

Metadata: <https://www.youtube.com/watch?v=sz8Xq4VZDqA>

Alright guys, hi how are you everybody, welcome back to the vlog, it's iPro5 just days away. Today has been an interesting start to the morning to say the least. So let me back up just a little bit, I came back from 10th planet Bethlehem, if you missed that vlog you can watch it, I came back from 10th planet Bethlehem last night, got back here into New York about 1 o'clock in the morning and coming into my hotel, and who's in the lobby? The ADCC absolute champion, Felipe Pena, is sitting there in the lobby. So I go up and talk to him and he tells me some interesting things, he tells me that tomorrow him, Homolo, and Bouchesha are going to be training at Henzo Gracie Academy. So I just made a few phone calls, just connected a few dots, and it sounds like today is going to be a pretty interesting day. But thinking about Bouchesha, Felipe, and Homolo training with John Danaher and Nikki and Gordon Ryan and Craig Jones and everybody in the blue basement, that's just about the craziest thing I can think of. So I'm not sure what exactly is going to be in store for today, but I can't wait, follow along. Big weekend, Kazai weekend, first time competing in Kazai. I'm here in the place that I always come when I'm in New York, I've been coming to Henzo's Academy here, Henzo Gracie Academy. I've been coming here training since 2005, always when I'm in the United States I try to come here and visit Henzo's Academy. I'm a long time friend of Homolo Bahal, and he's been coming to the Academy since, I think it was like 2005, 2006, and used to come quite often, and he of course is one of the primary coaches of Felipe Pena, and Felipe and Marcus Bouchesha Almeida are close friends, the three of them are in New York, two for the Kazai Championship coming up on Saturday night, it's going to be one hell of a show by the way, and they wanted to train, so Homolo was like, I've been coming here for years, can I come in and train? I was like, yeah sure, he came in last night and he came in and trained. And then there's always a great atmosphere here, great energy and all, and today was no different, I had a great time learning and then training with the guys. I actually came here many years ago because my brother used to teach here, my brother used to teach here for many years, so when I was like maybe 16 years old, something like that, I stayed here for six months training with my brother and stuff, so yeah, it's been a while, but I have been here before. You guys are in a perfect position, get down to the mat, and then we'll finish. Let's give it a try fellas. You know, just like Jiu-Jitsu, it's a learning process that never ends, you know, and then coming here is always a refresh for me, learn, and then, you know, just watch him teaching and then watch the way that he guides his class, it's very unique and then it's a big process for learning for me, I love it. It was really nice, like nice techniques and it's a great gym with a lot of tough training, so it was a really good experience. And what did you guys go over today? We worked some techniques before to warm up, like takedowns and some heel hooks techniques, and then we did a specific training after and some rolls. Either two legs around his opponent, or two legs in front of his opponent, that's also an escape, you have to switch top and bottom. Half guard doesn't count, half guard just keeps going. Man, you know, like here, Enhanced School is a school for like everybody's welcome, you know, if you bring a good energy, if you're a good person, you're welcome to come here, same thing in my school, you know. People perhaps get a little caught up in social media, obviously we live in a social media age, but you gotta remember, at the end of the day, we're all doing the same thing, okay, we all love grappling, and whatever minor differences there are between us, it's nothing compared with the major similarities between us. And as I said, at the end of the day, we're all pretty similar people, we like to go out, we like to train, we like to see new ideas, we like to experiment, try new things, solve problems, and I've always believed the healthiest times in human history have come when different cultures came into contact with each other, and there was a positive spreading of ideas. Now, when different cultures come into contact with each other, it can go in two ways, it can either be positive, where ideas are interchanged and forward progress occurs, or it can be negative, it can be war, and the choice is always there, which choice do you want to make, do you want to go in the direction of war, or do

you want to go in the direction of forward progress, and you saw today the positive direction, and I think, as I said, it's a healthy thing for the sport, it's a healthy thing for the athletes. Once they come to evolution, they have to get better, they have to have trains like this, you know, cross-train, improve, you know, like you see like John really focused on helping us to do the technique, not like hide anything, you know, he's showing, he's like going walk over, he's like, okay guys, do like this, he's been always like that with me, and then today with Philippe, which is a big rival with the board on the competition. I think if I'm training here and he's training over there, or if he's watching my training or anything like that, it's going to change anything, you know, nowadays you can watch, I can go to internet and watch like at least 50 fights of him and see how he competes, how he trains, so it's the same thing, you know, what's going to happen in the fight in the day, it's already going to happen, this training here or watch not going to change anything, you know. Besides that, it was really nice, you know, like it's like me and Gordon, we're opponents, and for sure we're going to fight again and many times, because we're both young. When it's a fight, we fight, and besides that, it's all good. I'm glad that people were able to see it on film, where you just get large numbers of elite athletes on the mat, working together, cross-pollinating ideas, things like that, I think it's healthy for the sport.