

## Devon Larratt: The World's Greatest Arm Wrestler | E63

Where were you shot And on a scale of 1 to 100 how painful is it It was a bullet that went through the side of the helicopter The bullet hit my hand that really upset me I was like hit me in the head Don't hit my right hand I talk about arm wrestling and arm wrestling is absolutely my passion And I and I love arm wrestling when I was a kid I just wanted to be the most awesome fighting machine that I could imagine myself Arm wrestling requires greatness on so many levels There are people who need to be able to promote who need to be able to do the business side for me My only desire is to be the greatest fighter I can be on the table Welcome to in search of excellence which is about our quest for greatness and our desire to be the very best we can be to learn educate and motivate ourselves to live up to our highest potential It's about planning for excellence and how we achieve excellence through incredibly hard work dedication and perseverance It's about believing in ourselves and the ability to overcome the many obstacles we all face on our way there Achieving excellence is our goal and it's never easy to do We all have different backgrounds personalities and surroundings We all have different routes and hope on how we want to get there My guest today is Devin Larre Devin is one of the greatest arm wrestlers in history He's won multiple world championships and as we're going to see today Devin is also one of the most charismatic and fun people to watch in the sport of our wrestling Devin Welcome to In search of Excellence Thank you so much Randall It's it's quite an honor So I think the question on most people's minds is is arm wrestling an actual sport I don't think 99% of people in the world would ever consider it a sport and didn't know it was a sport So if you tell us what the sport is the size of the table and the rules and regulations and how it all works Yeah it's crazy I mean uh it definitely now has become a sport So I mean how do you define a sport Um I think maybe 20 years ago it didn't tick all the boxes but now yeah we have many full time guys all around the world who make a living doing this crazy thing Uh for me it's an absolutely full time gig So it's it's what I do every day It's how I feed my family It's it's my passion has been that you know to some degree since I was a kid I started when I was young Arm wrestling is a very simple sport It's a very simple Um probably one of the most base sports that there is probably one of the most ancient of all sports you know it's like a super handshake Uh Basically you come together you know there's a lot of details that I'm gonna bypass but we take a grip Um we start the match and one of

us pins the other one to the tabletop and there thereby is the winner So it's a very simple sport at its base Um But of course like all things the deeper you look at it you'll find that there's tons of rabbit holes and intricacies Um it's there are many federations uh with slightly varying rule sets but what I've already described is the base Um it's typically done on like a professional table but you can do it everywhere I mean if you look at where is most arm wrestling done it's probably done on tables Um But yeah I mean yeah the the sport of arm wrestling has really changed its trajectory a lot and it's probably one of the reasons why I'm talking to you Now I'd say over the last 10 15 years the the trajectory has really changed to a point now where we are you know are we are we household We're we're we're we're pretty much household at this point I think that years ago you know nobody knew arm wrestling Now I feel like at a minimum we've been seen you know So baseball has a diamond there's 90 ft between the bases Football has 100 yard field What is the size of a our wrestling table Is there a standard table Is there a standard size And I noticed in some of the videos I was watching that you don't have to be both flat on the same surface So how does that work And what are the rules And how do you actually win a match Is it two out of three Is it 60 Is it 10 winner take all So where do people compete How do they compete on a table What does the table look like A standard arm wrestling table is about 3.5 ft wide Ok I think it's I think it's 42 inches across you Your playing surface is two inches from the from the edge and there's a seven by seven pad So seven inches um long and seven inches wide And this is where your elbow must stay depending on the league Sometimes they give you a bit more sometimes they'll give you like eight inches Ok But but typically we're talking about a seven inch playing surface and the pads are slightly offset I think by four inches Ok So so if you have your center line two inches shift to the right two inches shift to the to the left Ok So we're slightly offset The pin pads are raised two inches above the top of the of the elbow pad Ok So you don't in in the in most leagues you do not have to pin right to the table there's like a plane that you have to break So it's any part of the wrist to the fingertips goes below that plane You don't actually have to touch the pad that's considered a win There's also fouls like you're not allowed to lift your elbow up or slide your elbow off the pad Um so much of this sport is getting a a fair start Ok So there's there's a neutral position start So in the neutral position start you have to see the person's thumb knuckles the wrist has to be straight uh shoulders must be square and it must start in the center of the table The referee will initiate the match uh with with a a go or a ready go

