

## Josh Koscheck interview

SHOW: BWR on BarbaricWrestling.com

GUEST: Josh Koscheck

DATE: January 1, 2009

HOSTS: Shasta McNasty, The Constant Gardener, and Marlboro Cigarettes Presents The Sanford Gomp

First off Shasta asks Josh Koscheck who he wants to fight and he says he wants to fight Matt Hughes and he says that he'll fight "anybody anytime." Josh then discusses his usual daily training regiment and he says he trains for 2 hours in the afternoon and then about his activities that go to night. Koscheck then talks about the dispute between AKA and UFC and says that it's over and John Fitch is back in UFC and that he will be signing a new contract with UFC. Shasta then asks him about Chris Leben recently testing positive for steroids, and Josh really didn't say much about it, he said that he and Chris had come a long way since the first season of The Ultimate Fighter and that Chris has shown that he's "grown up and matured" as a fighter and person.

Shasta then asks Koscheck if he would ever fight any of his teammates and he responds that he thinks they would all fight each other "at the same time" if the money was right. He says there is no need for it right now though. Koscheck then discusses how he hopes to have a fight in the next 8 weeks after signing a new contract with UFC and also his experience at UFC's Fight For The Troops. He then goes on to praise Brock Lesnar but he says he needs to focus on becoming a more well-rounded fighters but that he has a ton of potential.

Josh then says he has "no comment" on the reports that his camp has told him to not sign a video game deal. The Constant Gardener then asks if Josh remember Diego Sanchez's hilarious nightmares during Season 1 of The Ultimate Fighter since they roomed together, Josh says that it was too long ago to remember (A few years is a VERY long time). Josh says he can't even remember what happened yesterday.

Shasta then asks some fan questions from "Cinnamon C\*ck." The fan angers Koscheck by saying George St. Pierre "dominated him." Josh then says dominating would be what he did to Matt Hughes. He said George "cheated" and "wasn't supposed to take him down" in a sarcastic tone. He follows this up by discussing pro wrestlers who transition into MMA. He says a lot of them have college and amateur wrestling backgrounds and that they definitely have a desire for real one on one competition. Shasta then mentions Kurt Angle talking about going into MMA, and Josh and Shasta agree that Angle is most likely too old to be in MMA.

Koscheck talks about how his striking has improved since The Ultimate Fighter and the ways that he has improved with training. The Constant Gardener then asks if Josh likes the movie "Top Gun" and he says that he does and is currently in the process of getting his pilot's license. Gardener and Koscheck then talk about MMA's rising popularity hurting boxing and Koscheck says that MMA is a bit quicker and more fast paced and that's why people.

Sanford Gomp then asks Josh what his favorite movie is and he says he doesn't see many, but he saw Iron Man this year. Gomp says "that's a long time ago" and The Constant Gardener says that was only several months ago. Josh then talks about some of his favorite music and Gomp says his favorite band is Creed and that they're a "great band." Josh says he doesn't like them. Also during the interview Gomp challenges Koscheck to a fight.

He also discusses his thoughts on BJ Penn vs. George St. Pierre 2, tells a funny story about skateboarding with his manager, shooting a music video with Chevelle, the possibility of becoming a professional wrestler, and he answers the epic questions "Does Tom Cruise take your breath away?" and "Who has more hair, you or Dana White?" Also if people who have listened to BWR are confused by the hosts name changed, Shasta McNasty is Brett Buchanan and The Constant Gardener is Sanman. Head over to the brand new [www.barbaricwrestling.com](http://www.barbaricwrestling.com) to download the episode.