

# RATTLING THE CAGE

## An Interview with Demetrious Johnson

**Tony Reid-** Can you put into words what it would mean to you to be the first Flyweight Champion in UFC History?

**Demetrious Johnson-** Oh man, it would mean the world to me. It would mean one of my goals and dreams came true. I'm hoping to make that dream a reality in 2012.

**Tony Reid-** If you could choose one fight from your career that every MMA fan should see which fight would you choose and why?

**Demetrious Johnson-** I would choose either the Dominick Cruz or Brad Pickett fights. Both of those fights are my only two losses. I put everything I had into those fights and went to war with both of those guys. They are great opponents and we each put on a great show for everybody.

**Tony Reid-** If you could choose to fight anyone in any weight class who would you choose to fight and why?

**Demetrious Johnson-** I would love to test my skills against Georges St. Pierre. He's so well rounded. A lot of people tell me I'm well rounded as well, so it would be an honor to test my skills against GSP. He's a phenomenal athlete. He does gymnastics, he does cross fit and that's kind of what I do. Well, not gymnastics but I do cross fit, I snowboard, I do paintball and other sports, so I do a lot of different things myself. It would be an honor to test myself against him.

**Tony Reid-** You train at AMC with Matt Hume and all of the other great trainers and fighters there, so is there a story you could share with us from your time spent there that no one would have heard yet?

**Demetrious Johnson-** I am probably one of the most gullible guys in the gym. Matt always plays jokes on me. He tells me to do something or that I can do something and I'm thinking "Oh, yeah I'll try it." And then by the time I get home it hits

me. Then they all have a laugh about it. I'm the guy that is very gullible and I listen to whatever Matt says. That's not always a good thing! (Laughs)

**Tony Reid-** If you could choose to pick a fight with anyone outside the world of MMA, who would you put a beating on and why?

**Demetrious Johnson-** Oh, the guy from "Team Moms" Season 2. They are just idiots. They make me upset. I just don't like the way they treat their girls. I know there are two sides to every story but I would love to get in there and beat those guys up.

**Tony Reid-** As a fan of the sport, who are your favorite fighters to watch?

**Demetrious Johnson-** Oh man, Edson Barboza, Jose Aldo, Vitor Belfort, Anderson Silva, actually, I like every single fighter. I can learn something from every fighter out there. I am a big fan of the Brazilian fighters. I just love the way they fight. They come to fight, they bring it each and every time and I can always watch them fight.

**Tony Reid-** You recently were able to quit your regular job and focus on the sport full time. Can you talk about the difficulties of working a regular job and finding the time to train and compete at a high level?

**Demetrious Johnson-** It was pretty rough. I would get up and go to work at 7am and work until 3pm or even later some days. Right after work, around 3:30, I would head to the gym, get my workout on, do cross fit and typically I would be in the gym until 6:30.

I had to go home and get ready for work the next day. It was like that every single day.

Now, I am very fortunate that I have a great opportunity with the UFC and now I am in a position that I don't have to work a regular job anymore!

**Tony Reid-** Everyone knows you are a big gamer. So what was it like when you found out that you were going to be included in the newest UFC Undisputed game?

**Demetrious Johnson-** I was thinking "Oh, yes!" This is the first step to getting on a Marvel or Capcom, X-Men or Street Fighter game! I was just excited that I was in the game. It makes me happy that I can bring joy to people, not just in the Octagon when I'm fighting but in their living rooms on their XBOX360s.

**Tony Reid-** You have a sponsorship with XBOX and with being in the game, how cool is it to be that involved with something you enjoy so much?

**Demetrious Johnson-** It is awesome. The partnership with XBOX360 is going great. I did a giveaway where I gave away a pair of my UFC gloves and a pair of my XBOX360 fight shorts. The thing about me that people don't know is that I don't give anything away. All of my fight shorts and my fight gloves are in a little box, from my first pro fight to my last fight. But I gave a few away for the people at XBOX360.

**Tony Reid-** You had been planning a wedding over the past few months and recently got married, so I have to ask, does being an elite mixed martial artist with an important fight coming up get you out of having to pick colors and songs and things like that for the wedding?

**Demetrious Johnson-** Absolutely not (Laughs). I enjoy doing that stuff with my fiancé e (now wife) Destiny. It's part of being involved. I can look back at our wedding and say that I chose this or that. It makes me happy to be involved in the process of my own wedding.

