



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #74

Bas Rutten

Bas is a former UFC Champion and 3x King of Pancrase- which was a fighting promotion out of Japan. He's now in the UFC Hall of Fame. He finished his career on a 22 fight unbeaten streak before retiring due to multiple injuries. He later came back, in 2006, to fight again, winning by TKO. He has appeared in numerous television shows including Martial Law and King of Queens. He's appeared in movies and even has a cameo in the video game Grand Theft Auto. He has also developed his own unique version of a training mask called the O2 Trainer.

On fighting:

"You're not fighting for yourself, you're fighting for people."

On working on your weaknesses:

"I started working on what I wasn't strong at and I never lost a fight again. Always work on the things you don't like to work on. And try to find the pleasure in it."

On overcoming nerves: ("What's the worst that can happen?")

"You overcome nerves by just talking to yourself and being honest with yourself."

On losing:

"There's nothing better for you than to lose one time. It will show you you're not good enough in some area. This applies to everything in life."

Ask yourself:

"How do you want to be remembered in life?"

About negative feedback:

"If somebody tells you something negative about you, don't go looking for a fight. Take a look at it. They're not saying it for nothing."

About cutting corners:

"Don't cheat the last person on the planet that you should cheat. Yourself."

Pain remedy recommended by Bas Rutten:

CB2, a hemp based pain reliever that he discussed on the show

Websites:

<http://www.o2trainer.com/>

<http://o2trainerblog.com/>

<http://www.basrutten.com/>

<https://bodyactionssystem.com/>

<http://www.basruttensystem.com/>

<Http://www.ruttenandranallo.com/>

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