

Metadata: https://www.youtube.com/watch?v=_IJstzyElm0

It's time. Hey guys. I am here with John Danaher again John. It is so great to see you. How are you doing today? Very good. Thank you. So are you pleased with your performance from? Gordon Ryan today. Not bad, right? Yeah, it was an amazing performance Gordon had his last three Training camps for his last three performances of all being outstanding It's hard to get consistent back-to-back camps with such a short notice between each Typically the the camps for grappling are much shorter than For mixed martial arts because mixed martial arts only usually fight once or twice a year These guys have to do it every so often so the camps are typically two to three weeks So he's been going literally back-to-back fight camps for different opponents different rule sets he went from Facing Keenan Cornelius where we were anticipating a very very long match Which has a completely different cadence to EBI where it's all done in ten minutes with overtime You know, everything's about quick reaction. So to switch effortlessly from completely literally 100 Percent different rule sets in such a short time was incredibly impressive on his part It really was and I think that so many people like watching him compete in those multiple rule sets because he seems to be somebody who can adapt to the rule sets and there aren't a lot of people who Maybe they we don't know if they can but they don't seem like they're interested in doing as much as he is He's literally putting himself out there each one of those. Yeah, no that that has come absolutely true in the last few months I'm also very intrigued. But interestingly Gordon was the smallest guy here tonight Yeah, I don't think we've ever had any bad where we were the big guys So even though the weight category is 185 Gordon really is 183. That's what he walks around day So the other fighters were coming down and wait to fight 185 Gordon came in at what he really is So his next trial will be at 205 where he will be an absolute midget. He was the smallest guy at 185 He's gonna be tiny at 205. So that will be a real test I have to ask you some so intrigued to know how this process works. Does Gordon come up to you and say hey We're facing Keenan. Does Gordon come up to you and say you know what? I'm thinking about doing something in EBI and then do you suggest 205 or how does this process work? Well, it's actually complicated by the fact or simplified by the fact that we're essentially a team of three people So we have other people who are junior members or who are aspiring. It essentially is three people. So There's It's it's pretty easy to select who's going to go in Also, our team is only allowed one competitor per event Every other team is allowed more than one. We're only allowed one. So it's usually pretty easy to make the selection process Is that a compliment at sometimes? Because I know it could be intrusive that you don't get the guys to come in and not everybody can compete But then also is it a compliment that you guys are so good that they're like, whoa. Whoa. Whoa, just one of you Okay. Yeah. Yeah in a way it is Of course at the EBI open weight, it would have been tragic if we only had one person We would have been eliminated, but we needed to that night So it is a disadvantage, but you know we'll deal with it and we're confident that our training program prepares our athletes very very well for the rules yet and It was wonderful to watch Gordon excel here again tonight Speaking of Gordon excelling let's talk a little bit about Kenan. You said that you were anticipating a long match You write these posts now and we're gonna talk a little bit about that in a second But when you write these posts you give such a detailed idea of what's going on before and after the fight that's Intrinsically interesting to all of us who are nerds about the sort of thing Was there stuff that surprised you between Kenan and Gordon? Well, we have a pretty good understanding of Kenan's game. I've always been admirer of Kenan Cornelius I've always admired the way he plays the sport. He's another very versatile grappler. You can do any rule set He's got a very wide array of submission holes, which made him a fascinating guy to prepare against Many of the modern jiu-jitsu players typically have three or four things They do well Kenan does the whole game well, and that was that was a really interesting fight camp But still based on the video tape we had we had a pretty good understanding of what to expect with Kenan and What makes it difficult for someone like Kenan to game plan against us is

that many of the things that we do Especially in the lower body work just isn't known to them like everything they do We can we kind of know what they're doing and it's come more or less standard jiu-jitsu approaches So we know it as well as they do But on the other hand the reverse is not true like they can they make they can see the broad picture of what we do but not the fine details and At that level of competition. That's what makes a difference That's so interesting, especially now that we're also seeing Gary and Gordon very active on social media You're also now active on social media. But when you're watching the two of them write these things What's going on in your head? Because everybody knows what they're thinking, but I don't know if we always find like are you humored by it? Do you like chime in and go like add this sentence? Like how does it go? I do not tell them what to write There that it despite their seeming immaturity they are grown men and I don't tell them what to do Sometimes they ask for advice. I'll say, you know, I'm I would like to fight this guy and There's times I caution them. For example, I had a long talk with Gary Turner when he got ready to fight Pelliarius I told him, you know Gary you're I'm 100% confident that technically you can win this but physically he's He's a big guy and he's enhanced and and you're not and this could be a problem my main concern in that fight For example was not even submissions. It was just getting slammed or something something or just something crazy a fight breaking out You know something something you just couldn't normally anticipate but so there's times I caution them But then once they convey to me that this is a project they're interested in I beg them a hundred receive Awesome now, I want to know how long does it spend in terms of time for you to craft these Messages that you're putting on Facebook because I try to write something and I go paragraph. I'm done I see you you put time into it. It's like a chapter in a novel each time You're you're misunderstanding me and then greatly overestimating me typically at the end of a day of teaching I take a sort a short subway ride home At or to a supermarket to buy my daily Groceries, I can't plan more than two days ahead. So I buy groceries every single day and so on the subway train and At the grocery store. All right, whatever random thoughts I had that day