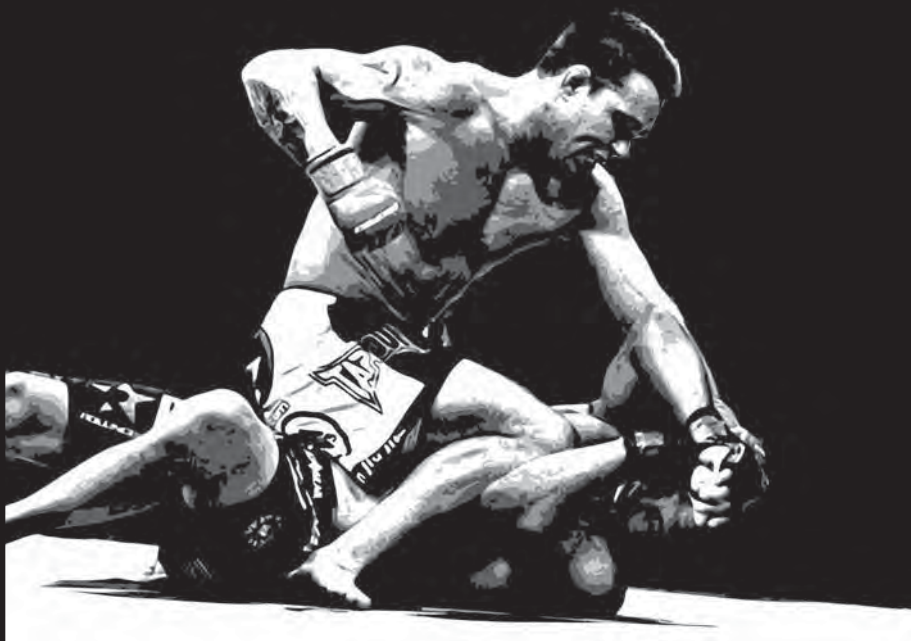


RATTLING THE CAGE



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

Jake Shields- That's a tough call, coming off a few losses. Probably the Dan Henderson fight. The guy is one of the all time greats.

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

Jake Shields- I would like to fight Anderson Silva. I think he is a phenomenal fighter and the best striker in the sport. I think that would be a good matchup and I would love to get a chance to fight him.

Tony Reid- The list of fighters you have beat in your career is a "Who's Who" of tough guys, from Dan Henderson, Paul Daley, Carlos Condit, Hayato Sakurai and Yushin Okami to name a few. With success against competition of that caliber why do you feel that you have been so overlooked and underrated?

Jake Shields- I think a lot of it is that I wasn't in the UFC at the time. That's what everyone watches and now I'm in the UFC, so that makes a huge difference.

Tony Reid- Talk a little bit about American Jiu-Jitsu and the principles behind it.

Jake Shields- It's a blend between American wrestling and Brazilian Jiu-Jitsu. It's taking off the gi and making it more of an aggressive style of Jiu-Jitsu for MMA. It's about being in a dominant position and trying to finish. It adds the striking elements and of course the takedowns, the best part.

Tony Reid- What is the Skrap Pack?

Jake Shields- It's the Cesar Gracie camp. Generally people refer to me, Gil Melendez, Nick Diaz and Nate Diaz. We have been together for quite a while, for about 15 years now. We all came up together and we were all young and we all ride together. We are a tight knit group.

Tony Reid- You were raised in the Sierra Nevada Mountains in Northern California. You list childhood activities such as mountain climbing, exploring and wild caving. What are your fondest memories of your childhood? Were you as isolated as it sounds?

Jake Shields- Your closest friends would be miles away. The great thing about it was all the freedom you had. We could do whatever we wanted to do. There were all kinds of fun things to get into like hiking, caving, rock climbing and all kinds of other stuff that other kids didn't have. It was a great experience overall. As you get a little older it got a little boring but I wouldn't trade it for anything. There are all kinds of cool things out there.

Tony Reid- Can you describe the balancing act you have to perform in being a single father and being one of the best pound for pound mixed martial artists in the world?

Jake Shields- It's really tough with all the training and especially all the traveling. I think my daughter understands what I do. There are definitely times that I don't get the time that I would like with her but it's a sacrifice I do have to make. There is definitely a balancing act. Anybody with any job has to do that type of thing. Fighting

just happens to be my job.

Tony Reid- Who are the people that inspire you most?

Jake Shields- Chuck Liddell is a huge inspiration to me. He's the guy I started training with in the beginning. I met him when he was young and new to the UFC, before he was a big star. I had never fought. I wanted to follow his path. I watched him and his rise to stardom. He was the guy I looked up to as a fighter.

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

Jake Shields- I like watching all the top fighters. Nick Diaz, who is a friend, is one of my personal favorites. I like watching Shogun; I was following him for awhile. Anderson Silva, GSP and all the other great fighters. Sometimes the fight cards, nothing against the guys, but if the card has a bunch of guys that aren't established yet I will skip them (the fights). I like watching Lyoto Machida... and Jon Jones, of course. I like watching the fights when it's two top guys going at it. I always like watching the top, top guys.

Tony Reid- What is the most amazing thing you have seen in regards to the growth of the sport during your career?

Jake Shields- I think getting on FOX is huge. The fight in Toronto was pretty overwhelming. I'm sure people saw it on TV but being there and being a part of that experience was amazing. 60,000 fans watching it, everywhere I went in Toronto I got swarmed. I couldn't even walk around. At autograph signings, seeing the giant lines of people lining up for autographs and pictures is amazing, too.

Tony Reid- Is there anyone outside of the world of MMA that you would like to bring into the cage and unleash a beating on?

Jake Shields- Maybe I would smack around some of those Jersey Shore guys.

Tony Reid- I wanted to send my condolences to you and your family on the loss of your father. His loss has been felt throughout the entire MMA community. Is there a thought or story you could share with our readers?

Jake Shields- He started out managing my career. He was a guy that was well respected everywhere. For years, every time I would go anywhere all the fighters would be asking for him. He was well respected throughout the community. It was a huge loss for me but a huge loss for a lot of other people as well.