



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com



Jeremy Lesniak:

Hey what's up everybody, welcome to episode 222 of whistlekick martial arts radio and today we have Mr. Julio Fernandez. He's a Brazilian Jiu-jitsu practitioner, instructor, competitor, and he's made quite a name for himself. We're going to hear more about him in just a little bit. First, I want to thank you for tuning in, if you're new to the show you might want to check out some of our past episodes. Some of the other stuff we've got going on, best place to start is at whistlekick.com, if you're really just interested in the show, that's okay. We don't mind that. You can go to whistlekickmartialartsradio.com. That's where we have 221 other episodes for you to check out. And we've got so much more, we're doing everything we can to bring unity and interesting content and great products to the world of the traditional martial arts and I want to thank you for checking us out today.

My name is Jeremy Lesniak, I'm the founder of whistlekick sparring gear and apparel, I'm your host on the show and if you're a visitor to martial arts events, you may have actually met me because I spent a lot of time travelling around training, teaching, visiting, hanging out because let's be honest, martial artists are great people and I love hanging out with all of you, all of us, I don't know, I guess I'm in that group, aren't I? Hopefully, I get to be included. I don't know how to thank everyone enough for tuning in, it really means the world to me, here we are with,



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

maybe it not the milestone that episode 200 was but 222 is kind of a fun number, and it's just got me reflecting on everything that's going on over the last nearly two and a half years of this show and how much it has changed, not only this business but my life. So, thank you for your support in allowing me to do that.

Who would've thought that surfing waves could lead to martial arts? Today's guest Mr. Julio Fernandez proves that even when you're doing a completely different sport, it can still lead to martial arts. He did not only turn to Brazilian jiu-jitsu but he trained hard with one of the pioneers, one of the best in this martial art, no less that Carlson Gracie Sr. Having said that, he isn't only a student or a practitioner but also a respected teacher in his own right. His was not your ordinary journey into martial arts, but rather that telling you I'll let him tell you the story. Let's welcome him to that show.

Jeremy Lesniak:

Mr. Fernandez, welcome to [whistlekickMartialArtsRadio](http://whistlekickMartialArtsRadio.com).

Julio Fernandez:

Glad to be here man.

Jeremy Lesniak:

Thank you for being here, thank you for your time listeners will know that there's a difference in the audio here they're going to hear a little bit in the background and that's cause we're right here in your academy.

Julio Fernandez:

Exactly, we have a class going on right now, I don't about many people here you know there are some training techniques and that kind of stuff here, yeah, it's been really good, I've been blessed. School is going really really well, my affiliations doing well you know BJJ revolution team and we're doing really well. I'm really glad.

Jeremy Lesniak:

That's great, well you're saying that with a smile. I don't usually get to see what people look like as I'm talking to them so this ..



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Julio Fernandez:

Well you know I think you have to be positive you know and I you know when you're a positive person you bring positive people into your life and you know that's bringing maybe more people, more business to your school you know.

Jeremy Lesniak:

Like attracts like, I've heard..heard..

Julio Fernandez:

That's correct yes, yes.

Jeremy Lesniak:

Okay well this is a martial arts show and you're a martial artist, we're in a martial arts school.

Julio Fernandez:

That's right

Jeremy Lesniak:

But let's I mean let's go [01:35](#) How did you get started?

Julio Fernandez:

Well you know I, it was about 17 years ago and I used to surf, I was a professional surfer at age of 16 you know. I started surfing when I was 5 years old and [01:48](#) a 7 we got a softball for Christmas and I you know that's when you start surfing. While when I was like in the middle school, I was a kind of semi pro and I'm you know like by the end of middle high school I was a professional surfer. And then I kind of have a lot of friends of mine doing jujitsu already. You know and I was really curious about that and I started visiting Carlson school, Carlson Gracie. You know because this school is about 3 blocks from my house and I used to go over there, see the other guys train and that kind of stuff and that's when I kind of started [02:21](#). I was about 17 years old yes, it's been many many years ago.