So I just a random thought I see Gary did something interesting Let me write about that or a memory that I had, you know, I'm on the subway I remember something George St. Pierre did five years ago. Oh, that's interesting. Let me write about that. So it's completely random They're not really like well thought out The grammar is awful and you think so, yeah, they're Pauline. Okay, even My poor long-suffering readers often right down here you need to learn how to use paragraphs Initially initially the problem was technical I did every time I went to put a paragraph that the thing got posted So I didn't even know what to do But then when one of my students thankfully pointed out the right way to do then I just forgot a paragraph I usually write for Instagram So I just write right and then post and then I'm like, I'm happy and then people like what the hell wasn't paragraph Have you ever lost anything that you were writing on the answer? There's a good story with that one night I literally I was like, you know what this I'm gonna say something important tonight So I wrote and wrote and wrote and it was just like this giant wall of text and it was just growing Exponentially, it just got larger and larger and larger. It's like a tsunami of words So I want I'm in a cab at this point. I'm leaving the supermarket It was such a long project that went far beyond the supermarket. I'm in a cab. We hit a bump. I Press something I know not what and it just disappears. Um, I'm Please I Tried to retrieve it I made some drift from a set where I just admitted it was just gone Lost forever and it was from my best stuff, but there were no paragraphs. I'm sorry But yeah the ages guys, I'm sorry. Yeah. Yeah after that I just I wrote like a two-sentence Instagram post to discuss it I'm done writing, you know, it's funny. So people notice that you went on Instagram and Facebook after we did our interview, so they've been attributing it to me and I'm taking all the credit without actually deserving it. So No, the reason was practical I'm almost 50 years old and I've been in the sport a long time and It was my absolute passion but I do believe that Changes are necessary in a sport of jiu-jitsu if it's to remain relevant as a fighting art I want to I don't just want to teach you to I want to change it and I do believe That certain changes

could be made not to the sport overall I still love the traditional sport of it, but I do believe that there should be alternative methods Which people who are interested in those alternatives? can make use of especially those who are interested in transitioning to the sport of mixed martial arts and I wanted to Communicate to more than just my three or four students who did this and to try and create a movement of people EBI was a fantastic project because people often say well My system of jiu-jitsu is very different from say Eddie Bravo's 10th planet system, but mr Bravo and I actually do even though we disagree a lot about The techniques of jiu-jitsu which ones we emphasize The overall plan for the sport we have is surprisingly similar that we both believe that it's in need of change There Has to be It must go back to its roots That's often misunderstood as submissions from anywhere that is absolutely not the case what I'm trying to say Traditionally And position comes first and submission is like the icing on the cake that's always been People have to understand that control is a much deeper There are many forms of control quite different And position is just one of the meaning So when traditionalist watch what we do here to them it looks like a mix Yeah Yeah, they're not going from anywhere is this control going on at least the levels among the athletes very coach There's control going on, but it's a very different form of control from the classical relative position And it's hard for them to understand it because they come from that you know background You must have said I too came from that background the background I was raised So I know how they're thinking and I know they're confusion because I went through it too You know and I do have My biggest Is that it will degenerate into a sport where people just randomly go off the submissions with no control Yeah, that would be a disaster. I'm gonna be humiliated if that turned out I don't do this. Yeah, but I think people are starting to understand how they can lookat the manner in which my athletes work and they can see there is something qualitatively different about what they're doing as opposed to what their opponents are doing where they can sense a notion of control. And it's starting to learn, it's starting to understand that I'm getting very positive feedback on social media. There's a lot of people who I can see in their comments are making astute observations. They're learning and they're picking it up. And you know, changes take time. They're not gonna happen overnight. And I'm confident that if we push the message and there's positive role models that people can follow, people like Gordon Marr, Gary Turner, Indy Cummings. I'm not, as I said, I'm not trying to say the old style of jiu-jitsu doesn't work for me. I'm just saying that it's not the only way of doing things. And there are advantages to the system that we live in just as there are advantages to the old system. But I do believe it's presenting a very interesting contrast. Every so often we get fascinating match-ups like tonight with someone like Eduardo Tellez who had himself an unorthodox approach to jiu-jitsu. What did you think about that? That was fascinating. I loved it. One of some of my favorite EVI matches of all time. And his control of the human body from the elbow to the wrist was some of the best I've ever seen. I mean, he couldn't get the control he needed from hip to ankle. He's just not used to that. But if he learned that, he would be a very, very interesting guy to watch. He also, I believe he just didn't have a strategy for the open side. He just didn't understand that. It's a tougher thing to navigate that, especially when you play from that turn. Can I reveal something to you? When you were about to touch this arm and this part of my arm, I thought you were going to break it, but I'm glad you didn't. So thanks. I'm a nice person. Ah! See, you love creeps. See, you love creeps. It's like a thin band-aid. It's fine. God. You're right. Was that the thing that stood out to you the most today at EVI? Not the most, but it was one of many fascinating things that I saw. But it's interesting to watch someone who came from being very, very successful in the traditional style of judo. Now, he's an old guy within that realm, but you could see that as great as his performance was today, you could see he was striking with elements of the new game. Yes. It was like, I need to learn that. That's cool. And I love the way he came out as he talked to me. He said, you know, I've got to learn the lower body game. And it's great when you see people break. He was raised in the same tradition I was.

