



JIM HARSHAW.net

You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan Episode #20

with Dom Gorie

In the 20th episode of *Wrestling with Greatness*, I interview Dom Gorie, astronaut, naval test pilot, wrestler. Dom had an amazing career as a Naval aviator and as a NASA astronaut. As a Navy pilot he logged over 6,700 hours in more than 35 aircraft and completed over 600 aircraft carrier landings. He flew 38 combat missions in Operation Desert Storm. He then went on to be a Naval Test Pilot. His astronaut career includes four space shuttle missions, including trips to the International Space Station. As a father, the danger of his job wasn't lost on his family. As a child he'd experienced the loss of his own father when he was just 5 years old. His father, Captain Paul Pudwill of the USAF was killed in 1963 when the plane he was flying developed ice on its wings. Amazingly, Captain Pudwill ordered his crew to bail out then steered the plane away from populated areas before attempting to eject in time to save his own life.

Dom Gorie graduated from Miami Palmetto HS in FL before going on to the US Naval Academy where he wrestled under legendary coach Ed Peery.

How do you move forward when all hope looks lost (when he was nearly kicked out of the astronaut program due to his propensity for getting a kidney stone.)?

He realized that if it didn't work out he had other options. Wrestlers have a work ethic that's going to make them a success no matter what path they choose. What helped me was to have more than one goal which allowed me to see what other wonderful opportunities were around me. For example, an injured wrestler could become a coach or take advantage of other opportunities.

On finding strength when things are difficult:

He referred to the Bible verse Philippians 4:13 that states, "I can do all things through Christ who strengthens me." He says that many people misinterpret this by saying, "Well, then I should be able to go play in the NFL even though I'm 110 lbs soaking wet." However, what this means is that his faith gives him the strength to handle challenges with peace of mind. "You gain a peace and understanding that allows you to press on," Dom States. Similar to Dan Gable's quote "After wrestling ,

everything else in life is easy" I added to Dom's explanation that this doesn't mean that you'll be successful at everything because you wrestled but rather that you'll have greater toughness and strength to handle tough times.

What does it take to become an astronaut and test pilot and how did wrestling help you?

"Because we would take advantage of every day and every training opportunity our flights were destined for success. You can't get better every day and not be prepared for success at whatever you do."

On wrestling's preparation for success in an intense, challenging environment:

"With the wrestling experience you are more prepared than any other athlete to bring your best physical and mental game to it because you're out there by yourself and you better have it going on or it's not going to go well for you."

Advice to his 25 year old self:

- Have multiple goals in your life.
- Embrace and enjoy what you're going through at any given time. No matter what path you take, there are opportunities for success and enjoyment.

Book recommendation:

The Holy Bible

Any book on early exploration like Magellan and others who faced struggle and obstacles.