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Jeremy Lesniak:

You said you had friends doing jujitsu, you were curious about it. What was it cause, I've known some surfers.

Julio Fernandez:

Yes.

Jeremy Lesniak:

They're pretty passionate about what they do.

Julio Fernandez:

Exactly yeah.

Jeremy Lesniak:

What was it, I mean did you leave surfing?

Julio Fernandez:

No, no. No. I never stopped surfing I still surf, you know kind of a I went surfing in Indonesia, I was in Hawaii with [02:49](#) Bustamante you know kind of a I was in California a couple of months ago surfing with [02:53](#) me too. You know I used to surf, I have a lot of love for surfing and one of my favorite sports, my first sport basically. And but the jujitsu part of that came because this is [03:05](#) you know I felt the need to train martial arts. And I had a little judo when I was a kid you know I had 2 or 3 years in judo I was 6 years old and then I did a little capoeira you know it's a like [03:21](#) martial arts and like I said one step [03:24](#) I end up doing jujitsu because friends of mine Marcelo Bustamante, Mauricio Bustamante [03:32](#) brothers, they used to train jujitsu and that a kind you know I had a connection there and that's how I started you know.

Jeremy Lesniak:

So, you thought good people doing jujitsu and said this is something I want in my life.

Julio Fernandez:



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Well good people do it and I kind you know in Brazil jujitsu is known as a very effective martial arts you know. The Gracie's you know the head of Gracie 03:54 you know those guys are fighting people twice as big as they are and very strong and a kind of skinny guy had all these techniques all these moves they could maybe confront at least hold their ground against the bigger guy you know. The mode of Brazilian jujitsu is like a survive and win you know and then I said well I need to 04:14 so I've been taken down from my back when I'm in bad situation I can maybe turn the things around, that sort of reason that you start doing you know just for the idea of self-defense you know.

Jeremy Lesniak:

We've had a couple other folks from Brazil on the show either from Brazilian jujitsu or capoeira and they talk about their feeling that they needed something for defense you know on a, it seems like on a deeper level than most of us here in America, will think about it. Most of us in America will never be attacked, statistically we're lucky maybe it's getting better, it's getting worse I don't know I don't look at the numbers but the way it's been expressed to me is it was a little bit rougher in Brazil was that part of your, your influence?

Julio Fernandez:

Well you know kind of a 05:01 states and to be honest 05:02 United States for 20 times a year. I go to Brazil every year, sometimes twice a year and but when I moved to the United States I was about 36 years old and you know if you punch a guy is 05:19 you know in Brazil you know sometimes you can get away with that kind of stuff you know it's a town for place. The law doesn't work so well like it works in here you know, you can 05:31 guy here and maybe 05:33 you know in Brazil sometimes to get something in court it might take a 3, 4, 5 years and maybe somebody put a little money there and you know and the lawsuit disappears. You know, here in the United States to be honest with you I see that the last few years has been a change 05:51 people have consciousness about self-defense because I don't if that's a kind of you know the word itself is changing because of these wars all over the place you know but I think the people are more aware of the need of self-defense and I you know this is a good thing for my business, it's sad to see that happening but I think United States you know is growing the needs for self-defense the martial arts itself is growing as a big business you know because the need for instruction properly, completely. Knowledge about the how to defend yourself in a bunch of different situation and I think that kind you know because in Brazil was harder that's why you see all these people doing Brazilian jujitsu because like I said you know the arm of the law there doesn't work so effectively like here you know.



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Jeremy Lesniak:

So, you needed an arm bar?

Julio Fernandez:

Well, you know arm bar, neck holder defense or put the guy down, or 06:55 against the wall, against the car, against the building not to you know turn the situation around that you're going to be on top you know. The idea of Brazilian jujitsu is that kind of surviving the attack just like I said survive you're going to win. Get in a position that you control their position 07:11 leave there without marks in your face you know, that's the idea.