Yes. Traditional model of Brazilian judo. And it was wonderful to see him looking at what was going on here tonight and saying, I can see something useful in this. I'm going to make the necessary changes. I love that. But yeah, this is why we're doing social media. That's right. I avoided social media for decades. I know. And it looked like you were almost reluctant in how you were coming into it. But then once you found the way that you could do it on your terms and, you know, speaking directly to people and doing it, you just go, well, all right, I'm joining the beast. So as somebody who reads your posts frequently and has laughed at your musings on Kylo Ren and your ability to mix that in with a concrete jiu-jitsu practitioner candy is what this is. It gives us insight to not necessarily that we wouldn't have. Because a lot of us aren't in your gym, so we wouldn't see it all the time. But if you get the opportunity to read it, you look at it and you go, this is really cool. This is really fascinating and interesting. And it brings up good discussions, I think, on social media as well. I have to ask you this before we get out of here. GSP returning. Is that a thing? Are you allowed to talk about it? Where, do you know anything about it? I don't like to say things unless they're concrete. But I will say that he absolutely has the desire to come back. The question is, will negotiations with the UFC prove satisfactory? He's in a position where he doesn't need to come back financially. And I don't believe that he needs to return to his career legacies, or he's done enough. So if he comes back, it will be a choice. But I know he, George trains religiously. I can say some of his favorite training partners are Eddie Cummings, Gary Clark, Paul Ryan. And I wish to God I could tell you the stories of their training. Unfortunately, what is in the gym, sometimes I have to stay in the gym, despite this look on your face, you're gonna wait for the book. He's gonna write a book one day, I swear, it's gonna happen, and I will ghost write it. And when I say ghost write it, he's gonna write the whole thing, and I'm gonna pretend to do it. George is one of the funniest people I've ever met who doesn't know that he's funny. Which is the funniest person of all. The guy who doesn't know that he's funny is always the funniest person. So I have to ask you this, because I do a George St. Pierre impression. Would you love to hear it? Yeah, okay. Now, I've never done it to somebody, like, oh God, he's sitting back, he's ready for judging on this. All right, ask George St. Pierre a question about something. By the way, this isn't working, so. Ask George St. Pierre a question on anything. Tell me about your dating life. It's very different. My dating life is, I go out there, and many a stripper, she look at me. You have a stripper, John Donahuer? No? Dude, you suck at George St. Pierre. Oh, that's very nice of you to say. Most important thing, yes, no, see, is that when you combine all these words, it is both that of a Navajo, and also someone from Quebec, Canada. So, you're welcome, John Donahuer. It is so nice to be speaking with you at the Bravo Institute. I would like to say many other things, but thank you very much for your time. John, show him your fucking impression. Oh, I know, I know, I know, but you're just going with the test now. Now you gotta do Chris Weidman. Chris Weidman? Oh no, I don't really have a Weidman. You gotta act quickly, man. Uh-uh. No. What's your favorite dinner? Chris Weidman. Uh, I don't, you know, I like, you guys ever go to a strip club, and you have a steak there? I've gotten steaks there, and I really like that. They're really, you know, pretty good. Not bad. Not bad. Not too bad. Some people are gifted at heel hooks, strategies, real impressions. Okay, now the real tin. Yes, sir. The real tin. Yes, Gary. I don't, it's hard to do a Gary impression, because he's just like, I don't know, like dicks out for homeray, am I right? This is my penis, and you know, the funny thing about doing Gary is that he's almost Gilbert Gottfried. If you really take him down, and if you squint, you would have Gary Tonin as this. If you are doing Gary Tonin as an impression, you have to say, this is the tuning fork. There's always a tuning fork to get the impression right. You say the word, Gary, say the word tournament. Tournament. Tournament. You say that, and you get into Gary mode. I'm sorry, go on. Did you say tournament? Tournament. That's how I say it. Yeah, I know, yeah, that's how you're gonna say it. That's the whole, all of your camp. As somebody who breaks down impressions, all of you down the line. Okay, now the final tin. Yes. You're going to corner Gordon Ryan in my voice.

