5 Mind Blowing Insights from Paige Ivette on Jiu Jitsu and Mental Prep Transcript

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Introduction and Paige's Jiu-Jitsu Background

This is Dr. Jujitsu, your go-to podcast for combat sports, military performance, injury prevention, and treatment. Now here's your badass host, Dr Megan Menez.

Bow to your sensei. Okay, I'm here with Paige Yvette Clymer, originally Boras, but married. Congratulations. Thank you. Thank you. So happy to have you here.

Paige is a black belt in jiu-jitsu. She trains here at Legion American Jiu Jitsu in San Diego. Visiting and super excited to be able to speak with you, who's number one vet, which we're going to talk about that match because that was awesome.

I really enjoyed it. Multiple time IBJJF champion, Nogi silver medalist, Pan silver silver medallist. Every belt you were pretty much getting gold or some kind of metal.

You were just owning it and now Black Belt doing great things. ADCC opened Double Gold and hopefully we'll see you at ADTC sometime soon. That's the plan.

Thanks for being willing to talk to me. Yeah, thanks for having me, super excited to do this. I just have known you for a while now. you've been with me through a lot so I'm grateful that we're doing this Yeah, I guess we can talk about that first then.

If you're opening up with it, how we kind of met. 2021, actually I'm here for an orthopedic conference, same orthopaedic I came for four years ago, our academy meeting, and of course I didn't know who you were at the time and I knew Keenan's name, it was a long time ago.

and like, now I come for you. But then it was like Keenan kind of brought me in the door and he wasn't here that time. And I was, like well these other people are so great.

We were both purple belts training and then you tore your ACL soon after that and you gave me a call. So let's talk about that injury first then. Yeah, so I injured back in October 2022. I had surgery in February.

so, I have to wait about four and a half months until I got the surgery. I was in Pittsburgh, I taught a seminar, my very first one, and I on a high, so excited.

ACL Injury and Early Rehab

I flew home without getting any sleep because I had to wake up super early to get to the airport. And I fly five hours and then I super anxious to go back to J-Flo's class because you know, just trying to back in a competition and just try to compete as much as I could but JFLO is just amazing so I really wanted to be in his class and my training partner it was like the first regular round of the day and I shot in on a single leg, he spun out really quick and then he shot him on the single egg and got to the rear body lock and from the real bodylock he did a Tanyo Toshi.

It's a judo take down where you collapse behind the near side leg and you kick out the far leg. Because I didn't know how to properly defend the back body.

I had my hands on his hands. He was able to jump on my leg Yeah. And I remember you sending me the video when it happened and you kind of jumped on the outside of your leg causing the knee to buckle in, which in orthopedics we call valgus.

It's just kind the direction that the knees goes, almost like bow legs is what I tell people. So creating that valgous

force stresses your MCL on inside of the need and then what you tore your ACL is took the brunt of it.

But what have you learned now? You said you've learned how to defend this properly because when you're holding the hands, your legs are a little bit vulnerable.

Yeah. From the rear body lock, I always thought that you're just supposed to use your alligator hands and start, you know, pushing your hips forward to break their grip.

And that's not the case. You're actually supposed bend at the hip. That you supposed they do a hip hinge and then keep your hands on either sides of you and making sure like you post on their knee so they can't bring their knees close to you.

So after my surgery, I got the call to teach at the same seminar where I had came from before I was injured and I made sure to that to the women and say like, this is how I injured a year ago and this how you can, you know, protect yourself.

Yeah, I think protecting yourself, super important, and also the technique, right? Not jumping into your partner's side of your knee, because I teach that.

After you showed me the video, Mm-hmm. I make sure to teach to my students when I'm teaching. Listen, we don't jump into the side a person's knee because it happens too when somebody might be posting up on a leg, maybe on the other knee and people will jump in to that leg.

Yeah. And I've seen that happen a lot too. I know, I've seen that actually just last week. I saw that. That round that we had was pretty aggressive. We were going at it, you know?

And so, yeah, no, he didn't mean to do it. No one means to injure anybody. But it was just something that I had to go through. Isn't that crazy? Yeah.