Jeremy Lesniak:

Okay, here on the show it's, we like to tell stories and that why like I told you before wander, go wherever these questions take you. If I was to ask you your favorite story from your time in training, what would that be?

Julio Fernandez:

Well then I had a lot of those stories your know I have one that have kind your know I was competing in a Brazilian Nationals and I was competing a guy that was really good and your know we went to the finals there and 07:44 of the referee and your know there's a guy that kind of was competing against him as a matter of fact good friend of mine Paolo Caruzo and his well-trained well prepared and I had a bunch of fights but I didn't have the submissions right away I had to work hard and this he guy looks really good and your know he submitted people like a minute and a half or something like that your know 08:06 and then I went to the finals with this guy your know and your know I said well I have to differ my strategy because this guy is really good on his feet as well your know his judo your know has a background to taken downs and his finishing this guy's a minute and a half and either side I had to take him down your know and then I kind of matched his style and I went for my taken down and I did taken him down but I land with my face outside the mat area and I cut my eyebrow and reached on his referee and he stopped the match and he said well the match is over because you have a cut on you eye and take take like 8 stitches on my eye but then I said well your know kind of hey if you're stopping the match I'm the winner because your see I'm ahead of the game here your know and 08:54 said well but you can any more any more you know kind of I have to give the match to the other guy I said no well call Carlson, let Carlson make the decision there you know. Well he reached and call Carlson, Carlson went to the mat area he looked at me and he said no he's ready to roll and I put a little tape on my eye and had



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

could control over the bleeding and I kept fighting and you know I kind of aid well if I'm going to have stitches on my eye men I got to make this guy pay too then I went hard on him I took him down again [09:24](#) this guy that kind of stuff you know I won the match for good solid performance and that was you know the Brazilian Nationals that was really good I didn't really, I got a gold medal there.

Jeremy Lesniak:

Yes, that's great.

Julio Fernandez:

That's a good story, I'll never forget that.

Jeremy Lesniak:

Yeah, I can imagine [09:41](#) and you know there aren't a lot of people who would be able, even willing to try to argue their position with names like that right with, not like to argue but to win, I mean that says, says a lot about your grip.

Julio Fernandez:

Oh yeah well you know Carlson was a guy that kind you know has a fighting spirit and he used to have the fighting spirit to know his guys you know, you know you train with Carlson and you know if you don't compete if he tell you to compete or fight or whatever and if you had said well I can't do it for some reason, well he used to put you against the wall and you know make you feel uncomfortable, maybe even calling you names you know Carlson was really kind of in your face instructor you know. Carlson was like a guy that kind you know you have to basically do what he thinks is right and a lot of times to be honest he was right you know because you're doubting yourself and sometimes you need somebody to push a little forward than you can push yourself and Carlson was that kind of guy you know.

Jeremy Lesniak:

Well and he's, is he your instructor now? I see his name on the wall.

Julio Fernandez:



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Carlson paves the way in 2006 you know and you know he was my instructor, I only had one instructor basically you know I only trained in 1 school Carlson Gracie school and he was my only instructor and you know I was promoted to black belt in 1988 and yeah, I only trained in one place, I only had one instructor, yeah Carlson Gracie Sr.

Jeremy Lesniak:

Yeah, it's and you know as an instructor now you know I mean sometimes you have to push people in a way that they're not comfortable with, yes you have experience they have knowledge they don't have yet.

Julio Fernandez:

Yeah, yeah, yeah people have a tendency you know to train with the people they feel comfortable and I don't blame them but here and there maybe you have to push yourself a little more because they make you more confident about your skills you know and you take a punishment today you know tomorrow you can perform better but I always try to tell the guys the guys [11:47](#) that's it. There is no superstar here you know because you see I think what happens that kind you know people have to develop an ideology that they belong to team and then that kind you know they work for the team not for themselves you know that's what I used to do with the Carlson. Carlson develop the spirit you know the Carlson Gracie team I had been to some team there was a kind of team name you know was that was the best team in the world back in the day you know that's what I try to do here in my schools.

