
Emilio Hernandez

Hey guys. My name is Emilio Hernandez. I'm out of Spring Hill Tennessee. 00:00:34
I train at Tennessee Brazilian jujitsu Academy. I'm 22 years old. I'm under, 00:00:38
my instructor's name is Ray Casias. I met him probably about eight years 00:00:47
now. I'd met him when I was 14. Been training under him ever since. I 00:00:50
started doing Jiu Jitsu. Like I said at 14 years old. I started at a local gym 00:00:55
in Columbia which is probably 30 minutes from where I live now currently
and started off there for a year and moved here in Spring Hill probably
you know a few months after that and have been training here ever since.

Interviewer

I might cut you off like a time or two. 00:01:14

Emilio Hernandez

No problem. Yeah. Just that I was like I don't know how to keep going or 00:01:16
not.

Interviewer

That's fine. Let's do a short intro again just like a shorter one this time 00:01:19
and just say I like your name, town, and the gym that you train at. Right 00:01:28
here again.

Emilio Hernandez

So hey guys my name is Emilio Hernandez, I train out of Spring Hill 00:01:30
Tennessee at Tennessee Brazilian Jujitsu Academy.

Interviewer

That's great. Tell me who your head instructor is and how long you've 00:01:37
been training under.

Emilio Hernandez

So my head instructor is Ray Casias. I've been training under him for 00:01:53
about eight years now. I started when I was 14. 00:02:00

Interviewer

That was great. Tell me why you got into jiu jitsu for the first time like 00:02:01
originally what led you to do it? And then what, you know why it clicked 00:02:18
with you, why you like it so much.

Emilio Hernandez

I started jujitsu back when I was 14 and at the time I started because I 00:02:22
had been playing soccer for you know years before that and I wanted to
do something different. I had a few different like issues when I was 00:02:33
younger. I guess more with the anger issues and I felt like I needed 00:02:36
something else to exert my energy and I felt I jiu Jitsu was one, was one
of the biggest things that I needed to try out.

Interviewer

And what was it about it that made you keep coming back and really want 00:02:46
to just kind of devote your life to it?

Emilio Hernandez

What I really liked about Jiu Jitsu especially when I first started of course 00:02:51
everyone you know enters Jiu Jitsu and they always feel like they know
they're not progressed or anything like that. What I did really like about it 00:03:01
was I liked the fact that there's always a learning aspect to it. Like you're 00:03:06
always going to learn something different regardless if you learn the same
position over and over again. There's always something different. There's 00:03:10
always something new. And that's what I liked about it. 00:03:12

Interviewer

Tell me about how you got the nickname Scramble. What does that 00:03:14
mean?

Emilio Hernandez

My name is, my nickname is Scramble King. I received that nickname from a few friends that I've met over the years competing in Houston. They're Brazilian. So that you know they have broken English. And when I first met them was in Houston and I met them again in Atlanta. Well they finally came up with a nickname of calling me Scramble King because they said I had very good scrambles during my matches or every match and they've seen. So that's how I kind of got the name scandal King and pretty much stuck ever since.

Interviewer

Perfect. Let's kind of summarize that. Just kind of make it little bit shorter and just tell me like you know my name is Scramble King. I was giving it from... and maybe I like your style. And that's just kind of descriptor like your style.

Emilio Hernandez

My nickname scandal King. Gosh dang it. My nickname is Scramble King. I got that from my the way I compete. I'm very big about scrambling out of positions and being very mobile when I'm rolling and a few guys came up with a nickname it's very much stuck ever since.

Interviewer

Do you think that's a pretty good description of your style? Like what's your style like when you compete?

Emilio Hernandez

I would like to say it is. I like to of course start from standing and working to take down. I do like to work from the standing position and then you know getting a dominant position on top. But I would like to say a lot of my style does have to do with a lot of like moving moving pretty quickly

Emilio Hernandez (continued)

but also just scrambling out of different positions.

