I'd known this question was coming, I would have looked it up,

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01:33:38,400 --> 01:33:40,400
but I'm not going to waste your time trying to find it.

1670
01:33:40,400 --> 01:33:48,400
But yeah, I do, I do like to read leadership books and, you know, time management,

1671
01:33:48,400 --> 01:33:53,400
kind of things like that, and try to, try to improve on that.

1672
01:33:53,400 --> 01:33:56,400
Brilliant. All right. Well, then what about movies and documentaries?

1673
01:33:56,400 --> 01:33:58,400
Any of those you love?

1674
01:33:58,400 --> 01:34:02,400
I just finished Arnold on Netflix.

1675
01:34:02,400 --> 01:34:04,400
That's a great documentary.

1676
01:34:04,400 --> 01:34:09,400
You know, there's three different parts and each part is, is, is different.

1677
01:34:09,400 --> 01:34:11,400
One, the first part is all about bodybuilding.

1678
01:34:11,400 --> 01:34:13,400
The second part is about his acting career.

1679
01:34:13,400 --> 01:34:16,400
And the third part is more about his political career.

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01:34:16,400 --> 01:34:20,400

But it was fascinating. And, you know, he addresses everything.

1681

01:34:20,400 --> 01:34:23,400

He addresses his failures. He addresses his successes.

1682

01:34:23,400 --> 01:34:26,400

You know, the interesting thing though, the whole movie, you know,

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01:34:26,400 --> 01:34:30,400

I'm wondering why if there was a reason he couldn't mention it,

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01:34:30,400 --> 01:34:33,400

but Predator is one of my favorite Schwarzenegger movies.

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01:34:33,400 --> 01:34:37,400

And it was never mentioned. Ever.

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01:34:37,400 --> 01:34:41,400

And I can't, if I'm flipping through channels and Predator's on, I'm stopping.

1687

01:34:41,400 --> 01:34:45,400

I don't care where it is. I'm going to stop. I'm going to finish the movie.

1688

01:34:45,400 --> 01:34:48,400

And it was never mentioned in the whole documentary.

1689

01:34:48,400 --> 01:34:52,400

And it kind of surprised me. And it sort of, it sort of stood out.

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01:34:52,400 --> 01:34:55,400

But it made me want to run to the gym and start lifting.

1691

01:34:55,400 --> 01:34:58,400

After you watch the first segment, oh, you're just like, oh, I can go lift.

1692

01:34:58,400 --> 01:35:00,400

I want to go lift. That's how I get rid of stress.

1693

01:35:00,400 --> 01:35:04,400

I go to the gym and I lift weights. It's, it's, you know, if I don't do that hard,

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01:35:04,400 --> 01:35:08,400

at least twice a week, I, I just don't start. I don't feel good.

1695

01:35:08,400 --> 01:35:13,400

And I need to do that. So, yeah. So Predator.

1696

01:35:13,400 --> 01:35:17,400

Yes. Yes. That documentary with Arnold was really good.

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01:35:17,400 --> 01:35:24,400

I have been watching the World War II documentaries on Netflix, the ones they recolorized.

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01:35:24,400 --> 01:35:29,400

Pretty cool. My grandfather was, you know, ran away from home when he was 16,

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01:35:29,400 --> 01:35:35,400

joined the Navy during World War I and, you know, was in the Navy his whole entire career.

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01:35:35,400 --> 01:35:40,400

And he, he was an inventor. He holds over a hundred patents.

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01:35:40,400 --> 01:35:44,400

And he's invented some pretty amazing stuff.

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01:35:44,400 --> 01:35:46,400

Most of it was when he was with the Navy.

1703

01:35:46,400 --> 01:35:49,400

Most of the stuff that he invented was when he was with the Navy.

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01:35:49,400 --> 01:35:54,400

So I love watching those World War II documentaries.

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01:35:54,400 --> 01:36:03,400

He was a propeller expert. So he, he, he, he hand carved the propellers for Spruce Goose.

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01:36:03,400 --> 01:36:12,400

And then Skorsky called up the Navy and they said, Hey guys, I have this really cool thing that can take off straight up and land straight down.

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01:36:12,400 --> 01:36:16,400

You're going to love it for your ships. But I got a problem with the propeller.

1708

01:36:16,400 --> 01:36:20,400

I need Carl Jolly to, you need to loan him to me.

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01:36:20,400 --> 01:36:24,400

And I swear you guys are going to be really happy with this.

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01:36:24,400 --> 01:36:30,400

And my grandfather, he hand carved the back propeller for the helicopter.

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01:36:30,400 --> 01:36:35,400

They couldn't figure out how to carve that so it stabilized the helicopter.

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01:36:35,400 --> 01:36:41,400

So World War II movies, World War II documentaries, I've always been very interested in.

