

Why did you start training in martial arts? I started training in martial arts because I had a few influences when I was younger that drew my attention from other sports and activities.

Why did you decide to train at Pendergrass Academy? I decided to train with Pendergrass Academy because, at that time, my high school didn't have a wrestling team and I wanted to do something other than lifting weights every day.

How long have you've been training in martial arts (including any prior experience at Pendergrass Academy)? I have been training in martial arts since I was about 7 years old; 16 years.

What advice would you give to a new student starting to train at Pendergrass Academy? For a starting student to take in and learn a little bit of what everyone has to offer; students and teachers alike.

What is your short-term/long term goal(s) related to BJJ/MMA? I want to take brazilian jiu-jitsu and MMA as far as my body and mind will take me.

Favorite Takedown: Arm drag into a single leg takedown.

Favorite Submission: Leg submissions

How many days a week do you train? I train from 4 to 6 days a week.

Favorite music to train to? Metal and techno.

Ratio of Drilling to Sparring you recommend? Half drilling and half sparring; 50/50.

Favorite thing to do outside of grappling? I am easily entertained and like to do something with friends, draw and most likely weight training.

Favorite jiu-jitsu guys to watch? Jeff Monson and Renato Sobral

Favorite MMA fighter to watch? Fedor Emelianenko.

Biggest mistake that new grapplers make: I find that new grapplers tend to use all their energy using their hands trying out power, push or hold down the training partner or opponent, leaving the beginner open for a lot of sweeps and submissions.