

# 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?

**Jorge Gurgel-** I will answer it this way...I haven't had that fight yet. I want to put on a great performance in a major event, meaning the UFC or Strikeforce. My day in the sun has not come yet but it will. I will have that day.

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

**Jorge Gurgel-** I am a professional and I generally don't think that way. I wait for a date and an opponent. I am always ready. But if you are forcing me to pick I would stay in my weight class and even the same organization in Strikeforce and go with Shinja Aoki. He is the one thought to have the best ground game and I would go at that fight like Gilbert Melendez did. I would stuff his takedowns and keep it standing.

**Tony Reid-** Still being somewhat of a newlywed do you and Zoila have the same arguments as most married couples about stealing the covers or spending too much time in the bathroom and if so, do you go into said arguments with your chin down and hands up?

**Jorge Gurgel-** (Laughs) Actually, we don't fight. Its funny nobody could believe that I was getting married. I was so against the idea of marriage and monogamy and all that stuff. But when you find the right person you just know. We might have little disagreements here and there but we have one rule and it works well for us and that rule is "Our house is not a democracy, it's a dictatorship but I will always put your (Zoila's) needs first." It's my house; my rules don't question my decisions or argue. But I will always put her (Zoila) first. Zoila is the Jon Jones of female MMA. I have been in the sport for 12 years and

she's only been in it for 2 years but she has accomplished more in those 2 years than any mixed martial artist ever has in their first 2 years...and she's only scratching the surface.

**Tony Reid-** In College you taught BJJ classes in the evenings, waited tables at night and went to class in the morning. What was that busy lifestyle like at the time and how do you feel now looking back at that time in your life?

**Jorge Gurgel-** Wow you really did your homework! I enrolled at Wright State and moved into a tiny apartment with my brother in the worst part of the city in Dayton, OH. We had no furniture, nothing. I lived on a mattress on the floor for years. I didn't even get a bed frame until I moved into my new house a few years ago. But I started teaching classes and the classes just grew and grew and I established myself and got to the point where one day I just went into the restaurant and said "I quit!" Now, I have my schools and I am living my dream.

**Tony Reid-**How important is it to you that you live your life leading by example, in the martial arts and in life, to your students and school?

**Jorge Gurgel-** It means everything. I tell all the guys in the gym all the time "I have put in more work and sacrificed more than anyone here, including Rich" How could I ask someone to do something I haven't done? What kind of man would I be if I was this fat out of shape guy telling other people to do something I haven't done? These young kids come up to me and say wow you're ripped, you're in good shape and I say "Yeah I have been on a strict diet for the last 12 years. No alcohol, no cheating on the diet, nothing for 12 years!"

**Tony Reid-**Talk a bit about the JG MMA Academy and how it grew from 1 location to the small army (14 total schools) you have today?

**Jorge Gurgel-** I have never taken out an ad in the newspaper or a magazine or ever went out of my way to even have affiliates. It was not my plan. I have had coaches come and ask me "pretty please" to become affiliates. I run a tight ship. It's my way or the highway. I tell my students "This isn't a gym, this is a school. It will be treated as a school and not a gym. I don't need your money. The \$150 you pay each month just goes for maintenance, it ensures the bathrooms are clean, the floors are mopped, the trash is taken out and the mats are clean. The lessons you learn here are priceless." I have coached world champions in my best friend (Rich) and my wife (Zoila) and I know if I reach my full potential as a fighter I would be a world champion as well. But these are the cards I have been dealt to this point.

**Tony Reid-**So when are you and Rich going to take the band on tour?

**Jorge Gurgel-** (Laughs) Most people don't ask about that! Rich is my best friend in the world. But when we first met he didn't know an armbar from his butthole. We met and we hit it off, right off the bat. Josh Rafferty brought him in one day and I rolled with him (Rich) for about 45 minutes and I just couldn't submit him. He had no technique but he was this big strong athletic guy. Like 225lbs. Afterwards he said to me "Do you want to go lift weights tomorrow?" The next day would have been Sunday and I was like "You lift weights on Sunday?" he said then maybe we can come to the gym and do some work I said "You want to come to the gym on Sunday?" You just know when you meet someone who is just like you and you hit it off like that. I have been there through all the ups and downs of Rich's career, as he has through mine. I have been there even more than his wife. It's an awesome thing to be able to share that with someone.

**Tony Reid-** Its true, I have done my homework and in doing that I even got some inside information and I am supposed to ask you this question...Who is your WBW?

**Jorge Gurgel-** (Laughs) That's Marcus Davis! He's my brother from another mother. Every boy that is the oldest of their family always wanted to have that strong, bad ass big brother that they are proud of. I am the oldest of my family and always have been the big bro. Now I have the coolest one of them all, my WBW, Marcus Davis. He is family to me and one of my best friends along with Jon Stutzman and Rich Franklin. But there is only one WBW (Wind Beneath my Wings) and that's my big Irish brother.

**Tony Reid-**You are a very inspirational and spiritual person, so who inspires you?

**Jorge Gurgel-**Every time a fan comes up to me and asks for a picture or an autograph it just energizes me and motivates me to keep going and getting better. My heroes, my role models of my life and I would never be here if not for these two people, my mother Sylvia, she's my best friend, she has been everything to me and the first person to support me. Mike Ferguson, he has been like a father to me, for nine years he has been my, Rich Franklin's, and my wife's strength and conditioning coach. My mother and Mike Ferguson deserve more credit than anyone.