Because then I tore my ACL a year later and it was my fault and not tapping in time, not realizing what kind of a position I was in. Um, and I called you and then it's like, I'm devastated.

Right? And so it, it so funny, like you're not an orthopedic surgeon. Like you called me because I am a orthopaedic surgery. I call you because you went through it.

Yeah, right. And that's something to say for that. No, think it is not trauma bonding if you will, but it kind trauma-bonding because like we're going through at the same time.

And you think you're not going to make it through. You're like, I'm not getting back to jiu-jitsu. I am done. Dramatic, right? I'll never walk again. All this stuff.

And I know I will be okay. But it's when you are going through it. It's just a long road. So we talked about the recovery process or even before surgery.

How important was it to do the rehab before? Oh, super important. It was just making sure that my quad was really strong because I did opt for or I wanted to go with the quad tendon graft.

So we focused a lot on strengthening of the quads as well as hamstring and glutes because when you go through the surgery, there's atrophy. So, he really wanted to focus on like building that muscle, making sure it was strong.

But all while doing that, like I was just really processing like that I'm going to have to surgery. And you know, so it, was he was also my physical therapist, but he like my therapist.

Yeah, they are. Helping me through. I think people try to rush into ACLs too quickly because everybody wants their ACL done like the second it gets injured.

But what I tell my athletes is I want you to come in to surgery, the day of surgery asking me why we're even doing it because you feel that good, right?

I need you, it's like an oil change before a road trip. You have to have your oil filled before you go. And if we are doing too it quickly and your knee hasn't settled down and you're not strong enough, I'm causing a second trauma, opening up a knee, and so being strong just helps your recovery so much more right after.

It's very true. I think that that was like a really key detail as to why I healed so fast. But while I was recovering, J-Flo would not let me train. He wouldn't let you train for nine months.

before this podcast, I went through my phone and looked at my photos and I was like, did I train? Like at six months? Did I trained at seven? And no, no I didn't.

When I looked back, literally waited until nine months to get back on the mat and actually move. Because then I, it was my doctor was, okay, you're ready to go.

You got the clear. But I I running. I was doing sprints, like trying to work up to that by jogging first, then running, but doing a lot of hopping movements and what is it?

The elevated toe or elevated heel. Uh-huh. Yes. And knees over toes style. But I did all his stuff too. His stuff in the recovery.

Recovery Timeline and Return to Training

So I didn't do his stuff per se, I did whatever my PT said, but I really followed the course like I made sure because I wasn't training where I was training like six days a week, one day off, training multiple times a day.

I needed another like physical outlet, so going to PT and then also working on my own three days week. So all in all it was four days of week of, you know, lifting.

Again, it's like 10 pounds of muscle just by doing that. So I've definitely gotten heavier since in the injury, but then I also, you know, put on some muscles.

I feel good. Yeah, that's awesome. And you're way stronger than before it probably because you've learned all these new techniques. Oh, yeah. Getting back, when did you think that you were going to get back?

Like originally you had told me you thought you read you on Google and seeing some people have done this three months. I thought it was like the three, three to six months is when you were going to start feeling good.

Three months was unheard of. And then, but six month was a little more like, I really thought that the six-month was going be my timeframe. It just was not.

Like the bending of the knee. I don't know. It just did not feel, it felt stable, but it just felt like there was not inflammation, just stiff and weak.

How I knew I wasn't ready was my quad was still not growing. Like it was atrophied and I was like, how is this even a thing? And so my PT did a lot of scraping.

especially on the scar. Can't rush biology. No. And really it takes about two years for that, your new graft to heal in fully. But we can't hold athletes for two year, right?

Yeah. If we could have a perfect world and two-years could just go like this and be like, let's wait two, years when our body has accepted it. Like the vascularization, so vessels come into the graft, but we cannot do that.

So nine months to a year is when we say it's pretty safe as long as you're strong enough. But really, it takes a year.

It's a process. Yeah. I think even just after the two years, my quad is actually looking normal.

