

Metadata: <https://www.youtube.com/watch?v=WB8qnSm58Eo>

Okay, guys, I'm here today with Gordon Ryan and Nicolas Meragalli, huge honor for me. Guys, Gordon is the best no-gi grappler nowadays, and Nicolas is probably the best, or the second best, gi grappler in the world. Like, unfortunately, he couldn't do the finals of the Open class in the last FGJF World, but he made it to the finals of the Open class and the finals of his division. And it was so cool to watch these both guys training here today. Gi and no-gi was just, like, amazing to watch. And, guys, the idea of this video here is trying to understand those guys' mindsets. So, I think we have here the two most confident athletes, probably in the history of Jiu-Jitsu. I mean, every time I see Gordon competing, it sounds like he never thinks about losing his mind, like, he's always stepping on the mat knowing that he's gonna win. Meragalli is just, like, the gi version of Gordon, so I think it's the same thing. People even confuse them if we call them arrogant or stuff like that, just because they're so confident. But, Gordon, maybe you'll start. Like, where does this confidence come from? Yeah, so for me, I'm not really a big believer in, like, talking myself into confidence. Like, for example, if Bernardo was showing me a move, and over the next six months, I didn't hit the move a single time, and Bernardo told me that I was great at the move, like, I wouldn't believe it. Like, he can pump me up as much as he wants, but I'm gonna know that I suck at the move. So, for me, the confidence comes from repeated success in the gym over a certain amount of time. If I'm practicing an arm bar, and I can hit that arm bar on the world's best guys in the gym, then I'm gonna have confidence to go out and do it against the world's best guys in competition. So, for me, the confidence comes from, number one, repeated success over X amount of time in the gym and in training, and, number two, the fact that I train with the most dangerous guys in the world. So, I know that if those guys in the gym have a hard time submitting me, the guys in competition who don't even know submissions are never gonna submit me. So, the worst that's gonna happen is I'm gonna get my guard passed or, you know, lose a ref's decision, but it's not like I'm gonna go out and get embarrassed to the point where, you know, I go out and get heel-looking in the first 30 seconds, and, you know, my whole brand is destroyed. So, between those two things, that's where my confidence comes from. So, confidence on your skills, on your techniques, and also confidence that you're... If your training partners are not getting you, who is gonna get you? Those are the two things that I think differentiates yourself. I'm confident that I train with the most dangerous guys in the world, and we do a lot of positions where I give up positions. I start with my back take, and I start in fully locked submissions, and then I try to work out. So, I'm very confident in my submission defense, and I'm very confident in my ability to escape from pins. So, I know that if I end up in a bottom mount, for example, I'm not gonna get held in bottom mount for five minutes at a time and then, you know, lose the match. I'm confident that if I do get caught in a defensive cycle, that I could just immediately escape and go right back into an attacking position. You guys do a lot of specific training, right? Where you guys start in the bad spot, that kind of stuff. Yeah. We were just talking about that here. Like, Nikos was also saying that he doesn't enjoy it that much. The training just shakes hands and rolls, and I think where you train with John is like 70 or 80% specific training. Yeah, we do usually four rounds of positional training, and then we usually do like two to three rounds of open training. Got it. That's amazing. What about you, Mr. Menegheli? My confidence. Where does your confidence come from? Like, you always look so confident when you go compete, and I talk with you like behind the scenes, and you're always like, no way I'm gonna lose to this guy. I believe my confidence comes from... that I know that the guys don't apply correct movements when I'm fighting against, you know. So, if I can protect myself in a way that I know that nobody will put me in a hard situation, I know that I can, like, go forward inside the fight to find the submission, you know. Of course, I can lose in some kind of rule set that we have some time to work, and we have advantage and points, but if I fight in no time limit, I know that I would win against almost everybody, to not say everybody, you know. I got it. So, it's kind of like, you're so confident on your

ability to protect yourself, and also confident that your opponent doesn't have the best... It's not just about protecting myself, but also about controlling, about how to step the positions perfectly, you know. So, I know that if I respect the steps during the mat, if I know that nobody will put me in a hard situation, I know that I can control the fight better than just, like, stay scrambling around, stay, like, going forward, seek submissions, you know. No, and while you were talking here, I think competing, I never saw you ever getting submitted. No, I never was. You've never been submitted in a tournament? No. In your entire career, you've never tapped? No, in a blue and purple, I think it was twice, but in a black belt, never. Never was. Oh, that's impressive. So, I mean, like, what do you think what differentiates your mindset is the fact that you are so confident that your moves are kind of, like, perfect that it's going to be kind of impossible to break that? Yes, yeah, it should be that reason, you know. Of course, there is also some beliefs that I have, like, putting my energy as well, but I believe that my mechanic game is pretty good to bring that kind of confidence. That's cool, because there is some overlap here, right? So, this is pretty much how you think, too, right, Gordon? Like, you're so confident on your techniques and on your training partners that you don't feel any danger. Training partners is one of the most important things inside the trainings, you know. So, of course, I need to have good points as well to improve my level, but we need to do the hard job, that is go to the championship and then make their job. Only because you were saying that you don't enjoy that much nowadays anymore, like, to just, like, porrada, shake hands and go for, like, 10 minutes or so. So, how are you training lately, like? I usually train porrada, you know, I'm still doing porrada every day, a lot of rounds of sparring, but I try to explain when some people ask me about what I prefer to do on my training, if I have a chance to control some training and to hold a team. When you start to drive, you start to drive slowly, you know, you don't start in the automatic. I don't know if in America it's automatic, you know, but in Brazil you start to go in slowly, you start to park, you start to learn to park the car, you start to go straight very slow. In Jiu-Jitsu it's the same thing, if you have more time to see the situation, to improve your steps during the position, you can be more successful than just sparring around, looking to have a body so fast, you know, losing the steps. So, I believe if you do sparring, if you do specific training against guys with a lower level than you, you can hold the situation in a better way and then develop some better instinctive way to apply against your opponent. No, I got it, that's amazing. Yeah, so, guys, I think like, if you watch these both guys here competing, every time I see they compete, they always have, I don't see, you can see just in the confidence, when you compete, for example, just the way you walk in the mat, I see that you are thinking that you are going to win over everyone, same thing with Gordon, so that's just amazing to hear your both guys' thoughts. And what's next for you, Nicolas? I have some fight coming up, I'm not sure yet, we need to close the deal, but I will fight the world, because my last chance I lost, some guys took me out, my chance to win the absolute, so I need to fight against the championship and it would be my last time fighting in the FGDF events. And then, probably, I'm not sure, I will fight the ADCC, for that reason we are here, you know, get training. Oh, yeah, that's awesome. What about you, Gordon, what's next? Well, I'm just trying to get my stomach better, and pending that, I want to do some competitions before ADCC. I mean, Tim Sprague just somehow managed to win the number one, so I want to go out and submit him. Pedro Maria just called me out as well for a rematch, so that would be fun. So I want to get some matches before ADCC, if my stomach is alright, and then ADCC is the big one. That's awesome, that's awesome. Yeah, thanks you both for being here, and guys, I just watched them both rolling, Gi and no Gi, and was like, I was just standing more, because I could have an invitation to be anywhere in the planet today, and I would rather be here and watch these guys rolling, so thank you. I would be anywhere in the planet besides here today, it was terrible. 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. BJJ Fanatics.com, use the promo code YOUTUBEFARIA to get 10% off any instructional video. Improve

your Jiu Jitsu faster!