



Episode 361 – Announcing First Cup with Jeremy video show |  
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### Jeremy Lesniak:

Hey, how's it going everybody? Welcome, this is whistlekick martial arts radio episode 361. Today, I'm gonna give you a quick rundown of some new content that were doing in fact, content we've been doing for six months now. My name is Jeremy Lesniak, I'm your host for this show, I love the martial arts and so I've... Really I kinda dedicated my life to it. It's my job, it is my passion that's why I do what I do. If you want to see everything that I do, everything that we are doing as a team, you can head on over to [whistlekick.com](http://whistlekick.com) and see. Check out the products we make, you can save 15% if use a code `podcast15` you can check out links to all the different projects we've got going like Martial Journal, what else do we do? We've got a ton of stuff and I'm having trouble thinking of those things because I'm really focused on what we've got going today.

I'm excited and it's not often that we get to put out something new. Now one of the things that I've had a lot of feedback on since starting this show martial arts radio, is that people wanted to see me. Ugh, well you may not believe it but I'm a bit shy and a bit introverted and it's taken a long time for me to kinda get out of that as I do the show. But finally after years, after three years, I was ready. And I have done a little bit of video here and there but none of it was that substantial and I kept playing with this idea of what would I do? What would I do with video? It needed to be something unscripted because I don't have time to script another show, it needed to be something short it needed to be something that I could do consistently, and it needed to be something that was little different, something fun. Well,



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starting all the way back on July 5, 2018, I started drinking my 1st cup of coffee live on YouTube. And as I woke up I would talk about something and then usually the last minute or so related it to the martial arts and offer a thought to the folks watching. Well, after six months of doing that people were watching, they would write to me they would let me know hey this pretty good stuff, please keep doing it. Our YouTube subscriber count was going up, everything was working well with it. And so finally here we are just a little bit into 2019 and we are making official. First cup with Jeremy is now in officially spoken of whistlekick project. Que the applause.

Now, what is first cup? If you have not watched it and you can watch it on YouTube we'll have a link in the show notes [whistlekickmartialartsradio.com](http://whistlekickmartialartsradio.com) and we are currently building up and should have the but at least the bare-bones ready for [firstcupwithjeremy.com](http://firstcupwithjeremy.com) and if you're familiar with martial arts radio site, it's gonna be similar you'll have a link to that days episode if that's what works for you and were also going to be turning this into an audio only podcast. Because let's face it, watching me sit on the couch with a cup of coffee is not a tremendous amount of visual appeal. If I had hair, those of you who have never seen a photo of me I don't have hair, my hair would be disheveled. I wake up, I put on a robe and I make some coffee and I sit down and I record that's it. It's very straightforward, very simple and what we were really going for, what was important to me was that it be authentic. I wanted you to see who I was and there are days where, I'm articulate there are days where I am not. There are days where I ended early because I can't come up with anything to say, we aim for about 10 minutes. There are days where I get 10 minutes in and I think oh I need a couple minutes more and so it goes to 12. But it's simple and the idea is you sit down hopefully you'll have your 1st cup of coffee with me do this live right about 630 sometimes, 635 but usually right at 630, I do aim for that. Monday through Friday and hopefully it gives you something to contemplate during the day. I keep a positive somewhat motivational, I'm not gonna try and bring it down but I'm also not going to be anything more than I am not gonna lie and jump up and down and say I am ready to take on the world, because at 630 in the morning before I've had my 1st cup of coffee, I am not ready to take on the world. But that's what it is.

Do I think this show is going to resonate for everyone? Absolutely not but it's something I'm enjoying doing and because it is unscripted, it's forcing me out of my comfort zone, it's giving me something to work on, being comfortable in front of the camera, do I know how that skills go play out in the future? No idea but it's something that felt relevant so we're doing it. One of my hopes for the show is that people are writing questions. I would love to get you know, a few dozen people watching every morning and have one or two of you ask a question or two that I can mix in to what I'm talking about especially since sometimes I'm not sure what to talk about. Once in a while, I think maybe three times ever I planned ahead what I was going to talk about. It's usually something for my life, I look at what happened the day before or what's happening that day and I see how that relates to me as a martial artist, as martial arts business owner and how that might be of interest to people that are listening or watching. I've debuted a couple products on there because it's easy it can just grab it and hold it up on screen.



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So if you want to check out that show, the best thing to do is go to [firstcupwithjeremy.com](http://firstcupwithjeremy.com) and you'll see everything. We'll have the links to the episodes on YouTube you can follow the YouTube playlist if you want, once we get the podcast play was set up will be able to find that there and where not gonna do any separate social media for it, at least that's not the plan right now. So check it out let me know what you think and hopefully you'll watch. If for no other reason than you get to say, hey I had my first cup of coffee with you this morning and yes that is something multiple people have said when I bump into them at martial arts events which is kind of crazy but also really fun and I enjoy that. So you want to get in touch with me you can do so with [jeremy@whistlekick.com](mailto:jeremy@whistlekick.com) that's my personal email address, you can save 15% using the code `podcast15` at [whistlekick.com](http://whistlekick.com). You can follow us on social media we are @whistlekick on YouTube, Instagram, Facebook and Twitter and if you have a topic idea for martial arts radio or a guest that you think we should talk to, fill out the form on the website [whistlekickmartialartsradio.com](http://whistlekickmartialartsradio.com), don't to forget there are transcripts and and just so much out there. We've put together a ton of stuff. I mean, we are over 3 1/2 years and now this is episode 361 that's insane most podcast don't make it past 10 and the only reason we've done this is because of your support so thank you. I hope you our having and continue to have a great day. So until next time, train hard, smile and have a great day.