Two years it's taken. It's a journey. It is. So let's talk about your Who's Number One battle because I enjoyed the shit out of that thing. Like I loved watching it.

Yeah. I think I texted you right after and I said, you need to teach guillotine escapes because it was so tremendous. You could tell you had just prepared for what she was going to throw at you.

But talk what you do pre-fight, what your routine is, and how you kind of handle and come in with poise, the anxiety coming up to the match, how do you deal with that?

Yeah. So, I mean, leading up the to match I was really excited to train. Like I need to do everything that I needed to. I had to training with the biggest guys.

Sloan was making me roll with these big dudes that were just like blue belts, purple belts. And I was just getting like flat lined like he was making me train until I grunting on the mat and like there would be days when we didn't have enough space and someone would block off the area and be like guys I need you to move page you got a match coming up and you know all of that pressure was a lot.

You know leading up to that. What was the weight difference? Um, just 10 pound difference. I was 176 and then she was 186. And Sloan had you rolling with these big like 200s.

He had me rolling, with this big boys like 210 and they were like trying to squeeze me, hold me down. and he had to do like shark tanks. But it was because he knew that I'm fighting a 15 minute match and that i was going to have to go as hard as I could the entire way.

Unless I subbed her. Then we also went over the guillotine escape that day. While we were warming up, I used him to warm up. And he was like, wait, this is how you're going to get out of the Guillotine escape.

We knew that this was going happen, that she was gonna guilleotine me, but I didn't know to that degree. But when she first sunk in the anaconda choke, she had the front headlock and then switched to an aniconda.

Preparing for the Who's Number One Match

I was able to get back up to my feet, but because someone taught me the guillotine escape where you fall to your back and then post on their hips, I think that's how they're unable to keep you down and control you.

So yeah, so that really did help out. Um, But the night before that match, like I could not sleep. I had the worst time sleeping. I was up every hour, every two hours.

Like I, was crying telling someone I can't do this. So I'm going to have to fight this girl. It was like, babe, just go back to bed. You're fine. But I like literally having panic attacks.

And I think, you know, maybe that's what people go through when they go to war, they just can sleep. They know they're going go war and like I just do jujitsu.

No, I don't even have that. Yeah. Yes. Right. And so, yeah, that's something that I'm still working on. I don't know. That's my first who's number one match.

So maybe there was some anxiety and some anticipation leading up to that. But I am trying to figure out, I dunno if I need to get hypnotized so I can just settle down.

Yeah. What I'm needing, cause I've done meditation and prayer and affirmations. And it's just, I think when you get in that head space of like anxiety and you feel it, you almost are like in a hole and your like, Oh no.

So. I think where I fell into my training, I just focused on just keep going to training. Keep training as much as possible. Try to keep learning. I was running hills a lot.

That helped as well, but man, I was so gassed in that fight. Yeah, you didn't look it. At the minute 10, they were, taking Hoffa's back, and they said, like, looking at my corner laughing.

But no, really gasping for air, trying to suck in as much air as possible. That was fun, though. That's was a good match. It was super fun. As far as the anxiety goes, I think it happens.

I remember in school, when I would just do a presentation, you get so nervous. And my parents used to say, it's important to you. So that's the way I look at it, but it doesn't mean it may go away.

Right? It's just how, what are we going to do about it? And it is hard. Something that I haven't mastered. We probably spent a long time doing it. Yeah, I'm still trying to figure that out because as a coach now, i'm trying help people compete and if I am going through that anxiety like tornado, how am I going to help them pull themselves out of that?

And that's a good point because when I coach I kind of try to go through the game plan and keep them distracted almost. But that is the best I can offer right now I think.

When you go home and go to bed you're like I cannot even sleep. Yeah. And when it is match day though because I'll feel it in my stomach those butterflies I do do some tummo breathing.

Nice. So I will do like 30 hyperventilations and then I hold my breath for two minutes. And so that kinda calms me down, and I just do two rounds of that.

