

Metadata: <https://www.youtube.com/watch?v=N-eMHPVMOeQ>

I know if Feras tells me to do something in a fight, I just do it. It's very important you have that connection with your trainer, that you trust him, you trust his judgment. Do you want to get really, really good and then be broken when you got there? You finally, you know, you've been cultivating these skills for 15 years, you get there, you get those skills that you wanted. Oh, I can't use them, the machine is broken. You know, I'm 38, I feel like when I was 20. You know, I'm a big believer in never being sore. You should train and the next day you should wake up feeling good. I'm a big believer in consistency over intensity. Intensity should be done once in a while because by nature, intensity can only be done once in a while. If you're going hard every day, you're not really going hard every day. You can't go your max every day. There's a cost to going to your max. Imagine me and you were two athletes, A and B. You're A, I'm B. You're training jujitsu three times a week really, really hard. You're going all out. I'm training jujitsu every single day. My average practice is two hours. Your average practice is two hours. But when you go in, you kill it. Like you go with all the black belts and you kill it. At the end of the year, I'm averaging three practices or two practices more than you. So I've had 100 practices more than you by the end of the year. 104 practices. Let's give two weeks for vacation. 100 practices more than you. 200 hours more than you have been training. When we roll, your intensity that you put on the mat is going to be irrelevant. Why? Because I've also tasted that intensity periodically. It's not that much of a factor now. When you go super aggressive on me, when you attack me aggressively, I have felt that. I know how to deal with it. Plus I have an extra 100 hours on you, 200 hours. So I'm going to mangle you. It's like, well, yeah, of course. If you just do five reps every day and then you won't be sore, you could do it more often. And then your body, like you get farmer strength. Where's farmer strength come from? Farmers aren't, they're not going to exhaustion. No. You know, they're not like throwing hay bales to the point where, you know, they literally, they're heaving. They put their hands on knees like, come on, five more. You should never be sore. If you're sore, you overdid it. I was reading the book, The Rise of Superman. It's a great book. It's an amazing book. And he was saying you have to find flow in everything you do. And when I go in the practice room, I'm trying to create flow. I'm having fun. Training should be addictive. State of flow is you're having the right amount of difficulty, but it's not so difficult that you go into stress. And it's not so easy that you're bored. It's the right amount of challenge. If you're in a state of flow, if you want to do something and you find, you go and do that thing and you find a state of flow when you're doing it, you won't need willpower. If you find flow in an activity, you will do it more than a person who's using hard will, hard nosed will, who's just pushing himself. Because that is finite. Whereas flow, it energizes you. It's the opposite. You'll do more of it. Exercise can produce energy. So let's say I'm feeling like a seven out of 10. 10 being I'm really like energized. One, I was like really lethargic feeling like I need to lay down. And seven, I'm feeling good. Okay. If I get up and I do a right amount of exercise, the right amount, I can feel like an 8.5. Exercise can give me a tonic effect like drinking this coffee. So let's say I just do some jumping jacks. I hit the back for a couple of rounds. I'm feeling good. Once you get that high, shut it down. Don't go into the phase where your body's beat up, tight, broken up. Don't redline the body. That's only for training camps for a small period of time. Why? Because you get a little bit more from the system. But in the long run, you get less. In the long run, you've taxed the system. So if you do that regularly, by the time you actually get good, you'll be broken up. Imagine training was addictive. Everybody would train. Everybody would be fit. But people always go into anxiety. They go and they kill their slam their body. Then I have to convince you to do it again three days later, two days later. And you're like, dude, the mental energy is going to take me to get there. It shouldn't be. Training should be a pulling force. It should be pulling you. You want to go training. If you don't want to go training, it's not fun. If it's not fun, you're not going to do a lot of it. And if you're not going to do a lot of it, you're never going to reach mastery. So how do I make it pleasurable? How to make it fun? I