Jeremy Lesniak:

Well I see you know team on your academy shirts and you know it's not a lot of the guys [12:27](#)

Julio Fernandez:

Yes

Jeremy Lesniak:

What does that mean to you that you know because most schools outside of BJJ aren't going to talk about what they do as a team mentality you know it's considered an individual sport and I mean sometimes we've been karate, taekwondo, other arts that I'm familiar with will put down almost



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

these walls in between to say what I do is very different from what you do what does it mean to you to say that you're a team?

Julio Fernandez:

Well the thing here you know kind of like a Brazilian jujitsu need that training partner all the time you know we don't have katas we don't have techniques that you can repeat and look at the mirror you know we develop a system that basically needs a training, need a training partner. That training partner you going to develop a train - a friendship with him because you see that kind you need to train with somebody and you know and in my school, I try to make the people they can train with anybody, any level and they feel comfortable you know that they can develop a good technique you know. Well to do that they have to work as a team you know and well because the sport is growing so much you know we have people affiliated to my team and I have a training partner Rodrigo Medeiros in California we started a team called a BJJ revolution team. We have about 80 schools worldwide you know schools in Brazil, Australia, Canada you know Ireland all over the place and you know that way we have the sport growing and our team is spreading the art of Brazilian jujitsu you know and that kind of it helps us and it helps them you know I think that kind is like you know we give in to people the opportunity to increase their knowledge of he sport help other people to get better and on the other hand well it helps us to you know to feel good about themselves on top of that you're making a little money you know when you're in a business, you're not in business to lose money you know that kind of stuff. Well they help us we help them and that's the kind you know that's our team BJJ revolution team you know is doing really well.

Jeremy Lesniak:

Good, yeah that's great glad to hear.it. A lot of time in martial arts people talk about how it makes you a better person, makes you you know we're just kind of talking about the positive energy and staying happy and all that

Julio Fernandez:

Yeah, you're recording this already?

Jeremy Lesniak:

Yeah

Julio Fernandez:



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Okay

Jeremy Lesniak:

Yeah, we're recording yeah, I just let it run

Julio Fernandez:

No that's good

Jeremy Lesniak:

We'll chop out that part where we took a break.

Julio Fernandez:

Okay

Jeremy Lesniak:

How had martial arts made you a better person?

Julio Fernandez:

Well you know that kind of one thing that it helped me a lot is to settle you know kind of because you're kind of when I was young I was all over the place. My brother's 3 years older and you know kind of a you know we're surfing, we're going to these places you know party you know and in Brazil people start earlier than here you know yeah, it's just that

Jeremy Lesniak:

I've heard that

Julio Fernandez:

Yes and you know kind of I was all over the place and jujitsu made me kind of get a little more conscious about myself, the environment that you know I'm moving around it what I am what I'm doing and it made me think about taking care of myself better that I could be in a better shape as



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

well because you cannot live party one night and train jujitsu in the morning after because you know maybe your body is not going to perform as expected and then on top of that it is the longer term results of abusing your body right? And that kind you know martial arts is that kind of I think is a way to make people live like a healthier life because you see if you want to keep training martial arts well like I said you know you can go to mass and be a sinner because you know it's hard to pray something and doing something else whatever I tell my guys here I try my best to follow that code you know I have to you know martial arts is [16:36](#) for me the I believe is making myself more aware of my surroundings being a better person and teach that to my students that's about it, yeah.

Jeremy Lesniak:

Cool, one of the things that's kind of universal in I think in life is going through tough times. I haven't met anybody that hasn't been through some tough stuff

Julio Fernandez:

Yeah.