But I kinda look crazy, because people, if they don't know what it is, they're just like, what the heck's this girl doing? But it really calmes me and breath work is really important when you're fighting.

I agree. Competing. But anything. Sometimes I'll go into a hard surgery and I sit outside the room like before I go to scrub my hands and breathe, visualize the case, right?

Because I've already done that. Just like matches, visualization before seeing the best possible outcome. And that's what I do with surgery too, and I breathe.

And I control my heart rate, control mind, focus on my breath and go. That's so funny you say that you visualize because Dr. Lucius, he actually told me he used to fight MMA and he said what would help him when he had anxiety was he would visualize.

So for Pan Ams, when I placed second in 2024, I was visualizing the whole time. And I went there alone. I want to compete alone and I had no coach. And, um, I got guillotined and, and then I didn't visualize that.

So like me and visualization, like, don't know if I need to do that point. Yeah. It was like something I was, oh, believe this. You know, but then when you're fighting someone.

I don't know. There were so many other factors that could have played into that, but I really just think it needed to happen. Yeah. I mean, I think visualizing, you go in more positive.

Yes. You go into a better mindset. That was right. And I, mean it happens, right? So I've, and then when I got heel hooked and tore my ACL, it was like my first big loss.

My first, big injury is I was traumatized. Then I did the same thing. Visualizing doesn't work. But then I started visualising other outcomes too. What I wasn't going to do.

So now when i prepped for matches, like, my awareness is so important, even rolling, If your heel gets caught and

you cannot slip it, you're tapping. And that's an outcome too.

It's not the best possible. I try to keep visualizing the most possible, but what am I going to do in these other situations? Am I gonna let it break again?

Hopefully not. So I teach people now to have that awareness, because if you don't and just think you are going Bad things can happen because you don't believe it's happening.

Managing Competition Anxiety and Breathing

Yeah, but I think things have to happen to you in order for you to learn, right? Yeah. It's like the price we pay, I don' think we're sitting and playing chess, you know?

Like, violent chess. I really love jujitsu. Like even when I was out and I couldn't train, And so yeah I was here and I'm in a shoulder sling right now because I had surgery and i'm watching and.

I posted on instagram and my buddy's like isn't that worse just watching I. Was like no because iIm here i'M involved right after my acl I Was teaching four weeks out in.

A brace yeah so could I knee cut no. I had like 0 to 90 degrees of motion, but I was like, you're going to knee cut this way, right? But I just had to be there.

I have to around it. You know, it's a community and that's what brought us together. It's brought so many people. Beautiful community. What are the chances I get to hang out with a surgeon, And I'm hanging out with like a stud jujitsu athlete.

All right, let's talk about what are your best tips for injury prevention, you think, if you had to talk to people about how to train safer, smarter, and prevent some injuries.

So I think definitely just being aware of like how you can get injured, because I thing people go into training and they just don't know like from a stand-up position if If someone grabs your collar and they go for an osoto gari and, they're not in line hip to hip, your knee could suffer, right?

Or if someone gets a rear body lock, you, They could jump onto your knees. Also heel hooks. leg entanglements, but just kind of ask your instructor, like if you don't want to get injured, learn about that.

Like how can, what positions can I get injury from? And then I also think, you know, while you're rolling too, especially coming up in the rinks, I don' think it should be a death match because you really don"t know what's going on.

So I always bring up Bruce Lee because he always says, like, be like water, right? And I think once you get to that black belt or that brown belt position, you kind of already are.

You know what's happening. The timing is already there. But as a white belt, they say, slow is smooth and smooth is fast. And that should be what white belts think of.

Slow is smart. When I first started, I was doing everything slow. And then when I would go to competition, I'd try to hit it fast. But I think so many people, especially while they're training on the mat, they think that the training room is meant for them to be a competitor or they compete with their training partners.

that's where the injuries come when they bring their ego or they're not having a good day and they need to get out the stress and usually they get injured.

And we talked about that people that are coming not to compete but to blow off stress from the workday. They just worked at a desk all day, and have all this energy.