have to be in a flow state. And you can get into a flow state in almost anything. But when you're out of that flow state, cut it. We're going to get further. We're going to do more training if we cut it today and come back in tomorrow. I do thousands of hours of live rolling and sparring. But a lot of those hours, I would say 80% of them is very light. Because I know the terrain. I just want to go through the sequences as many times as I can. And when I'm really, really warmed up, then I'll go hard. I'll start talking smack a bit in the gym. And I'm like, come on, let's see what you got. I'll tell the guy when it's time to go really hard. And we're having fun with it. For me, having fun is really, really important. Now, that's training for longevity. But if you have a fight, I think you need to do six weeks of hard sparring. The more seasoned you are, the less hard sparring you need. You know what fighting is. You just need a little tune up at the end. So if you look at George, George is a great example. He's super skilled. And he's super healthy. Some guys get to the high skill level, but they're broken up. Their body's broken. Their knee is broken. They can barely have three, four fights left in them. Do you want to get really, really good and then be broken? When you got there, you finally, you've been cultivating these skills for 15 years. You get there. You get those skills that you wanted. Oh, I can't use them. Why? The machine is broken. You know, I'm 38. I feel like when I was 20, personally. Because I spar. 80% of my sparring is very flow and relaxed. It's stress plus recovery equals adaptation. Stress plus stress equals detraining and injury. Yeah. A good trainer, a good trainer, he understands super compensation, right? You have stress, you have recovery. And then you have a new level of skill or ability. If you don't go through the recovery phase, you will not reap the rewards of your training. The paradox is, should I train the same techniques every single day till they're perfect? You know, that old saying from Bruce Lee. I'm not scared of the person who did 10,000, practiced 10,000 kicks. I'm worried about the person who practiced one kick 10,000 times. Or should I do millions of thousands of moves? Like hundreds of moves that have so much variety. People don't know what I'm going to do. I'm unpredictable. But if you do a lot of moves, you're giving up your expertise in those moves, right? Now, what I believe is you should start with a handful of techniques. Get really good at those. And there's a point where those techniques, drilling them anymore is nonsensical. Because you could do them in your sleep. It's just your arm bar won't get any faster. Now, of course, if you don't drill them, they'll rust a little bit. But then if you drill them for a week, they're back up to as high as they're ever going to go. Let's say you have five moves. Okay, you have five moves. You're drilling them every day. At one point, you're doing them in your sleep. And it's boring to drill. That's a great indicator. When I'm bored of drilling these moves, I must know them really well. That's when I'll add a few other moves. So I don't want to bottleneck myself. And I don't want to become a jack of all trades. If you're training 10 hours a day and you feel like you're not progressing, it's probably because you're flooded. And sometimes you have an instructor who's going to show you something different every day. Don't worry about that. Don't disrespect your trainer by walking in the gym. And if he's showing arm bar, don't start drilling your triangle game. Don't start doing that. It's really disrespectful. It's kind of like you're taking, you're rebelling against your teacher. Let your teacher do his thing. Let him drill. Let him show the class. Do his drill. Be open-minded. Memorize it for another day. Write it down. Note it down. And then after practice, I like to drill after practice. So after everybody's done rolling, I grab a guy and say, hey, do you want to drill this and that? There's always a guy who wants to drill a little more. And just spend five, 10 minutes drilling something, you know, something that you feel you need to work on. And that'll take away all this frustration that you're not getting any better. If you drill something every day, I guarantee you, you will get better at that one thing. So be wise on what you choose. And when that one thing you're drilling every day gets boring, move on to another cluster. You got to fight according to your body type. And people think that's crazy. Muhammad Ali fought a certain way because he had certain attributes. He had a certain personality. Even your personality is very important. If he tried to fight like Tyson, it would backfire. If Tyson tried to fight like Muhammad Ali, it

would backfire. I think everybody has to start with the basics. And then after three, four years of training, even maybe up to five years, now you got to specialize for what your temperament is, what your body type is, what your personality is. I believe you got to know everything out there, but you got to specialize. Don't try to master everything. Mm-hmm. Know everything. Like I like to know darts, triangle, heel hook, even though I'm not necessarily a darts guy. But I want to know everything about darts. I don't want to drill it all day long. I just want to know about it. Right. Because when you're trying to put your darts on, I know what you're trying to do. I'm familiar with what you're going for. I can break out of it. Boxing is more restrictive than Muay Thai. So the guys with torque are going to do better in boxing than they will necessarily in Muay Thai because in Muay Thai, I can use more trickery. But in MMA, you're allowed to trick me any which way you want. There are very few little rules, okay? But outside of these barred rules, these barred maneuvers, you can trick me any which way you want. So what happens is you take your opponent into a maze. You take your opponent into a world where torque doesn't matter so much. Because MMA is so, you know, there's so few rules, we have a greater environment for the intellect to shine. I said, look, it comes down to two things. Good alignment and loose muscles. Whenever your body's under pressure or stress, whether you're wrestling or whatnot, you should always have torque. Let's say you're going to do a bench press. Maybe, you know, it's not the best exercise or not, but the principle is still at work. When you grab the bar, you should be torquing the bar. Almost. When you're doing push-ups, your hands are on the mat and you're torquing. Even though your hands are not turning, literally, you're just torquing. When you do that, you feel that all the slack is eaten up. There's no more slack. There's no more trampoline effect. You know, there's no more jiggling. Everything's tight. The system is tight. And it's very, very important that the system be tight and that the weight be on the muscles. So if you're properly aligned when you're doing a maneuver, the weight is on the bone, not on the tendons. So if you put your weight like this on your fingers, you'll see that the bone is carrying the weight. If you bend your bones here, if you're unaligned and you start putting pressure, now you see your muscles are starting to work over time. So when I'm carrying weight, I need to have it on my bones and or my muscles, never on the tendons and ligaments. You have general fitness, then you have specific fitness. Specific fitness is to get better at my sport. General fitness is to keep me healthy, strong, and allow me to reach new levels of athleticism that later, in the long term, can translate to my sport later. But if you just do your sport, in my opinion, your system's gonna break down. Your back's gonna break down. Your knee's gonna break down. Your shoulder's gonna break down. You need to stimulate certain muscles that are not getting stimulation in your specific sport. You create atrophy in certain muscles because you're not using them really.