Jeremy Lesniak:

But as martial artist we seem to have this unique toolbox of experiencing discipline to call on

Julio Fernandez:

Yeah

Jeremy Lesniak:

To help us get through those tough times, would you mind sharing a story about when something didn't go right for you and how you were able to lean on your martial arts whether that was some kind of physical event or you know something that happened that was emotionally difficult?

Julio Fernandez:

Yeah well you know I've been married for 20 something years you know that kind of, well actually 38 years and I respect the martial arts and martial arts you know like everything in like work relationships family you know we have sometimes that kind of you devote more time to



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

them sometime less time to them because you see you have a lot of going on around but you know kind of I would say that you know to be honest you have to first see what kind of a problem that I have, can I solve the problem by myself do I need help or not you know that kind of stuff right and martial arts for me is way for me to release stress you know because you see when I come to a class here I don't think about anything else but the class that's going on you know I kind of remove all from my head and I didn't know I have some time that I come here stressed with you know my bills to pay whatever it is kind of you know and then I think about this kind of stuff and I want to start teaching or training or doing this martial arts stuff I kind of I remove that from my conscious and I kind you know I have a break that I can you know keep my head clean and that's a kind it helps a lot with a person you know kind of but like I said you know you have to see what is the level for stress or problems I don't know you're depressed or something like that you might need a professional help. If you're not well you know kind of day to day stuff martial arts help you to do that kind of stuff because that kind of you know you're trying to keep it separated from whatever it is outside then when you do training you release that you know during the training you punch on something or you kind of grab the guy or kind of moving around that release tension, stress, frustration you know stuff that goes around that have kind of [19:27](#) can solve that right away but the training might help you to kind of at least think that well you know I have the tools that I can solve the situation you know I think martial arts make people stronger in that kind of way too not only for the physical aspect of that but the mental aspect of martial arts, martial arts Brazilian jujitsu helped me a lot you know kind of [19:54](#) and kind you know over the years if I didn't have Brazilian jujitsu I think I would be a crazy guy yeah

Jeremy Lesniak:

Yeah, I think a lot of martial artist would say the same thing

Julio Fernandez:

Well yeah

Jeremy Lesniak:

They wouldn't know what to do about it, I'm in the same boat

Julio Fernandez:

Oh yeah man, in Brazil some time I couldn't I have a heavy bag inside my house and you know some time I couldn't train for some reason sometimes I was late from work, I was going to some time, I



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

got married 20:20 you know kind of I didn't have the flexibility to go oh I've been training today and go there, some time I was late, some time I couldn't go to class, some time I didn't have my car or whatever or you know and I used to go to that room, I had a back room in my house that was really a small room I would put the heavy bag in there, punch the heavy bag, kick at the heavy bag and elbow the heavy bag for about 45 mins just to release the tension that I had on me you know and that's a kind of helped me a lot what I'm trying to say is that kind you know martial arts is something that if I didn't have that you know I don't know man I kind of I would be like I said crazy.

Jeremy Lesniak:

I get it, I get it and I bet most of the people listening get it too.

Julio Fernandez:

Well yeah.

Jeremy Lesniak:

I think we're all...

Julio Fernandez:

In the same thing...

Jeremy Lesniak:

Similar, we're all in that boat for sure

Julio Fernandez:

Yeah

Jeremy Lesniak:

When you think about the people who were instrumental over your martial arts career and obviously there's I'm guessing number one on the wall right there

Julio Fernandez:



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Yup Carlson Gracie yes

Jeremy Lesniak:

But aside from him who else was really important in your martial arts upbringing

Julio Fernandez:

But you know to be honest Carlson Gracie is number 1 because that kind you know he's that kind like I said before he's kind of the guy has like such a wise spirit that kind you know he the never give up spirit that kind you know was inspiration that kind you know and another thing that really inspired me even that he kind a he never practiced martial arts on his life was my father you know my father was raised during this Spanish revolution you know and they had nothing you know Franco the dictator there killed a bunch of people and my father was 10 years old and he used to tell me the stories how to survive during that time you know the war the Spanish war how many people dies 10 years old trying to collect potatoes in a field to have soup for one week you know and that kind of spirit you know the spirit of the warrior the never give up spirit that I transitioned that to martial arts to see when I think about if I'm competing if I going to fight something or if I have to address a situation I basically think about my father and Carlson cause my father had all the odds against him and he was a successful person. Carlson because I had the warrior spirit the never give up spirit that kind you know if they put you down you always stand up again you know and like those are two big influence in my life that I would say made me a stronger person mentally you know those are the 2 inspiration that I have, Carlson Gracie Sr. and my father, you know.

