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Okay guys, I'm here today with Henry Cejudo, a huge honor for me, guys the triple C, the best combative athlete in the world, he's an Olympic wrestling champion in 2008 and two times UFC champion and guys Henry just shot an entire instructional all about his mindset that's called the triple C mindset, you continue Henry. Oh yeah, no it's, if there's one thing that's made me special even prior to learning the sport of wrestling or the sport of mixed martial arts has been my mindset and I'm giving you guys all the tricks and all the tools, invest in your career, this is something that I know you guys have a different variety of DVDs that you guys probably want to buy and probably want to see but it all starts with the mind, it all ends with the mind and I'm not going over this trust, believe and achieve types of, no I'm getting down to the nitty-gritty and I call it the art of war, mind, body, science and how these three different entities are supposed to, it's your job to collaborate, to connect all these so I'm just, but not at all, I'm just extremely you know honored and happy to be able to share the knowledge that I've accumulated, like you said before the greatest combat sports athlete of all time, to me as a kid I've always wanted the best and now is your chance to, well you may not like me, you may not like the cringe, but you have to respect the things that a champion has done and I'm here to share that with all of you. Yeah, no and Henry, we're super excited about it because for example, I think most of the times what differentiates one athlete to the other, it's always the mind and especially on your case that you won the Olympics, the wrestling Olympics and then you switch it to a new sport and it started from scratch there and then you won the UFC twice, so it's not only like talent you know, for sure you have a different mindset and I love how many times like you ask someone who is a champion, like oh man how do you think we're about to compete in that, almost nobody has this true science as you have it right, as you said like the mind, body and science, so and what about like these three, these three systems that you have about your mindset, how, can you explain a little bit of how that works like? No, because it's, first of all it's all according to your biomechanics and it's all according to the opponent or the competition that you have to compete in, so a lot of it, what I'm doing is, it's all about honesty and so what is the body, we'll talk about body, the body is the art, is the game of whatever you're doing, whether it's BJJ, wrestling, boxing, whatever that may be, what is the mind, the mind is your imagination, it's something that you want to manifest and then obviously it's the science, the science is your cardiovascular threshold, how is it that I'm going to finish the race according to the amount of time that I have, at the best of my ability, so I turn all that stuff into a card game, so I turn it in with, with the mind, the body and the science, you just have to go out there and actually see it yourself, because I do feel like it's a revolutionary thing, that's all going to give you that, that's all going to go down on numbers and probability, by giving you the best chances of becoming the best you could be. No man, that's awesome, yeah we're super excited guys and I think like nobody has achieved the success that he had as an athlete, I mean like where do you find like someone who's two times UFC champion and Olympic wrestling champion, so for sure there's a lot here in his mind, that we can learn, I'm not a big head for a reason, no but that's about it, so guys it's going to be at [bjfnx.com](http://bjfnx.com) and [fanaticwrestling.com](http://fanaticwrestling.com), so make sure to check that out and I hope you guys enjoy it. 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. [bjjfanatics.com](http://bjjfanatics.com), use the promo code [youtubefaria](https://www.youtube.com/watch?v=u1i5CWUMqfs) to get 10% off any instructional video, improve your jiu-jitsu faster.