You can't fall start Uh some fouls are considered stop fouls Some fouls are considered uh running fouls It depends on the league Um there is there the more you arm wrestle the more you'll find splinters and arm wrestling is actually you know there's a wider sport you know there's arm Sumo there's freedom there's there's standard arm wrestling There's the arm wrestling is split in in rule differences among leagues but the the standard it the the rules don't change too much The real base is take a grip ready go pin your opponent don't foul You win the match there's straps too If the hands come apart you get tied together and this is very normal Ok Most arm wrestling nowadays takes place in a strap What if your arm is six inches longer than the next guy or shorter You're at a disadvantage because you can't compete you get to raise your arm up to the same level as your opponent Because if you're six inches shorter you're gonna have a serious disadvantage right out of the gate There's advantages and disadvantage to any number of anatomies Ok Like there are advantages that a short ha that a short arm has that a long arm doesn't have Um typically I'd say yeah uh oh a taller arm a bigger hand typically has some advantages However um you see champions of all shapes and sizes and there's uh quite a variety of techniques that you can use that will take advantage of these differences in anatomy So however um there is a fair grip that will be negotiated at the start And what they what they do is they make the webbing of the of the palms be level One of the things that's very important is the thumb knuckle is showing Ok So when we take a grip if both people can see the thumb knuckle that is considered to be an even grip There are advantages and disadvantage to different anatomies And that's one of the things that makes an arm wrestling champion Typically arm wrestlers have very large and strong hands This is normal but there have been great champions in the past who have smaller hands And still today it's it's not it's not that simple So arm wrestling is a sport you can essentially do your entire life And some people think it's the most basic test of strength that we can find Is it all about strength And what's the technique to get stronger if you talk about actual techniques that you need and how important they are to win an arm wrestling match Wrestling is thought of as a strength sport and a combat sport in in in all combat sports strength is is extremely vital Um I would equate it the same way you would to a fighter but probably more so because of the size of the ring because of the size of the fight Um Absolutely there's tons of factors that are gonna help you win an arm wrestling match Strength is a humongous factor especially strength that's trained properly So the combination of strength and technique are at times insurmountable

Technique is many things Technique in arm wrestling it's a miniature martial art OK So the hand can move many different ways the pressures counter each other Uh what will beat one move will not beat another There's adjustments that can be made to uh to beat another one It's like rock paper scissors So there's reaction time and adjustment everything comes into play for something that looks so simple It's surprisingly complex and uh and flexible There's a lot of adjustments that will get you to win I'd say there's probably there's division points in a sport There's forward and back Uh there's attacking the hand there's attacking the arm Um The main movements in arm wrestling would be what would you would call rising So this lifting ability this this lift sometimes it's it's called creation So it's an ability to get a higher hand This rise it's it's similar to a a jab in boxing It's like one of the first things you do to kind of set your position and the next the next the next two movements are kind of coupled together When you talk about controlling a hand you we call it cupping And basically that's just AAA wrist flexion com it's everything is a chain it brings the match to your center you cup the person and the exact opposite of that motion is pronation So you could imagine that the cup attacks someone's pronation it'll turn the palm over So you need to be able to rise you need to go cup you need to be able to resist the cup You need to be able to Ron So this rise and cup and pronation this is how you attack someone's hand When you attack someone's hand they lose control they lose the ability to control angles advance Um There's a whole world of technique that is achieved when the other person is holding onto you and the ability to slide your hand higher There's also the shoulder um soup soup uh attacks shoulder line when when the hands come together one of the hands and the shoulder So when you make a line from the shoulder to the hand that line may cut into the other person's arm or their angle may cut into your arm whose ever person's angle is cutting into the other one's arm This is considered to have the shoulder advantage and that strength is defined through super primarily And then once you have it then there's this forward driving ability that's through another part of the cup There's there's grip involved there's kickback but it's like the opening in chess You never want to get too far from the opening Because the opening if if a person's good technically they'll control the whole match right right from the onset So the the two main division points are are the ability to rise and the ability to get the match inside OK This is the base of the whole inside outside technical flow Um Yeah it's it's simple and it's very fascinating It happens very quickly It's a very very fast sport Um It can be it can be very