Jeremy Lesniak:

That warrior spirit, do you think that's something that can be taught? Or is it that something you're born with?

Julio Fernandez:

Well I think it can be taught you know I teach my students here and the kids you know when I go to the kids' classes I have a you know a lot of kids here I have 3 different group ages here and I have a lot of kids in the kids' program and what I teach the kids is that kind you know the style that I teach I call tough love you know I love the kids I love every kid here they're all the same to me but I try to make them tough. I have them sparring each other, I have them put themselves in bad situations try to kind of you know get out of the bad situation and make them if they are not



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

doing correct I make them do correct I make them repeat. If they're late for class they have to be punished, they do push-ups or they do jumping jacks whatever they do you know I try to make the kids tough because you see things just don't come easy. I think in life you have to work hard to achieve you goals you know, stuff that's handed to you, just like they say here, easy come easy goes you know but I make my kids here, the kids program and my adults program they have to achieve the goals you know and to achieve the goals well you have to work hard because you see the additional gifts in life. Hard work and determination that's sort of kind that make people kind you know reach their goals. That's the true thing that kind you know that's my teaching style tough love, love everybody, you get tough on them. That's it

Jeremy Lesniak:

I love it, now competition. I know you've got quite a list of accomplishments...

Julio Fernandez:

Yeah, yeah.

Jeremy Lesniak:

Tell us about a couple, a couple of the competitions, you mentioned 1, that was really important to you. Maybe tell us about a couple others but more so why is competition is something that, I'm assuming you enjoy but why is it all so important?

Julio Fernandez:

Well you know the thing here in competition you know kind of and I competed back in the day in surfing as well and kind of I always compete I compete in soccer you know amateur, I played semi pro league in soccer in Brazil. And jujitsu I went, since I started Carlson put me to compete you know I didn't know that kind you know anything about competition till I joined Carlson school talk about jujitsu competitions, right? And the thing here that I like in jujitsu because soccer is like a teamwork, right? 11 guys in the field to play soccer you know but in jujitsu you're basically against one guy and sometime you have 5,6,7 matches there to get to the top you know. It makes you kind of you have to endure you have to develop resistance you have you know to have a commitment to take a punishment and you know eventually you know you raise to the top. You know competition make you tougher you don't know who you're fighting you don't know who you're competing they call the name and you stand in front of the guy and that's got you going that kind of stuff and I think it's a great way to make people better because you see that kind of you can train anytime in a



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

school with a bunch of guys and you're really good but when you go to a competition you have to fight other people that kind of stuff makes you kind of you know a lot tougher because you know you going to bring you A game you know, you know here in the school if anything goes wrong okay oh thank you very much you stopped the match no you know the match doesn't stop until one guy wins that you know basically that's what happens you know and I would recommend people and I tell my guys here you know that young people should be competing, if the guys starting a little older you know I don't push them too much but if they're younger I try to push them to compete and fight because I think that kind you know that going to make them 1 humble you know 2 respectful to the other guys that are there before them and 3 that going to make them tough you know

Jeremy Lesniak:

Yeah, that's theme with everything for you.

Julio Fernandez:

Exactly. It's about making people tougher

Jeremy Lesniak:

Oh yeah

Julio Fernandez:

You got to make them tougher here, that's what they come here for right, we're not playing Ping-Pong here, you know.

