

Brutal Training Interview

by Shawn Moody 08_01_06

Profile: Shawn Moody - power lifter, grid iron exponent, grappler, author, super performance coach and founder of Game Speed, www.gamespeed.biz. Shawn is a regular contributor to Shitfighter and is a specialist in speed training.

1. Hi Shawn, and thanks again for agreeing to be our profile this issue. Firstly, tell us about project Game Speed, its conception, development and purpose.

Haydn, first off I would just like to say thanks for asking me! It is a pleasure and I'm happy and proud to contribute to Shitfighter in any manner. I hope the followers of Brutal Training appreciate the great info that you and the others provide to them.

"Project Game Speed"! sounds more like a movie title! Maybe I'm on to something bigger than I thought! Let me know if you guys know which actor could play my character!

Seriously, I believe the conception has always been within me. What I mean by that statement is that I was never really pressured to play sports, train or work hard. I really felt in order to succeed it would take hard work in my training to produce results for whatever sport I was playing. As a kid I was always interested in what would make me bigger, stronger and quicker. Nobody forced me.

Through my personal development I learned what was right, wrong and even the gray areas of training. Over the years I've always been very willing to offer advice to people in gyms or athletes training at a local field. If I could help someone or keep them from making the same mistakes that I made, it was very rewarding.

Over the past few years, I've really taken notice to the online community within this ever-expanding internet and I was subject to read some of the most ridiculous training methods and piece of shit products out there.

This really bothered me! I know that if I was a youngster today looking to better myself, I would have fallen into this trap of purchasing every gizzmo out there expecting out-of-this-world results.

So, the purpose of Game Speed is to supply performance and training information and great products that can help ANYONE.

It will be an ever-developing process as I continue to learn more and expand my relationships with people from around the world. This is important to me.

2. Tell us a bit more about your background.

Well, I'm not sure where to start! I grew up in a small town outside of Pittsburgh, PA (U.S.A.). I grew up playing football, basketball and baseball. In fact they were the only sports offered at my school! I was very small growing up so my parents purchased me a DP Gympack for Christmas when I was 12. We put it together in our garage and the saga started!

I continued to train through the years and I was always very dedicated to my development. I went on to play college football and become an all-conference defensive back. I was fortunate enough to attend an NFL/CLF combine in 1994. When I learned that there is not a large demand for a 5'8" d-back at the professional levels I moved on to competing in powerlifting.

Through the years I've varied my training and now I'm training and competing in jiu-jitsu.

I've recently just put together an agility ladder training dvd, so keep an eye on: www.speedladderdrills.com

I'm always trying to better myself and learn from others!

3. What types of athletes are you training at the moment?

I'm training several athletes at the time. I'll give you a little break down:

- collegiate hockey players,
- high school football players,
- high school baseball players,
- jr. high football players,
- jr. level hockey players,
- high school and jr. high school basketball players,
- soccer players and volleyball players.

I think that's it? They are a great group of individuals and young adults that work very hard and have great passion for their sports. I'm always very excited to train my players!

4. One of your articles for Shitfighter is entitled 'Self Awareness' and indicates you have an understanding of issues that affect athletes outside of physical performance. Do you tackle an athlete's mental state when training them?

I'm not sure if I would dub it mental training, but when I'm working with any of my athletes we discuss their possible personal obstacles. The things that may get them down or not feeling confident. I really try to get to know who I'm working with. I really feel that this is important. They need to feel comfortable with me and shouldn't feel like a "client".

In my opinion when they show up ready to go, they have taken the first step in their mental training!

5. Do you train anyone, or is there certain criteria that must be met to become a client?

I want people that want to work hard and get better! If you don't WANT to be there I'm not going to baby you to make you feel more comfortable. Most of my clients are young athletes, but I do have a few general fitness enthusiasts. And obviously there are some modifications in their programs but we all share a common goal of becoming better people and players of our chosen sports.

6. You were one of the first US psychos to express an interest in Brutal Training. What was the attraction?

The ENERGY! When I first started reading Shitfighter I was very impressed with everything. After watching the movies I thought, now here is a group of people that bust their asses and have fun doing it! This is what it should be like everywhere! No rules, just sweat.

I was also heavily impressed with the mental aspect of the writings, the references to the Bushido and additional cultures and how these particular elements tie into our physical state.

The Grunge section of the site was of major interest to me as well. I feel we poison ourselves on a daily basis with the food that we consume. The general public seems to really not care and this baffles me?

I know this doesn't sound like a very clear-cut answer, but there were many things that attracted me to Brutal Training! What's not to like?!

7. How's your grappling going? What sort of training are you concentrating on yourself at the moment?

The grappling is going great! I love it. It is simply one of those sports that is sweet and sour! It can be so violent and artful at the same time!

My instructor, Beau Clark is the best in the area. He was a student of Relson Gracie and an Abu Dhabi competitor. He has trained many fighters for the UFC, Pride and King of the Cage. My teammates are great and we really push each other.

In our classes we work on every aspect of the game. We train stand-up quite a bit, and then we will work on some technical drills with a lot of live rolling going on throughout the course of the class.

Truly challenging and that is what I love about it!

8. Describe what went on in a recent ball-tearing training session.

I don't want to come off sounding like some ego-maniac, but I train hard every single time I work out and I post my workouts for people to see or follow at: <http://gamespeed.blogspot.com/>

But recently Coach Davies and I worked out together utilizing some complex work. It kicked my ass. We were both destroyed. It looked like this:

complex 1:
hang clean - 2/1/1 = reps per movement / repeat 2x for one set
clean pull
jump shrug
4 total sets

complex 2:
split jerk - 2/1/1 = reps per movement / repeat 2x for one set
Russian split jumps
good morning squat
4 total sets

Bulgarian split squats: 4 x 6 per leg wearing xvest
one-legged box jumps: 4 x 6 per leg

I was sweating my ass off, could barely talk at times and we took very little rest between sets and movements.