Or like the 6 a.m. class where I train, it's everybody, a lot of people are in the military and we're about to go to work and do whatever and everybody just has so much energy to flow out.

Yeah. That's how injuries happen because people aren't being smooth. I think you guys are really fortunate with J-Flow because whenever I watch him, it is that just smooth, even when somebody throws him.

I know he probably allows it because he's just a savage. The way he lands, I never was taught that. So I'm over here landing on my face and things because I wasn't taught how to maybe tuck the way that he does or expect what's coming next on me feet.

Right? So you are super lucky here. It's just like, if you're gonna do takedowns, you should know how to do the take downs. You shouldn't just do one take down or drill one takdown and then be like okay, I'm ready to takedowns.

Definitely learn some safe takedowns, learn how to protect yourself, learning how the ukemi, which is breakfall. I had trained for three years, I won a Purple Belt World Champion, and I did not know how break fall.

Because at my gym, we never did any break falls. When you do nogi, you kind of fall on your wrist to elbow to shoulder. So it's more of like you fall, It's like a dance, if you will, but you know, in order to protect yourself, you have to slap the mat.

So you transfer the energy from your lungs to your hands. Yeah, I think learning how to properly fall. not falling with your arm extended. Lots of shoulder dislocations and elbow dislocation from landing on your arms like that.

It happened in, what was it, ADCC two years ago, Nick Maragalli, right? Landing on his hand, shoulder dislocation. Wow, that was crazy. But that's because we're taught to, even J-Flu will teach this.

And it's like, because he knows you can break fall, break falls more so in the gi when you slap them out. Because of that ricochet with the Gi, you could just like really slam someone.

But in Nogi, it's more of like you want to continue that energy. So you wanna fall and then like keep turning. Yes. Yeah, I think gyms need to do a better job on teaching that.

But what we do at Legion, we literally have a sign up that says we have four techniques that are banned.

Injury Prevention, Safe Training, and Takedowns

What techniques? Jumping closed guard, the Tani otoshi, The scissor leg takedown. And then… I mean, those are the main ones I would think. Yeah, I think there's one more.

Give me some time. I need to think about it. It'll come to you. Whenever I sign up for a tournament and it's like, everything is legal, except slamming or something, and I'm like okay, what about scissors and jumping guard?

Legal. The last time I competed I was like I swear if somebody jumps guard I am going to punch them in the face. Because I've seen some knees blow out bad.

And jumping guards I don't think is necessarily bad, it is how you do it, same thing, scissors take down. if you push into the knee and that valgus stress, which is what people usually do, they go flying straight into leg versus tucking the need behind the and bending the right front to back.

But in the heat of the battle, I've seen it. I saw it, what, Canuto does it a lot and I see him do it and every time I cringe because I'm like, oh God, something's going on with the me.

It's one of those things that like when you compete, you have to be ready. You have be aware. Yeah, and know that that could happen. When that girl jumped close guard on me with the guillotine at pants, my knee kind of buckled a little bit my ACL.

So I do kind have some pain, like every now and again, it'll get aggravated just right under my patella. Because it hyperextends it backwards, right? Because when people jump guard, they jump into the quads, just above the knee versus into their hips.

Yeah. Correct. Well, I like that you guys banned those. That's really great. Yeah. I know. It's just because it's not worth it. So one more thing before we close out.

You and I always talk about, because I say I'm getting older, and a lot of I have more fear of injury now that I've had three orthopedic procedures. And I feel like I am getting old, but then you get mad at me.

No. We're talking about this. Let's talk it because you're 32. And you just have this mind that's like, we're gonna go hard, like not hard but we gonna get out there and be confident.

And I have a fear of re-injury a lot of times. So help me be like okay, I'm only 36 instead of I am old and 36, you know? Yeah, so honestly I think age is just a number, right?

I feel like old is like 60, when things start catching up, the collagen starts to leave your body. When I think about training and especially getting to my later years, you really have to find, it's not about like finding the right training partners.

It's just knowing how to exchange the energy properly. And if someone grabs me like way too aggressively and I'm not in for all that, I will literally stop the round and be like, can you settle down?