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01:36:41,400 --> 01:36:45,400

A lot of things that my grandfather did are in those movies.

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01:36:45,400 --> 01:36:56,400

And he, so after World War I, they were trying to figure out, wouldn't it be great if we could have planes on a ship?

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01:36:56,400 --> 01:37:01,400

That'd be awesome, right? We could just drive our ship wherever we wanted and then the planes could fly off and they could attack.

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01:37:01,400 --> 01:37:04,400

That'd be great. You know, we have aircraft carriers now.

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01:37:04,400 --> 01:37:11,400

They were, they were practicing flying the planes into nets.

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01:37:11,400 --> 01:37:21,400

My grandfather invented the whole hook system, hydraulic hook system that catches the planes and slows them down on an aircraft carrier.

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01:37:21,400 --> 01:37:25,400

And he was one of the pilots flying those planes into the nets.

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01:37:25,400 --> 01:37:30,400

So, you know, he had a reason to do that because that wasn't very safe, right?

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01:37:30,400 --> 01:37:33,400

But yeah, he did a lot of cool stuff.

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01:37:33,400 --> 01:37:40,400

Tiny Tim missile systems. So the first plane launched missiles.

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01:37:40,400 --> 01:37:43,400

He invented those too. So he did a lot of cool stuff.

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01:37:43,400 --> 01:37:46,400

So I like watching World War II documentaries.

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01:37:46,400 --> 01:37:51,400

I'm so glad I asked that question. That's a hell of a story.

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01:37:51,400 --> 01:37:54,400

Well, I'm sure people listening are intrigued about the Iron Neck.

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01:37:54,400 --> 01:37:56,400

Would love to probably reach out to you as well.

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01:37:56,400 --> 01:38:00,400

So where are the best places to find the product and videos about it?

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01:38:00,400 --> 01:38:04,400

And then also people if they want to reach out to you specifically.

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01:38:04,400 --> 01:38:10,400

Sure. So our website has a lot of great information.

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01:38:10,400 --> 01:38:19,400

It has videos depending on what you want to get out of Iron Neck, what your job is, firefighter, MMA, someone just with a bad neck.

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01:38:19,400 --> 01:38:26,400

So that is iron-neck.com. It's just iron-neck.com.

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01:38:26,400 --> 01:38:31,400

And you can reach out to me just Mike at iron-neck.com.

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01:38:31,400 --> 01:38:35,400

If you want to send me an email with some questions either way.

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01:38:35,400 --> 01:38:48,400

And then, of course, we're iron-neck on Twitter, iron-neck on I guess it's on X now, iron-neck on Facebook and on LinkedIn.

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01:38:48,400 --> 01:38:53,400

It's just Mike Jolly at LinkedIn. And I have a pretty robust site.

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01:38:53,400 --> 01:39:06,400

I have over 20,000 followers on LinkedIn and probably 95% of them have something to do with sports or MMA or physical therapy.

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01:39:06,400 --> 01:39:10,400

It's all about neck strength and training and all of that.

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01:39:10,400 --> 01:39:14,400

So when I post stuff, usually it's pretty decent.

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01:39:14,400 --> 01:39:20,400

I'll probably take some snippets of this and post it on LinkedIn also.

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01:39:20,400 --> 01:39:22,400

Absolutely. Well, I want to just say thank you so much.

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01:39:22,400 --> 01:39:25,400

Thank you to Robert again, but also thank you to you.

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01:39:25,400 --> 01:39:30,400

I mean, I love talking about the subject matter as it were.

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01:39:30,400 --> 01:39:33,400

And obviously what you're doing with the iron-neck is incredible.

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01:39:33,400 --> 01:39:39,400

And as I said before, I mean, there's three different communities I belong to that would benefit from this immediately.

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01:39:39,400 --> 01:39:41,400

But also, I mean, it's all the other stuff. It's the human stories.

1747

01:39:41,400 --> 01:39:45,400

It's learning about your granddad, I think, that makes these conversations so interesting.

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01:39:45,400 --> 01:39:51,400

So I just want to thank you again for being so generous after a very busy and important day you had prior to this interview.

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01:39:51,400 --> 01:39:53,400

And coming on the Behind the Shield podcast.

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01:39:53,400 --> 01:39:55,400

This was the most important part of my day right here, James.

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01:39:55,400 --> 01:39:57,400

The most important part of my day.

1752

01:39:57,400 --> 01:40:01,400

I mean, this is my passion. Don't get that wrong. That's work.

1753

01:40:01,400 --> 01:40:03,400

This was more important.

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01:40:03,400 --> 01:40:07,400

So thank you very much for having me on. It's been a lot of fun.

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01:40:07,400 --> 01:40:22,400

Have a great time.