Interviewer

That's great. Okay great. So let's talk about sticking with the competing and stuff, when you're like in here and you have a competition coming up and you're like really in my training mode to get prepared for competition. 00:05:08

Tell me what's going through your head and what your focus is when you're getting on the mats like preparing to compete. 00:05:25

Emilio Hernandez

So when I get ready to compete or when I have something coming up whether it's major it's not you know I always try to focus that and look at 00:05:31

them exactly the same that way you know there's no nerves. You know I always say to myself I've been here before. It's just another day. It's just 00:05:42

another tournament. When I'm in here at the gym training. You know I still 00:05:45

I don't necessarily train any harder or like try to hurt my teammates. It's 00:05:48

more of that I'm trying to make sure that my techniques pretty on point. 00:05:56

I'm drilling a lot of different positions. Drilling a lot of different scenarios 00:06:00

and I'm making sure that I put myself in bad positions with my training partners. So you start in bad positions that way I can work out of them 00:06:07

rather than being on dominated playing my A-game. So I'm always trying to work that my outside game and work my defense with my partners. 00:06:13

Interviewer

When you're like you know flying across the country, you stay in a hotel, you got up early, you're warmed up you're going into compete like lots of people are watching you you're about to compete, what's going through 00:06:20

your head as as you're about to compete? And as you're competing? 00:06:34

What's your focus like? What's going on? 00:06:35

Emilio Hernandez

Most times when I do travel for these tournaments and get ready to compete you know sometimes I am by myself, something that I do have a few teammates with me. But I think the biggest thing that goes through my head the whole time is kind of just going back through that you know time that I've taken to actually get ready for the tournament. Kind of think about what I want to work on and what I wouldn't want to attack. But honestly at the same time I am trying to keep an open mind when it comes down to competing because everything's going to change everybody's different. So I always had to be ready for what comes next. Or if someone does stop a certain position what am I going to go for after. So most times I'm literally just in my head picturing exactly you know what I'm very good at and what I want to accomplish or what I want to make sure that I'm attacking.

Interviewer

So tell me a little bit about motivation because I assume it's not all just the fact of like getting your hands raised winning the tournament but like what what motivates you like to compete to train to get better to keep bettering yourself in this sport? Just talk about your motivation.

Emilio Hernandez

When it comes down to everything or, like when it comes down to competing or motivated me to come in everyday guys like it does come back to the fact that I do enjoy the whole learning aspect. There's always something new there's always something different to learn from a from the same position. But I think what motivates me the most is you know I like to of course everybody likes to win. However I'm trying to prove a statement or I'm trying to improve myself on a daily basis. Like if I want to

Emilio Hernandez (continued)

improve myself and become a better person by competing or by training and it has helped me over the years whether I'm going through stress you know stress with college or stress with work or you know just everyday stress anybody can have. It does help me and that's what kind of motivates me because it puts me in a better mindset and a better mood after training each day. 00:08:23

Interviewer

So let's talk a little bit about the gym. First off just kind of tell me about the culture and the family atmosphere from all your brothers and here basically just tell me about you know the culture of the gym and your relationship with the people in here. 00:08:31

Emilio Hernandez

When I started training at Tennessee Brazilian Jujitsu Academy you know probably about eight years ago now it's, what I came to learn very quickly was the family atmosphere aspect about it. You know Ray is very big about the whole our gym becoming a family rather than just becoming a gym where someone comes out and trains. All right. He's you know when I first came into the store and everybody treated me like they knew me for multiple years. They all welcomed me with open arms and you know over the years I kind of felt a part of the fell a part of the group. You know I felt like I was a part of the family and slowly kind of started working my way into a gym atmosphere. You know I was traveling a lot with my main instructor Ray Cassius and then he had asked me to start helping him teach and that's kind of where I started here. You know here teaching some of the kids classes and kind of working my way up. And now I feel like you know I worked the front desk but I connect with each family 00:08:45
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Emilio Hernandez (continued)

member and I try to follow in his Ray's footsteps of this is a family atmosphere we need to treat everybody like you know they're part of the family. Make them feel comfortable, make them feel welcome, and that's what I really loved and fell in love with Tennessee Brazilian Jujitsu Academy. 00:09:49

Interviewer

I love that. And then as far as like Sam and the other guys that are your main trading partners what's that bond like in the relationship? You guys goof off and you know it's not supers stiff. Talk about that a little bit. 00:09:55
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00:10:08