Oh, man. I did, you know what? After we did our first interview, I had a spot on, ridge on down her. It was gone, like three weeks later. Today, I was thinking about it, I was like, do I have a down her in me? Okay, here's the thing. Yes, sir. Gordon Ryan is caught in a full Jujutsu Kaisen arm lock. Okay, the match, you say hit on points. Okay. But there's 30 seconds left. You've got to coach him through 30 seconds where his arm is probably gonna snap. This is the most spot on improv I've ever had to do. Normally people say like, where are we? Give me a place, a thing. This is like, all right. 30 seconds. All right, here's where we go. 30 seconds, Gordon Ryan. Gordon Ryan, we have 30 seconds. I need you to, no, you're doing it wrong. Completely garbage. This is, hold on. Gary Tonin is, Mr. Gary Tonin is next to me. He has been talking trash profusely about the things that you do. No, inside off me. Fucking garbage. I quit, I won't do this anymore. Simon Cowell. No, Simon Cowell is more down here and dirty. Not there. You know what my biggest coaching fantasy is? Is that, I would love, one day, while these guys are in some critical final, where the audience is silent, to just fucking flip out. And just be like, come on, man, fucking hot, man. Go, go, go, go. Get out of there, man. Go. What the fuck you doing, man? I would love to meet in the audience. I think they would. Or, I'm just, I'm waiting for the one day where like, one of them. Warrior spirit, man. Believe. I'm waiting for one of them. Squeeze. Squeeze. Squeeze. You gotta believe. I'm waiting for one day for them to literally just look at you, and I think it's gonna be Gary more than Gordon. I think for him to be doing something, and like, say, going for a Kimura or some bullshit, and being like, you go, Gary, to the left. To the left, Gary. Your other left. And him being like, I'm trying the best that I can. I'm doing this, it's hard. It's Mr. Gary Towers. He's going through a lot, man. I have to train him all the time. Yeah, in training. In training, that happens all, like literally that happens. I'm like, John, I don't know what you're saying. I don't know what to do. And John just, John refuses to change whatever it is that he's saying. He's like, grab the left hand. I'm like, I don't know, I don't know what. The left, the left fucking hand. I'm like crying, I don't know what he wants me to do. John has- There's no other way to say it. I'm a horrible person. He's a jerk. You just said you were a nice person. You have to keep the narrative consistent. The truth is, in the gym, any one of my students will tell you I'm a horrible human being. I just don't see it. I don't see it, no. He's the worst. Gary's not lying, let's do it. Every single person who I talked to after watching that interview was like, so if you went there, you know who people were. So I was like, absolutely. Which is why we do our interviews not there. Because then we're on equal ground. I have to say, John, I could talk to you for hours and I'm not going to, we're going to get going out of here. But I would like to say this real quick. The first time we interviewed, you were great. The second time we interviewed, I'm starting to think now, I'm not liking you as much. Here's why. You're getting too funny. If you get too funny, at some point, I'm not necessary. So we need to keep me in the middle of this interview for the bulk of it. Your response. Humor is a very fascinating subject. Of course it is. And it comes in many different forms. Including forms where someone is taking advantage of you. So, for example, I could have Gary Turner lock you in an inverted heel hook. Please don't. And he could just literally crank you for his amusement. Yeah, that would be terrible. And I could try and get you- Get out! No! And the people, they would find it amusing. Hold on. You might not. I would not. Hold on. I've got 9-1-1 on my, I've got 9-1-1. No! Gary, Gary, this is- Separate the legs, Gary Turner. I'll break it! I'll break it, I'll break it, I'll break it. No, no! The other leg too. Good. Now, and foot the most painful of all parts, the lace leg. Oh yeah, there we go. Why is it- Everybody loves the lace leg. This has been Wrap Asparza. It's been a good, good amount of time. Foot to foot pressure. Why? What's happening? This is, nothing will break it. It's gonna be fine. Come on work, Gary Turner. Push on his balls. Keep it here at verbaltasks.com for more information. John DeHanna. All right, everybody. ■ I will remember you. ■