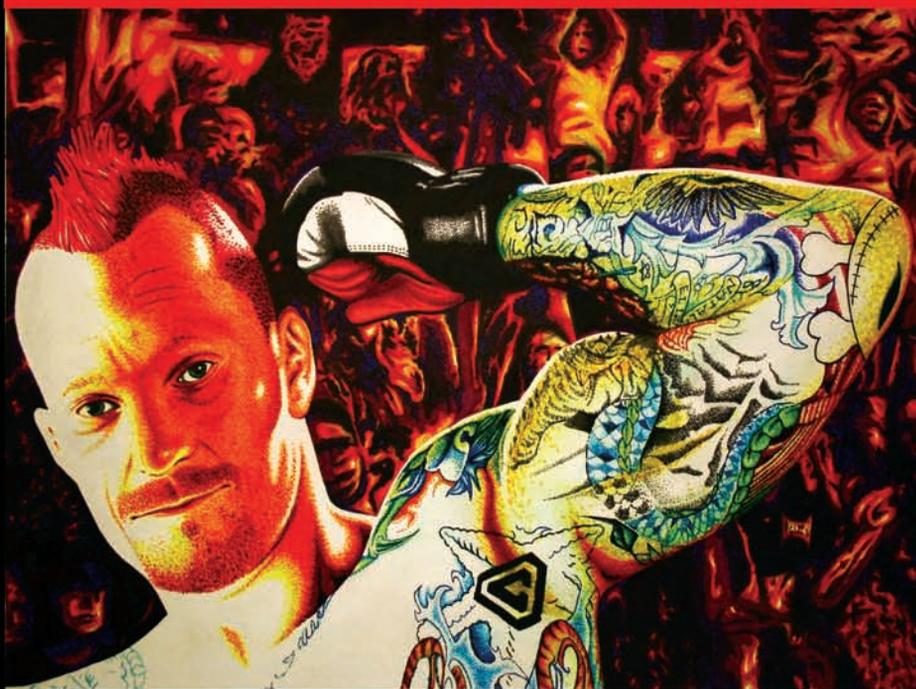


RATTLING THE CAGE



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

Bart Palaszewski- I would have to go with Andrew Chappelle, it was a few years back with Super Brawl. It was the first time they did a show outside of Hawaii. It was just three rounds of beating the snot out of each other. It really sticks out because I broke my hand in the first round and in the second round he arm barred me and popped arm and shredded my elbow but somehow I kept fighting and won a decision. We were both just beat all to hell. We both looked like we got hit by cars, so it was just one of those cool fights.

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

Bart Palaszewski- Maybe Vitor (Belfort), Anderson Silva, Wanderlei Silva just guys like that who want to fight. I am a Jiu Jitsu guy at heart and its cool to wrestle and score points and win a round and be boring but wrestlers are winning fights these days but they are so boring. Back in the day (Matt) Hughes would take people down and he would try to literally drive you through the floor and when he got on top of you he would beat the snot out of you. Wrestling is cool and all and if it hits the ground I love to grapple but nobody wants to do that. Everyone is so defensive and they don't want to do anything and they kind of killed the Jiu Jitsu game. I turned myself into a striker and I'm trying to shut the takedown down as much as I can and try to hold on for dear life on the ground until I get stood up so I can take your head off.

Tony Reid- You have spent time training at Curran's as well as Miletich's, what is the most memorable moment from any training session?

Bart Palaszewski- I was star struck when I was commuting to Miletich's. I am a huge Jens Pulver fan. I grew up watching Jens. I put him on a pedestal because he was the champ and I like the way he fought. I actually tried being a southpaw for the longest time but I am too uncoordinated for that. I was his training partner for a while in Iowa and now that he moved to our gym he's a part of Team Curran now. Even though he's there and he's with us every single day I'm still like "Oh my God, it's Jens Pulver!" In Iowa it was crazy because there were so many big name guys there like Tim Sylvia, Jens Pulver, Matt Hughes, Robbie Lawler and everybody else in this small room I was like "Oh my God! Get the camera out!"

Tony Reid- I don't know if you can confirm or deny this but I hear that you are a huge vampire fan and more specifically a fan of the Twilight movies. Is that a true statement?

Bart Palaszewski- (Laughing) I am a big vampire fan, I like the Goth kinda deal, I like Twilight but I'm not going to say (in a girl's voice) "Oh my God I love it!"

Tony Reid- So are you Team Edward or Team Jacob?

Bart Palaszewski- (laughing) I'm Team Edward. I am a vampire fan and I like the dark, creepy side of it. As far as Twilight, I'm a fan of vampires so I will take the vampire's side in the movies. It might be a chick flick but I like it.

Tony Reid- Can you talk about your experience seeing your first live MMA event in McHenry, IL. Were you instantly hooked on the sport?

Bart Palaszewski- It was December 4th of '99. I don't know why I remember that but I was about five or six months into training. I actually started training at Jeff's because I got my ass kicked by a kid wearing a Jeff Curran shirt.

Tony Reid- That was literally my next question. I had to hear that story!

Bart Palaszewski- (Laughing) It was my freshman year and Biology was my first class of the day. The bottom line is I hit him, he hit me and he got the best of me and beat me up. I thought "Ok, well he's obviously doing something right." So I checked the place out and I signed up right away. Fast forward five months later, there was a show and I went out to support the gym, thinking it would be like a WWE kind of deal. Well I saw the fights and I was like "I wanna do that." That's what I wanna do, I wanna fight. After that it took me two years, literally, of me saying at least once or twice a week "Jeff, Jeff I wanna fight, I wanna fight!" Fast forward again, I was almost 18, and it was a Wednesday and they said they needed someone for that Saturday. It was my first fight, it was in Peoria, Illinois. We drove four hours and I was nervous as all hell. I don't think we even weighed in. I think I was 150lbs soaking wet. The whole entire fight lasted ten seconds. He threw a jab cross and a low kick. I parried both the punches checked the kick and I kicked him in the head. That was the entire fight. For two days straight beforehand Jeff was like "Listen he's a wrestler, just try to kick him in the head right off the bat." So that was all I had in my head.

Tony Reid- What's worse working a 9-5 behind a desk all day or being under a lay and pray wrestler for 15 minutes?

Bart Palaszewski- The 9-5, man. I worked 9-5 jobs and it's the worst thing I could have ever done. I was not cut out for 9-5. I would rather go work construction or on roads or something at four in the morning and kill myself for 12 hours than do it. It's depressing; all I did was drink coffee and smoke cigarettes all day long. It's horrible, you go there and it just takes a piece of you everyday. You speed up the death process five fold; I wouldn't wish it on anybody.