quick most matches are decided in really less than a second If the strength is at all different high level matches when the the strength is close you know you're looking at longer you're looking at 20 seconds you know sometimes much longer But uh yeah fast sport fast sport we say test your frame test your frame because you know there's muscles there's joints there's bones it's not just a simple muscular movement where you're testing your muscular capacity your your entire frame will come into question Um your entire structure will be tested in an arm wrestling match Sylvester Sloan is one of the greatest actors or highest grossing actors of all time Can you tell us how he materially influenced the sport of arm wrestling You know the crazy thing is that movie over the top was actually based off of a real event A lot of people don't know that that entire movie is act was actually real Um you know minus minus Sylvester Stallone but the over the top tournament actually was a real tournament that they filmed a lot of the cuts from the movie They're they're right out of the tournament Yeah it took place in the in the eighties and it was actually won by a guy called John Brazen in the Truckers division first place guy actually won a real truck Um great time in the sport of arm wrestling It's one of the highlights of our of the of the early days of the sport Yeah Uh over the top was a huge boost It's before my time really but it really put our wrestling on the map A lot of people didn't know it was a thing and people became interested in it at the time and you can fast forward to today There are world championships that feature 1000 competitors from 47 countries around the world Interestingly in terms of popularity the most popular countries are Kazakhstan Turkey Sweden Bulgaria Slovakia and Moldova the US It's 16th Can you talk to us about the international competition And is arm wrestling going to become more popular in the United States And what are you doing to make it more popular It's hard to say what country arm wrestling is most popular in It's depending on what metric you look at depending on what statistic Arm wrestling is very popular in the US It's just it's on different levels Uh It does not have government support in the US And when you mention countries like Kazakhstan Bulgaria you know a lot of the countries from Eastern Europe Turkey you have government support to some degree and there's none of that in North America So uh the sport looks different as a result but make no mistake There is a lot of arm wrestling in the USA Um There's a lot of initiatives to grow arm wrestling Um I think that the biggest pushers of arm wrestling right now are the highest level of the sport So you look at if you look at East versus West you look at King of the Table If you look at Arm

Wars these are right now the three prominent professional leagues they represent the highest expression of the sport of arm wrestling You also have the world Arm Wrestling Federation WF and E A There's a divide However these two represent the highest expression of um amateur arm particularly WF where the medallists from WAF get compensation from their countries Though the WF and the EFA tournaments are well attended Armors King of the Table and East versus West the athletes are selected and invited these this is the best guys on the planet Um there's a lot of grassroots initiatives arm for example um gives people a way to access the support find each other This sport is growing on a grassroots level I think you know when kids think something's cool they do it Arm wrestling is easy to find it's very easy to find arm wrestling There are contracts now ESPN signed a contract for arm wrestling It's on ESPN and ESPN2 which is pretty cool That's where I actually saw it for the first time probably years ago and they run it in an unpopular time where they need to fill programming I saw a lot during COVID as well when ESPN wasn't doing a lot of live events Yeah that's right The World Arm Messing League Which was just incredible And you know right now they're still kind of in hibernation Yeah they were successful in getting arm messing on ESPN That was uh that was a big boost for us A massive massive boost Yeah Fantastic times That was from about 2015 14 15 till about 2017 So it was actually only a couple of years that we were on ESPN We may get back on we may but arm wrestling is always kind of just beneath the surface right now I think that I think that's really the deciding factor for anything Is does it make money Does it does it have the fans to generate um financial financial Does it make sense financially And I think that we're now at a point where it does make sense to the bigger companies to come in and you know help out and and take a piece of the action in my podcast I always talk about family where we come from our family help shape our values preparation for our future You you were born in Victoria British Columbia but moved later in Ontario when you were two years old You grew up on a farm Can you tell us about your grandmother and the influence she had on your life and how you got into the sport So I was a kid I was just a super energized little kid and I just had uh a lot of need to fight a lot of need to run around and break stuff And I was just a really high energy kid and my grandmother So the the fables habit she was like Alberta champion of the women's division in arm wrestling And she and I would arm wrestle from a very early age So she would come to our house on the farm and uh yeah she'd do stuff like she you know bake his pies and stuff She'd