Emilio Hernandez

So what. Or when it comes down to you know my training partners or especially if there's a few group of guys that are really try to train with that they either give me a big push. They always you know they make it they motivate me to push harder and to learn because they always come up with something different. So you know we'll always joke around we'll mess around but we all deep down inside no matter how hard of a role we have especially when we're getting ready for a tournament. We'll never hate each other after the round. Like that's the biggest thing that I do love about it like I can roll hard with my you know my buddy Sam or buddy Ryan and it comes down to it and we're literally pushing the pace or like grinding or literally trying to you know beat the crap out of each other. However at the end of the day we can go back and literally go get something to eat together. We're gonna be joking after that. But during the match will be intense but we're always pushing each other and I think that's what makes us you know what makes our bond or very like our friendship you know strong is because we can push each other and get 00:10:11
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Emilio Hernandez (continued)

and know that we need to push each other when it comes down to rolling with each other so.

Interviewer

Okay so tell me a little bit about well I guess first tell me where we're located. Like where are we right now and why some people might not might be surprised to hear that you know you train in Spring Hill Tennessee and you compete. 00:11:17
00:11:25

Emilio Hernandez

So I say like we're like south of like most of the major cities? 00:11:35

Interviewer

Just say like, we're in Spring Hill Tennessee just outside of... 00:11:41

Emilio Hernandez

45 minutes outside of Nashville. 00:11:45

Interviewer

Outside of Nashville Tennessee and people are surprised you know where I'm from because people don't realize there's good training out here. 00:11:47

Emilio Hernandez

I'm based out of Spring Hill Tennessee or the Academy I train out of is out of Spring Hill Tennessee we're actually 45 minutes south of Nashville mainly Nashville is known for the music of course. But honestly a lot of people do get shocked for the fact that I will tell people that I'm from Spring Hill Tennessee when it when I go to compete. 00:11:56
00:12:08

Interviewer

Perfect. Let's just rephrase that last part again. So tell me the reaction you get from people when you tell them where you're from. 00:12:16

Emilio Hernandez

So I'm based out of Spring Hill Tennessee which is 45 minutes south of Nashville. National is very and known for their music and I do get a very shocked reaction or a very confused reaction when I do mentioned that I am from Spring Hill Tennessee.

Interviewer

And why is that? Like is people's perception of training out in the middle of nowhere in Tennessee?

Emilio Hernandez

I feel that most people when I do you mentioned that I'm from Spring Hill Tennessee the first thing that they respond with is they didn't realize that Tennessee had jujitsu. And most times I oh you know I do of course say yeah there's you know jujitsu in Tennessee but, I feel like you know a lot of people don't really think that there's jujitsu out here I guess because it's mainly more like a music city area. But honestly you know most of the jitsu that we see is from major major cities. And a lot of people would say Nashville is not a major city yet like you know like places in California and New York and stuff like that.

Interviewer

But tell me about the quality of people that you, that are out here like Justin Ortiz. Just the quality of people that you get to train with out here.

Emilio Hernandez

When it comes down to it there are a lot of great people that I do get to train down down here with. There's a lot of multiple World Champions. I do also get to train with Dustin Ortiz UFC fighter along with Belator MMA fighter Michael Chandler. So there is a lot of great athletes out here a lot of great people who have made it out in the world or you know their

Emilio Hernandez (continued)

pretty big name guys. And they're located in Tennessee. You know we 00:13:54
have a lot of people in the Knoxville area as well who have trained under
Belator and in the UFC as well. But there are a lot of great people and a 00:14:04
lot of great athletes.

Interviewer

Perfect. So you mentioned that there's like world champions out here. I 00:14:08
guess tell me like your goal in like becoming World Champion and all that.
And what did it take to get there. Tell me your goal and tell me what it 00:14:24
requires in order to achieve that.