Jeremy Lesniak:

No that's for sure. If you could train with anyone that you haven't, somebody alive, somebody that's passed away who would that be?

Julio Fernandez:

Well you know that kind of a you know I came from the Gracie family right I you know Carlson was my only instructor you know but I kind of I have the put most respect for the Gracie family. This is the guy that basically started the you know the Brazilian jujitsu system you know they call the



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Gracie jujitsu you know because they think it's different than the jujitsu itself. Gracie jujitsu is even a little maybe different than Brazilian jujitsu itself because see so many people teaching now that they kind of forget about the you know the 3 anchors of Brazilian jujitsu: self-defense, combat and spar jujitsu you know this is the 3 levels of Brazilian jujitsu the Gracie style. Just like the 3 levels of fighting you have the stand up, you have the clinch and you have the ground. See the Gracie logo, the triangle is basic in the tripod the balance, right? That you find in technical skills you know. I think that kind of the Gracie family, is that kind of you started this and if I could go and train maybe the Rickson that will be really good, Rickson is a great guy he's a good friend of mine as well. Roller Gracie too great guy we surf together you know kind of I like those guys [29:03](#) I would train with them because that kind you know I think they know the stuff and at the same time they have a really good technical knowledge. They are nice people they are gentle with the instructors, the students and I kind of and I like to hang out with them because that'll be great.

Jeremy Lesniak:

Always nice to train with people that your respect and are good people to hang out with

Julio Fernandez:

Exactly, exactly you know you kind of you got to you know you try to [29:31](#) with the people you feel good about them you know kind of you know if you go out to the people if you don't feel comfortable you got to find maybe different company you know.

Jeremy Lesniak:

I agree, totally. Are you at all a fan of martial arts movies?

Julio Fernandez:

I did watch a bunch of Bruce Lee movies back in the day yeah, I did watch karate kid you know and he and what's that one a Chinese movie the guy I think is wing chun I can't remember the title of the movie but it is on Netflix and the dragon something I can't remember you know kind of

Jeremy Lesniak:

Crouching Tiger Hidden Dragon that one?

Julio Fernandez:



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

Maybe that's it, the guy is that kind you know the is a Chinese guy he does like you know a bunch of a fighting movies you know kind of it's on Netflix I can't remember the name but I kind you know I do watch a 30:30 there you know kind you know well just for the physical aspect to that you know the energy that kind you know the 30:38 style with a guy in a bad situation bad place then kind of they survive and they kind of go to the top and you know it's like an inspirational movies you know and I like to watch those movies, Bruce Lee you know I kind of watch a bunch of those you know.

Jeremy Lesniak:

Was Bruce Lee at all influential on you I mean

Julio Fernandez:

Well you know to be honest not really because it's that kind you know I didn't do karate I didn't do like a style like more that kind you know eastern style was that kind you know even the Brazilian jujitsu they say started in India or maybe japan you know I did that in Brazil the south America you know

Jeremy Lesniak:

Right

Julio Fernandez:

But you know I never had the opportunity to train that kind you know this kind of other styles kung fu wing chun or something like that and I do respect all the styles but it seems that I didn't have any a contact you know and that's why I'm not influenced by that kind of you know aspect of the martial arts you know.

Jeremy Lesniak:

How about books, any martial arts books that are, or influential books, inspirational books?

Julio Fernandez:

Yeah you know that kind of an over the years that kind you know I had a bunch of people come in here for wrestling you know because a lot of wrestlers they got older they kind of they transitioned



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

to Brazilian jujitsu because the Brazilian jujitsu has take downs is about you know the Brazilian take downs because Brazilian jujitsu is like a hybrid style, right? You know we incorporate judo, we incorporate [32:11](#) we incorporate freestyle wrestling that means some of these guys they feel kind of acquainted to the style that they see a lot of similarities you know from the ground to the control to the take downs and a lot of these guys they come to Brazilian jujitsu and you know kind of a over the years I'm kind of I'm curious and you know kind if I go and check some if I go to store with my wife usually I don't buy too many books you know if people give it to me good but I'm not really into buying but when I go to Barnes & Noble whatever I used to sit around there if they have like wrestling books or [32:46](#) books I try to watch those and see the techniques

