

Metadata: <https://www.youtube.com/watch?v=1MmBdy70dN0>

Okay guys, we're here today with Gordon Ryan, Andrew Yipsey, huge honor for me. Guys, Gordon is the best logi grappler in the world nowadays, and Andrew is the one who's coming up like winning everything as well. So today we're gonna have a fun conversation here to take advantage of this this day that we have both here to talk about mental preparation for jiu-jitsu matches. And I love having both here because Gordon is the one who made it, who got there, and Andrew is the one who is making, who is on the road to become one of the best. He's already one of the best, but to make history. So let's start with you, Gordon. So we were talking yesterday, it was one of the nicest conversations I ever had when you were explaining like... Giancarlo asked me like, what do you think when you go to a match? Because you are one of the persons who has the most confidence that I think everybody has ever seen in this sport. So I know the answers already, but I think everybody's gonna be anxious to hear that. So what do you think when you get in the venue, when you're warming up, when you're about to compete? Yeah, so normally when I show up, I like to arrive a little bit early so I can just acclimate myself to what the venue looks like, how the crowd is, how big the mats are, things like that. So I just like to get familiar with the setting. If I have to compete at 10 p.m., for example, I'll show up at 7. I'll show up like three hours early and just kind of hang out for a little while. Leading up to the match, like an hour before the match or so, is when I start to get changed. That's when the nerves start to come. I start to feel like, okay, now I'm gonna compete. The whole day leading up to the competition, I try to remain as calm as possible and I try to make it feel like a training day. I don't listen to music. I don't get myself all pumped up. I feel like the more anxiety you have and the more hopped up you are, the less clearly you think. Everything I do out on the stage is very calculated. So I try to make it as close to a training session as possible. So when I initially start warming up is when I'm the most nervous. My stomach is always terrible. I'm always nauseous. And then, of course, the nerves make it much worse. So when I initially start warming up, I'm like, okay, I'm going out to compete. I'm anxious, slightly anxious. Not so much anymore, but slightly anxious. Always nauseous, more nauseous than usual. And then once I start to get warm, I start to sweat. I start to build confidence as we go. And usually somewhere halfway through the warm-up or so, I start to feel good. My stomach feels okay. I'm a lot less nervous. My nausea kind of subsides and I can kind of, you know, just focus on what I'm going to do in the match. And then as time goes on, when I get closer and closer to the match, I just feel my anxiety go down and my confidence start to rise. And with every minute that goes by from about halfway through the warm-up until I step on stage, my confidence rises. Similar to Mike Tyson, he actually talked about this in one of his documentaries, where every step he took to the ring, he would get more and more confident. That's kind of how I feel. So once I finish the warm-up and I'm just sitting, I'm very confident. And then when I get to go out, you know, I'm backstage, I'm ready to walk out. Then I'm thinking to myself, okay, there's literally no way in the world that this guy could even, not even beat me, but just perform a single move on me. So then I get out to stage and I look at the guy and I'm like, yeah, there's just, this guy has nothing for me and there's just nothing he could ever do to even come close to performing a single move on me. And, you know, a lot of that confidence is not just false confidence. It comes from training. That's the question I would ask. How do you build that? How do you get that? How do I acquire that? Like when you're training with the absolute best finishers in the world, you know, the most nerve-wracking thing, at least for me, is to go out into a competition and, you know, know that if a guy gets a move on you, he can legitimately finish you. He can strangle you unconscious. He can break your legs. He can break your arms. Like going out to compete against Gary at ADCC was like, fuck, like if this guy gets a hold of my leg or gets a hold of my arm, like he's legitimately can break me. It's not about tapping or not tapping, it's about breaking your... Yeah, like, okay, I can get injured during this match. So when I go out against most guys who aren't from my team, I'm used to competing, I'm used to training with guys who can finish