Or if they keep grabbing me, I already know what they're gonna do. So I'm just beating them, just defending the whole time. I just defend, defend defend.

Even if their trying to face crank me without any hooks. That's happened to me. And then after I'll let them know, because people that usually, if I grab them gently and then they grab me aggressively, they are usually a little bit lower in the belt rank.

They're still learning that. Their not thinking of it like how we think of. Whenever that happens, I usually just I'll tell them after when they ask me, they say, is there anything I can work on?

And I said, yes, like the training room should be the way you train and you take care of your training partners. And what I mean by that is constantly just try to move.

Like we're in here to get a good cardio workout. You can be rigid when you compete, you can rigid you are lifting, but when your in here, like you have some training partners that you could be ridged with and like try and hold but then the majority of your rounds should be like water.

You should really be trying to move as much as possible. Like more cerebral. So you're thinking, you are trying to play chess. Yes. You're trying checkmate people with your movements rather than your strengths and agility.

And I mean, strength is a skill. Of course. There's a time and a place to it. It isn't to be 100%. Yes, there's training partners that you can do that with.

But then it's also really, really helpful for you to get those rounds in with the people that already know you could beat up and just let them try to beat you up.

Yeah. Right? Just let then do their thing or just beat them to. You know, I think that's how I roll. And I when I competed against Hafa, like you see that I'm not super rigid.

I am very like flowy in and out of things. I'm going to work on my rigidity. You looked phenomenal. I loved that match. Yeah, it was so much fun. It looked—I was impressed with your cardio, too.

Um, I think I had just competed and my cardio is what killed me. And I was like, damn, like I didn't prepare enough and I know what I need to do. Well, I think what it is is like, okay, definitely putting aside time to like maybe do 150 burpees, or doing some hill sprints, at least once a week, because then you're going to start feeling good, then pushing yourself in training.

Were you doing 15-minute rounds? No, I did not. It's like what, like even after I was like, why did I not do a 15 minute round? But I think what really helped me and kind of made me feel good.

Cause I competed at worlds and I completed against Nadia Franklin in the absolute. And they always start at for IBJJ if they start the Absolute first, and then they get to your weight division.

That first match of the day, it was at nine AM and. I got so gassed. I could not even sit up, I was laying down. I thought I had blood in my throat. Her coach walked by and he was like, you good?

And I rolled my eyes open. Why is this guy asking me if I feel good right now? I just had a freaking war with your girl. Um, but then, then my next match is I felt great.

So I think how you're going to work on your cardio too. I have a, I'm a not a massage therapist. He's a sports therapist who helps me sometimes with some body work.

he said that when you are going compete and you do your warmup, make sure you warm up 30 minutes before your match and then make you walking on the mat and your still sweating.

Yeah. Keep moving. Yeah, because if you're not sweating, you are letting your body know like it's time to relax, rest and digest. That's a problem with a lot of tournaments, right?

You warm up and then you get bullpen or wherever you on the stage, behind stage. And then they're like, oh, this match went long or this much went quick.

Then you didn't warm-up and you were getting rushed. Yeah. It's really hard to time it. Yes. But I think that that's why we see a of female or male competitors.

They're jumping right on this side of the mat.

Training Smarter With Age and Match Preparation

make their opponent let's not to like what is it called when you intimidate but yeah I'm not trying to intimidating my opponent I am just trying be myself and if they get intimidated then I´m cool like okay this is great yeah yeah but definitely keep moving make sure you're sweating I think they don't make a difference because after that 15-minute match with Hafa I didn't have it in my throat I wasn't feeling gassed I I mean I was gass But I wasn't feeling, like, overheated and…

Yeah. It's a lot of you guys had fun out there. Yeah, well, I can't wait to run it back. We better. I know. All right, so last fun question. You love cooking.

Well, actually, my fiance cooks now. That's great. Mine's like this looks like a good protein, some eggs, and then I just mush it all together and I get my nutrients.

His is like perfectly plated. Oh, yeah, it's really good. So I don't cook anymore. Wow. I like good food. Yeah. So what's your favorite food? Okay. Chicken tikka masala.