Emilio Hernandez

Overall my goal in jujitsu especially is to become a world champion or a 00:14:29
Black Belt world champion. I should rephrase. It's been one of the 00:14:35
ultimate goals I've had since I started training especially once I got to
blue belt. One of our, or one of my teammates here he was a purple belt 00:14:41
world champion. And honestly I thought that was the coolest thing ever to 00:14:45
become a world champion and something that's not really considered to
be an American sport. And honestly like I have you know I train you know 00:14:54
almost seven times a day. Now I do try to rest every now and then. But 00:14:59
however I am making sure I put in multiple hours and I feel like between
purple and brown is whenever I started making my stride and that's when
I wanted to make this goal come true rather than keeping it in a dream.

Interviewer

And what does it require to reach that goal? Like why does someone have 00:15:14
to do the time and effort, like what is required of someone to become
world champion?

Emilio Hernandez

To become a world champion from what I've seen or know I've seen 00:15:24
multiple you know some of my coaches become world champions or you
know multiple Pan Am champions. But it's the actual work ethic one. But 00:15:32
honestly it's a time that you put in. You know the more time that you put 00:15:38
on the mats and the more time you actually put into your drilling it's
actually that's what's going to you know, that's what's going to take you
know we see all these other athletes in the world who are putting multiple
hours are putting multiple days in. You know they're getting the you know 00:15:51
different you know three different training sessions within one day. You 00:15:56
know they're putting in that effort. They're putting in the actual work ethic 00:15:58
that most people don't want to or think it's too hard. So honestly to 00:16:03
become a world champion from what I've seen is you've got to make sure
that every time you come in all everything that you're doing is with it with
a purpose and not just by moving within the motions.

Interviewer

Perfect that's great. I like everything and I just want to restate the first 00:16:12
thing you say kind of more concise. What your goal is. And you said to 00:16:18
become a black belt world champion. So just one more time like what is 00:16:21
your goal in jujitsu?

Emilio Hernandez

My overall goal in Brazillion Jujitsu is to become a black belt world 00:16:25
champion especially under international Brazilian federation.

Interviewer

And tell me what what do you want people to know? Like you're here. You 00:16:35
have a platform like we've introduced you. Like what do you want people 00:16:44
to know about you? Who you are? Like when they see you at a 00:16:46

Interviewer (continued)

tournament they've never heard you. What do you want people to know about you? 00:16:49

Emilio Hernandez

Overall what I would like you know. For me I guess whenever I compete or do jujitsu here when I travel to these things I guess whenever I do get introduced to new people I do get to meet different people in the world. I 00:17:03

guess what I really want them to realize is you know that there's more than to jujitsu than just kind of like the competition aspect or you know just a training aspect there. You know the friendships and the bonds that you make with different people through out the world so I would like to say that I'm very like you know humble kind person and you know and but I'm very I like to be outgoing so I do like to meet all these new people whenever I travel and compete. But I would also like for people to know that you know there is more than jujitsu within these bigger cities. You know these smaller cities like you know Tennessee or smaller states like Tennessee and Atlanta. There's a lot of great athletes and you know I want to prove to the world that you know there's more to jujitsu than just the than what we see right now. 00:17:16

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Interviewer

There anything else you've thought of that I haven't mentioned that you want to throw in there? 00:18:12

Emilio Hernandez

I don't know. I can't think of anything I guess maybe a little I can throw in like. I guess how teaching has helped overall. I think I think you mentioned it but I think we got to it. 00:18:19

00:18:27

Interviewer

Yes. So tell me about the difference in just coming in and training versus teaching and why you'd like to spend time teaching and kind of what you get out of sharing your knowledge and teaching people jujitsu coaching. 00:18:38

Emilio Hernandez

When it comes down to teaching and just training. There is a big difference. You know I didn't start realizing that until probably about blue belt beginning purple belt when I started teaching all the kids classes and then I would teach some of the adult classes on occasion depending on and an instructor couldn't make it. But what I did realized was when it comes down to teaching you have to be very precise with the movements you're had to be very on point with the positioning. But honestly it helped me really with my jujitsu because it sharpened up my techniques. I had a focus on things that I do and that I had to show others what to do. So I was having to make sure that I made certain points or made key points and made sure that they focus on these things where that's things that upper belts do but they don't realize that we're doing so we're having to break it down in more detail where as in training I come in and you know I just you know grab a partner and start you know getting after it. We just kind of you know will roll hard and but you know we're still working on technique but we're not really you know thinking about it. We're kind of trying to flow through and go with the movements. 00:18:51
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Interviewer