you, who can potentially injure you. And then I go to most guys in competition who are mostly just positional players. So I think, okay, worst case scenario is this guy passes my guard or almost passes my guard and then he holds me down. But worst case scenario for him is, okay, maybe my leg gets broken and I'm out for a year with an ACL or, you know, an LCL surgery. So for me, it's the confidence come from a training environment where I'm confident in my submissions. I'm confident in my submission escapes. I'm confident in my pin escapes. So I know that even if I get caught in the worst positions, I can escape and then just go right back into offense. So I go out against these guys who have been competing forever and, you know, I look at their games and I don't see any danger from them, you know, with most of the guys. You know, obviously there's exceptions. There's guys like Paul Harris and things like that where, okay, now if he gets a hold of you, he's going to break you. But in most case scenarios, you know, I go out and I just see a guy who's decently positionally strong, but there's no real danger. So it gives me the confidence to go out and know that I'm just going to be attacking this guy the whole time and he's going to be defending the entire time. And so the confidence comes from the training room. And then as I warm up, I get ready, you know, the confidence comes back. There's always doubts. Obviously, there's always, you know, you're playing. Okay, what happens if I lose? What happens to this? And, you know, that's normal. I think you need that, you know, to kind of keep the respect there. You can't just have no respect for your opponents. That's when, you know, things start to go wrong. You make mistakes or you're just a shit bag and you just don't train properly because you just don't have any respect for the guy. You have to respect your opponents. You have to respect that on any given day, anyone can beat you. But, you know, at the same time, you need to have the confidence where, you know, you're ready to step on the mat and you're like, okay, I'm going onto the mat. And in that moment, there's no way the guy can beat you. When you're training, you have to be completely opposite. You have to say, okay, I respect this guy and anybody can beat me on any given day. But when it's time to go out and compete and you step on that stage, you have to think to yourself, okay, there's no way this guy can touch me and there's no way that anyone in the world is even close to my level. No, that's amazing. One thing that caught my attention here is that seeing you competing, that doubt that you set, that might be like 0.00001%, doesn't look like you had even that amount of doubt. So it's great to hear that you're human too and you also have doubts. But I think if you compare you to a regular average person, the doubt that one regular person might have, it might be like 50% and you is this 0.00001% and just keep you, as I said, the respect for your opponent and blah, blah, blah. But what about you, Andrew? You are the one coming up that probably have a little more doubts. Yeah, so we're actually very polar opposites in a few different ways. My confidence before matches can be close to 0.00%. I'm that guy that I get super anxious before the matches. I'll get anxious before I do a Fuji. It's like something's wrong in my brain where I'm like, okay, this random black belt that trains twice a week could potentially tap me out. That was Eddie Cummings. Before he would go out to compete, he was just like, everything that he thought about was, okay, how am I going to lose this match? I'm like, dude, what's wrong with you? I'm like, think about it, you're going to win the match. So I spent a lot of time trying to not think about the fact that I'm going to compete. I spend as little time. But actually, I go up and I become aggressively friendly to my opponents before the match. I go up and talk to them. So I guess I'm trying to make it more like a training environment. So the competition makes me anxious. But in a training room, I'll just go 1,000% with no doubt. So then when I talk to them, and okay, they're people, I can make them laugh. And if they don't laugh, then fuck them. So I go out of my way. I'm not being rude about it. If they're clearly disinterested, I'll walk away. But then I'll come back. So no, but it's interesting, because I think at the end of the day, it might be all about self-awareness. So you know yourself, you know what you can leverage from yourself. And you try to leverage that. And I think everybody is different, right? So not everybody is born like Gordon. But you can find your way to become Gordon. So yeah, we actually

roll very differently. I like positional. I like guard passing. I like sweeps. I like doing submissions from the back and stuff like that. I'm working on my submission game from other positions. But I'm like, I am that kind of positional player a little bit. I'm not making the transition, because everything is sub-only. I wonder, that's just like my curiosity here. I wonder if that happens a little, because you are also like a Gi player. And I think with Gi, we think more about scoring than no Gi. What are your thoughts about it, Gordon? Yeah, I mean, really, I mean, John put it perfectly. The rule set isn't going to determine what the athlete does. The athlete, I mean, if you look at a guy who just wants to stall and play positionally, they're going to play the same in an IBJJF match as they will in an EBI rules match. Like if you look at a guy like DJ Jackson, for example, and you look at his EBI matches versus his ABCC or his IBJJF matches, they're the same exact match. He's not really playing differently. If you look at a guy like Hodger, Hodger went into IBJJF, and he just smits everybody. That's true. So I think that what the athlete does in competition is molded in the training room. I think if your training program is built around positional scoring, that's what you're going to do, regardless of rule set. But if your training program is built around getting to submissions, that's what you're going to do, regardless of rule set. Like when I go to no Gi pans, I can have 100% submission rate in IBJJF context, because my whole training program is built around getting to a submission. I agree with you. That's very interesting. What do you think... You talked about stalling, for example. So what do you think that it's... Do you think in no Gi, it's as easy as with Gi to stall? Or do you find a lot of stallers in the no Gi game too? Yeah, I think that it's... There's just different ways to stall Gi and no Gi, and there's different gripping, obviously. There's definitely ways to stall in each. I think that, again, I think it just comes down to what the athlete does in training. I think that if a guy trains to just pass someone's guard, scores points, and they're not doing anything for the rest of the round, I think that's going to translate over to competition. Whereas if a guy goes into a training session, and he has a six-minute match, and he's not happy unless he finishes the guy, I think it's going to translate over to competition as well. No, and while you were talking, I was thinking here that that's really true, because even at ADCC, there are guys who won the ADCC, even without scoring points, just like... So that's 100% true. Yeah, so guys, I hope that helped you guys over there watching. And we have here two of the very, very, very best. And they also have a bunch of instructional courses at BJJ Fanatics, so make sure to check that out. And thanks so much, Andrew and Vernon. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed. Bye.