get me to go and get her apples to bake pies And um my reward for helping her was that we would get to arm wrestle So ever since I was a kid you know all these things kind of you know formed in my mind you know apple pie arm wrestling spending time with my grandmother was really great for me and you know arm wrestling was one of those things right away that I found that I could go as hard as I could I could fight as hard as I could and nobody got in trouble and everything was good Um so it was a beautiful way for me to express that that uh you know desire Uh even from a very young age How old was your grandmother You were five years old at the time Yeah So I mean I guess she probably would have been probably at that point in her fifties or sixties Um yeah and I couldn't do anything with her Like I mean no like but like even I think even when I was like 10 she she would still beat me Yeah you never beat she's the one who no I never beat my grandmother I never like I went when I moved out west I actually stayed with my grandmother for a short while before she passed But no I never I never beat my grandmother in our wrestling So let's talk about your childhood a little bit You read Pumping Iron You wanna be like Arnold Schwarzenegger when you were younger What you like as a kid when you were growing up and including high school And can you just tell us a little bit about that Think I was probably around that same age Probably five or so He had a big library in my house My father was quite a reader um big library We had actually separate houses that were filled with books and my brother would kind of go through the books My I had an older brother and there was only a couple of books that he ever showed me and one of them was pumping iron And I remember like I was just a kid like really young like probably five or so And it was the only book I ever looked at in the library And whenever I snuck away to the library I always I always went to pumping iron and I didn't even really read that much Right I just really looked at the pictures there's a picture section in the middle of pumping iron and I knew right from a young age I was like I just thought it was so cool I thought it was so cool to see Arnold you know in in all his glory you know naked woman on his shoulders Uh I was like wow you know like when I'm when I'm this is where I wanna go Like this is I I already loved being strong I identified strength is a sign of what it meant to be a man I saw strength in my father and I it was something that I wanted um seeing it in Arnold you know just so clearly I was like wow I knew that you had to lift weights I knew that you had to train Um and yeah from a very young age I've been completely obsessed with strength and fitness and performance I remember every single year asking my parents for

a weight set you know and they're like no it'll stunt your growth it'll stunt your growth And now we know that that's completely false But I was finding any way I could to train I'd I'd go out on the farm and I'd find wood and I'd lift logs and I'd throw rocks as far as I could I was training from a very young age from a very young age After high school You went west you moved to Ontario you worked in an oil field and you're getting pretty strong at that point Then you met a professional arm wrestler What happened at that point Yeah So I was never really the best or the strongest in in in my school until I got to about grade 11 or grade 12 And that's when my strength started to kick in and around the end of high school I was kind of the best arm wrestler that that I knew that I was aware of I I'd beaten everybody but everybody was you know really really nobody in the world of arm wrestling I went out west and I was working in the oil field and everybody is like between the age of 18 and like 23 just a ton of young men from Canada just trying to trying to make their living at the beginning of their lives And I arm wrestled Everybody That was one of the things that we did We we arm wrestled and we worked on the oil field and I could be like everybody I was really fit By the time I was 18 19 I was a very very fit young man But the answer after every victory was always yeah but you can't beat Dion And Dion Lael was like probably my first real real mentor real like he was the first person in my life like that I knew that I just completely idolized that I completely just looked at and just wanted to replicate The guy was uh like like a Canadian Wolverine The even to this day the energy that I have seen out of that human being um incredibly rare Uh his metabolism his energy is was just com at at that time he was 32 and I was like 18 19 at that time I mean the guy was such a he was such uh a physical just beast only like 100 and £65 but he was stronger than any man on that oil field Um insane level levels of athleticism Nobody could beat him in an arm wrestling match or or or a fight um complete animal and I used to harass him all the time Hey Deon let's go Let's go Like I wanna try and he just brushed me off brushed me off 11 night I caught him just as he was wrapping up work and I'm like hey Dion let's go And so he's like ok let's go So we went to the cafeteria table and I could do nothing with this guy but I'm like completely like just killing myself trying to beat him and I think he was worried that I was gonna break my arm So he let me have one So the next day I told everybody that I beat him and uh that didn't go over so well but I think that he saw something in me and he was actually the first professional me that I'd met So that meant that he was going to competitions He was traveling the world doing the sport