Do you enjoy teaching? Like how do you feel about it? 00:19:57

Emilio Hernandez

I do enjoy teaching. I've been doing it for probably about six plus years now. It has been one of the best things that I could have done or started 00:20:01
00:20:06

Emilio Hernandez (continued)

doing was teaching. You know at first I got very nervous and you know 00:20:12
I've got a lot of great compliments of how I teach and even to this day I
still get nervous when I teach certain things. I've done three seminars 00:20:20
overall. And each time it's a very great experience. But what I do love 00:20:22
about teaching is you know seeing that you know your students are
seeing the students and your teammates progress and actually being able
to use the techniques that you've shared or it has changed your game
and some type of way. So it's always great to see you know the 00:20:37
progression of your teammates when you're teaching.

Interviewer

I think that's pretty much everything I had specific to you. Have one more 00:20:42
thing I want you to mention again. Tell me your thoughts on I guess the 00:20:53
importance of culture of jujitsu in the way of life, and why it's such a great
thing for people to get involved in. I've seen so many people only people 00:21:07
who like, it helps people get in shape and also be humble. You know, get 00:21:12
disapline. Kind of broad terms. Why people you know to do jujitsu and just 00:21:14
what your thoughts on it are.

Emilio Hernandez

If I was going to give any advice or if I was going to give my own put or 00:21:20
input about why people should train Brazillian jujitsu. Honestly personally 00:21:29
for me it did help of course with the you know the anger issues I had as a
kid and you know I dealt with a few different depression stuff and
honestly it helped me kind of gain a better state of mind. But it also 00:21:39
created this outside family that I can always count on or you know that
were always there to cheer you up and you made these bonds and
friendships that you know they're always to be there to support you

Emilio Hernandez (continued)

regardless of what's going on in the world. And honestly one of the 00:21:52
biggest things I did find was you know we leave our problems at the door
whenever you come into the gym. All right. You know the gym is 00:21:58
somewhere to be safe and somewhere to kind of you know get away from
everything else. And honestly I've seen a lot of people that jujitsu has 00:22:05
been very helpful for them whether it's you know they want to lose weight
or honestly it saved their life in most cases. You know I've known a lot of 00:22:16
former military guys that I that personally this has jujitsu has helped
them. You know we move on and kind of you know build off of themselves 00:22:21
and become better people and honestly for some students that's really
great to see as a confidence level I see in some of the younger athletes
as well. Some of the students that come in here are very quiet. They're 00:22:33
you know they're very nervous and you know give me a few months and
I've seen them grow from being the very nervous kid in the class to the
one who's talking the most and he's very interested in answering
questions. I mean you know we get a lot of great compliments from 00:22:48
parents who talk about how their grades have improved. You know so I 00:22:53
would say that jujitsu can save you in different ways depending on what
you're really looking to get out of it. For me I was looking for an 00:23:00
atmosphere that was very comforting and supportive and it helped my
mindset and get away from everything and for others it might help you
know rebuild the confidence and just overall yourself because this is
going to test your limits and you know jujitsu and probably help you out
with your life decisions in the world you know outside of here. But I would 00:23:22
say that it is very helpful when it's one of those things that you know give
it a try kind of see how you feel about it. And I you know I hope that it 00:23:29

Emilio Hernandez (continued)

becomes one of those things that helps you you like it did me.

Interviewer

Last thing. Just to wrap up. We're just going to say that intro one more 00:23:34

time. Say your name, the town that you trained in, the name of the gym. 00:23:38

Emilio Hernandez

My name is Emilio Hernandez. I train out of Tennessee Brazilian Jiu Jitsu 00:23:43

Academy here in Spring Hill Tennessee.

Interviewer

Perfect. One more time. Other than that yeah. Name the name of the gym 00:23:50

and the town you train in.

Emilio Hernandez

My name is Miller Hernandez. I train out of Tennessee Brazilian Jiu Jitsu 00:23:59

Academy based out of Spring Hill Tennessee.