Good stuff!

9. What exercise / s do you hate?

Bench presses and bicep curls.
Both movements are so abused by the exercise community!

10. What exercise / s do you love doing?

Squats, push jerks, cleans and burpees!
They can all be so explosive and give you the biggest bang for your buck! Don't have any weights, do some burpees. David Kelso's burpee workout that was on Shitfighter was incredible!

11. Back to speed. What are some of your theories on speed and what are some of the different areas of speed that athletes can develop?

This is just an abused topic online as well. Stay away from all of the gizzmo's and gadgets out there! Wasted money and time! I'm asked this question quite often by my athletes and even their parents.

Let me give you an example. A question that I often receive from football players is what can I do to become faster?

Well, I have a simple answer. Run.

There are three things that greatly affect speed development.

- stride length (how far each step is when running)
- stride frequency (how fast you can pick em up and put em down)
- ground force (hard ground contact when running)

All can be improved by running!

If I only had one "thing" to choose for speed work. It would be short 10 yard and 20 yard sprints.

Football is a sport that is based on acceleration and deceleration. Primarily reactive sport. The average football play lasts no longer than 4 to 5 seconds and research has shown that most players never reach full speed during a play. You can actually decrease your 40 yard dash time by simply working on short sprints.

- you can perform the sprints in different stances and different methods
- you can change the angle of the sprint
- you can work on mechanics
- develops great leg drive and power
- depending on the volume and sprint to rest ratio they can act as conditioning

- no gadgets or fancy equipment is needed
- you can vary the degree of difficulty by changing the running surface or the incline

Don't over-think things. Now don't get me wrong there are supplemental things that can be added to assist in the speed development, but try not to stray away from the primary goal!

When lifting weights utilize speed training in the weight room. Train fast and aggressive. And utilize a training load that will allow proper bar speed.

If I wanted to become a great INDY 500 car driver, I wouldn't train on a horse? I would drive the car!

12. What influence has Coach Davies had on your athletic and coaching career?

This is a tough one! He has had a great impact on me personally. He is often perceived as just another strength and conditioning guy, but there is so much more to it than that.

From a resistance training perspective, I'm moving better now than I did 10 years ago. He has taught me movement. There is a reason why the people he works with are successful.

When it comes to personal development he has opened my mind and expanded my knowledge base to various writings on war and business, engineering, architecture and art.

One of the many things that separate Coach Davies from the other "gurus" of the industry is that he builds better people with his infectious passion for his work. It's not about 500lb bench presses and 1000lb squats, it's about creating life for people.

Lifting weights is so easy, yet it is debated all over the internet on a daily basis. How many debates to you see about helping people become better individuals and have a positive effect on others?

The guy simply changes peoples lives.

13. Who are some of the other profound influences on your own development?

I really believe these are always changing. People come and go in your life and when you make contact you always take something with you. The critical part is determining what is significant to you and what isn't.

My mother and father have been great influences in my life. I was never allowed to quit anything; once I started into something I had to finish. They went to all of my sporting events and supported me in a very positive manner. Hell, they bought me the DP Gympack that started this all!

My wife Jennifer has been a very positive roll in my life. She has taught me the real meaning of strength and dedication. She trains as hard as I do and is much more athletic. She keeps me moving and has taught me to cherish life.

My brother influenced me in a silent manner by being himself. He was a very talented athlete and was very good at many sports and things came easy to him. And because of that, I had to make sure I did my extra work to be competitive.

My friend Rob Bush (who is also a Renegade Certified Trainer) is a childhood friend of mine. We have trained together since we were both 13 years old. He has always been there when I needed him, and I'm sure he always will.

These are just a few of a large list of people that have made a significant difference in my life. I'm always looking to live my life to the fullest and surround myself with great people. I have no time for negative energy and people! They will drain you!

14. What's your opinion on the state of the personal training / weight loss industry at the moment? Did your opinions inspire you to write 'Battle Tested'?

This is exactly what made me write "Battle Tested". The personal training profession (or lack there of) has been destroyed by people that have no idea what they are doing and companies that will sell anything to make a buck.

We live in a sad time where people are looking for the quick fix. I mean who in the hell can train on some beach chair looking device for 6 minutes 3 times a week and think that they are going to get ripped? I like how on the various commercials they never show some over-weight person actually using the device?

I guess if the workout doesn't work they could just take a pill?

I would suggest people just read the article!

15. What sort of music do you like to train to?

Man, I like all types of music. Seriously, most of the time I'm moving so quickly during my training I forget what music is on.

If I have my choice, here are a few of my top picks without turning this into a music interview!

- Rob Zombie
- Tool
- Tupac
- Disturbed
- Guns & Roses
- P Diddy
- Public Enemy
- Pantera

These are just a few. But on a side note, Five Star Prison Cell which is featured on your dvd kicks ass. And I also stumbled onto another band from their site. The bands name is 13 Monkeys. Also kick ass shit!

16. Thanks again for the t-shirt you sent me. How's the t-shirt designs coming along?

The t-shirt thing is just a hobby and when people need some concepts, I'm their man. I'm working up a few more designs for the gym for the boxers and just a

general training shirt. Who knows maybe you'll see a few "gamespeed" shirts real soon!

17. The tees we sent you look tight around the chest and arms. They're XXL large and made of a stretch fabric! Just how massive are you?

I don't know about massive! Remember the camera adds about 40lbs. Just kidding.

When I took that picture with the medball for the article my weight was around 220lb at my vertically challenged height of 5'8" (I have no idea what the metric conversion is!)

Currently because of my grappling and bjj training my weight is around 205lb and yes I'm still 5'8".