Jeremy Lesniak:

Sure

Julio Fernandez:

You know and I had on my school here people teaching wrestling for a while yeah I had that couple guys here one was in Olympic [32:57](#) the other one was 2 times [33:00](#) American you know we had wrestling classes here for many years and we incorporate some of that with the Brazilian jujitsu like I said it's a hybrid style another thing here Carlson Gracie Jr, Carlson's son he was silver medal pan American champion [33:18](#) you know we had a lot of wrestling back in the day Carlson was the only guy that I started training with [33:26](#) that kind of 70's I'm talking about 1975 you know and Gracie jujitsu was always the [33:32](#) Carlson had no ** classes that something that kind you know nobody ever heard about that you know but I do like you know if I want to read something or take a look on something I would say maybe wrestling because I can bring that to the you know what I have already you know

Yes makes sense what are you goals well my goals is to live a life that you know I can provide my family the good lifestyle you know have some free time that I can spend with my family you know and at the same time help people to reach their potential you know and that kind you know have a good healthy productive lifestyle because that's kind you know to be honest with you if a guy comes here he doesn't have money to pay the classes you know I tell him to get a job you know that what I tell people here you know kind of [34:31](#) handouts you know I want people protective, people that kind of you know they active in the community people they care about family values honest people you know I like to have good people around me that I can teach that to the next generations that I can teach that to my grandsons you know and I think that's my goal you know to be around that I can help other people to get better and make me kind you know reach



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

the potential faster than I did you know yeah that kind of make new generations better people that's my mission.

Jeremy Lesniak:

What parting advice would you give to the people listening?

Julio Fernandez:

What what?

Jeremy Lesniak:

Parting advice, words of wisdom, I mean you've given a lot through out

Julio Fernandez:

Well something that I kind you know I read one time you know I have that you know I put that I wrote it down at the board of my office here: gentleness is the greatest strength you know that's something that kind you know you know you can be really tough you can be the best fighter in the world, you can be a person that nobody can touch but that doesn't mean you can't be gentle, you can be nice to people. My advice to people is to be humble about their knowledge, because people keep training. They are competing, they try to get better. You can never say that you're the best in the world, right? You have to be humble about what do you know, help other people to reach their potential, be gentle. Like I said, gentleness is the greatest strength. My advice that I can give to anybody, be gentle to people you're going to have their back [36:26](#) be nice to people, you're going to find people to be nice with you.

Jeremy Lesniak:

Mr. Fernandez is truly a multi-talented individual who has no shortage of work ethic. He certainly gives us how teaching martial arts can completely and in a positive way consume your life. Thank you, Mr. Fernandez, for coming to the show today. We've got some pictures and some other things at the show notes page, you can find that at whistlekickmartialartsradio.com check that out. You can also find us at social media, were @whistlekick pretty much everywhere you could imagine. And don't forget, we are always looking for suggestions for future guest, nearly every episode we bring you now, comes from a guest suggestion whether that be an introduction to someone that we interview or a topic that someone asks us to talk about, that's neat to talk about.



Episode 222 – Mr. Julio Foca Fernandez | whistlekickMartialArtsRadio.com

And I appreciate that, we appreciate that. Not only does it help us bring you the content that you most want, but frankly, it makes our jobs easier. That's all for today, thank you for tuning in, thank you for sharing this episode thank you, for all that you do. As part of this community and for the martial arts. Until next time, train hard smile and have a great day. That, we appreciate that. Not only does it help us bring you the content that you most want, but frankly, it makes our jobs easier. That's all for today, thank you for tuning in, thank you for sharing this episode thank you, for all that you do. As part of this community and for the martial arts. Until next time, train hard smile and have a great day.