That is like, it's so good just because of all the spices and then like heavy cream. It's, and chicken. And I love chicken, but if I have to, like if we're talking like animals, I really like like a good venison, a back strap.

Nice. But I don't have access to that. My husband doesn't hunt. I'm a rib eye girl. Yeah, I love rib eyes. Oh my god,

that's my jam. I know. And Terry's major, which is actually like a muscle kind of from the back.

Okay. That's just kind below the rotator cuff muscle. Wow. and I don't know what it is about it. It's not used as much, it's super tender. If you can get a Terrys major I'll be telling you.

Babe, honestly I do love meat, but I also love fruit. Yeah. And you were telling me you don't really cut weight, you fight at your weight. So what are you eating to fuel your workouts?

What are eating your competition? So I usually don't get up. I drink some electrolytes, some extra water, and then I go for my coffee. And then, I'll usually eat like some eggs, like hard-boiled eggs.

Then I have like a slice of toast, or I like rice cakes and I doctor that up, Or I just go with yogurt. But with my coffe, e I always put protein in there, especially leading up because I know I need more protein.

It's kind of hard to eat. When you over train, it's hard to eat sometimes. I have to focus on like, when I do eat, I eat a lot. But some days if I, you know, just make sure to have that protein because then I know I'm going to hit my macros.

You're like tired and hungry and you don't know what is trumping what. So you got to get something. Exactly. And so I usually will eat like chicken or fish during the day.

Then at night I love red meat. Nice. Ground beef or steak, rib eyes. Rib eyes are our favorite. Yeah. Like, wishes, or, you know, what is it, your death food, if you were to have your last meal.

Last supper? Yeah, it would definitely be venison. It's just so good. Meat's good? I know. All of it. We're not talking about vegetables. I don't eat many vegetables anymore, like carrots here and there.

Yeah. But I like some carrots. Some potatoes, I do like bell peppers as well. Since I'm not growing it and there's, we don't know where it's coming from.

I don' know what to put on top of it. Farmer's markets. Yes. Telling you, I didn't go to the grocery store much anymore.

Food, Fuel, and Where to Find Paige

It's farmer's market. Local stuff. Dude, i'm training so much. But I have a freezer outside. And I just butchered my first cow with my hand surgery partner.

So I took like 200 pounds of meat and put it in the freezer. That's amazing. We're set right now. How much is that? It depends where you get it from. I actually don't know because you can buy a full cow or you could go in on a share and you buy like half a cow.

Um, I would think like two grand if you're getting like maybe a quarter or a half, but I'm just, it depends on where are you getting it, from who the farmer is.

It's going to be more expensive because that's their baby. Like they raised it. They know exactly what they're feeding it I love that. Yeah. And I just got lucky because it was my partner and the cow, like it their time to go.

Just give us extra hands and then we'll… We'll give it to you for like pretty cheap. I said, say less. That is amazing. Yeah. It's so cool. So try and do that or try to at least find a farm.

And it seems like a lot of money, but you are saving when you buy in bulk. Like it's a a front. But then you put it in a freezer in your garage and you eat for a year.

All right, well thank you so much for spending the time with me. Tell everybody where they can find you. Okay,

yeah. So I train at Legion American Jiu Jitsu and their social media, they are on Instagram at legionajj.

And then you can also find me at pageyvet, so P-A-I-G-E, period, I-V- E-T- T-e, on Instragram. That's where I post all of my technique videos and my highlights.

Yeah, they're dope. Back step one, you post it. And then I got to be here for one of them today. I know. Because I was running around like a lunatic and I just was like, oh, there filming.

Sometimes I think that I make a technique up and then, I'm like wait, okay, let me look it up. Then I find it and am like okay. It didn't make it out.

You're trying to name it after yourself. Yeah. Like after your dog. Yeah, maybe not. Oh, yeah. All right. Well, thanks again. I appreciate you coming out.

Yeah. Thank you. Or I'd appreciate coming on the show.