and and he was my first entry point So he taught me arm wrestling technique how to train for arm wrestling He brought me to my first tournament He was my first coach And from there like the world opened up very different from what it is now back then arm wrestling completely underground completely like it was in bars people handed each other flyers like you get a letter in the mail Um There was no internet We know the community was completely unconnected Um Our messing technique the training methods everything was like stone age compared to what it is now But yeah this this was my start This is how I started with the sport and and I've been completely hooked ever since ever since meeting Dion I I just couldn't believe how a guy that much smaller than me that I could do nothing with it Nothing nothing with him Like uh he took all my strength all my power and uh I just knew that I needed to learn what what was going on regardless of what we're doing with our lives or what careers that we have are mentors necessary for our success I think that when you have a goal um it's a light in the distance Um one that can be seen clearly or sometimes it's obscured sometimes you meet people along your journey who are going the same direction or have been to where you're going And these people are amazing guides and they're they're gifts to your life Uh Dion was and had been to where I wanted to go He was ahead of me Um The things that I love about life the things that I pursue he had pursued he was more experienced than I was Um mentors provide experience mentors uh provide guidance Um You know when you're when you're walking on a path and it's new you're gonna you're gonna make many mistakes If someone can can guide you it will save you so much time It's a fast forward button Mentorship is much easier to find Now when when I was a young man mentorship took often years you know uh a lot of luck I I feel like now mentorship is a click of the button away You know mentorship the power that we have in um the information that we have on computers Uh the the the internet youtube where you can find a subject you're interested in search it and the world just opens up for you without the requirement for physical travel connections experiences that will get you to a place you can become a master of things Now without ever having met somebody really Um There's a lot of experience that you will be mandatory for you to take steps forward But mentorship now is so much more widely accessible You leave the oil field you join the Canadian Armed Forces You were in the armed forces for four years then you joined the Special Forces and you were deployed in Afghanistan seven times and you were shot your first time in there and were wounded Can you talk about your first tour And what

happened when you got shot And what motivated you to keep staying in it for another six years after that I joined the Reserves First I joined the Reserves and I transferred to the regular force and then from the regular force I eventually uh joined the special forces Um My my first tours with the the regular forest was very quiet very quiet very uneventful It was not until I deployed with the special forces that they were what what you would call combat tours And yeah I mean that's why I signed up I signed up to fight I signed up to do exactly that job It it's super super scary Like it really is Like there's there's a lot of things about it that um psychologically um take time to develop so that you can do it Um and be able to perform It's it's a process It doesn't it doesn't happen overnight for for everybody You know there's some special people out there but I wasn't one of them It takes time to develop the psychological strength required to go into combat and be ok with that um but it's it's what I always wanted you know like I talk about arm wrestling uh and arm wrestling is absolutely my passion and I and I love arm wrestling Um but when I was a kid you know I I also wanted to be a fighter you know just to just to make it very very broad you know Um when I was a kid I didn't say I'm gonna grow up to be a professional arm wrestler When I was a kid I just wanted to be the most awesome fighting machine that I could imagine myself So that ultimately is what brought me to the military the Special forces and it's what kept me there um for for my 20 year career um that it was actually the complications caused by arm wrestling that actually made me leave the forces Um yeah it was that conflict between my hobby and my you I I don't even like to call it my job because I don't feel like it was ever a job but it was that conflict that actually made me have to leave the forces Um I don't regret a day I spent there Um many days I wish I was back Uh it's an incredible it's an incredible lifestyle and uh a very fulfilling one Um but those days are done for me and now I am a full time sportsman Can you tell us what happened when you got shot What tour you were on and after that did you go back And what motivated you to go back Instead of saying I'm done I was shot time to go home So yeah I was shot in Afghanistan Um I did many tours after that I was um what goes through your head when you're shot Um the thing is is you accept your mortality long before you get shot as a special forces soldier Uh I mean you if if you are gonna be a soldier who fights at the front you accept that you are giving your life for your country it's just part of the process Um you have already accepted your death and you're you're ok with that I mean nobody wants to die particularly you know Um but but the action of getting shot really if you've gone through the

process should not be a deterrent because you've you've already chosen to go and serve your country you've already chosen to go and fight at the front Um so it should come as no surprise and it wasn't a surprise for me I I was actually surprised that I've made it through I'm very thankful for that because I'm happy with my life But you know I think if you were to do a poll of guys who did the job that I do I think that a great percentage of them find that it will be likely that they that they might not survive their career And I think that most of them are totally ok with that I think that most of them have accepted that and you know considered a gift if they make it through Um and that's I think the boat that I was in I mean you know being shot um you realize a lot of things you realize how lucky you are and war there is so much luck I mean there's people talk about skill and training and these are for sure factors but there is AAA portion of that luck that is so much bigger than all those other things the bullets you don't see where they're coming from You don't know who's shooting you you sometimes you're trapped you have no decision in the outcome So a lot of a lot of deciding to go back really decides is decided by your belief in your country It's politics Um Do you believe in the mission Do you believe it's a cause uh worth the sacrifice Um So long as you believe in the actions of your leaders then as a soldier you you will go back and and by no means am I anything special Ok There's people who have received far greater wounds than me and gone back and still continue to go back I know people who have basically died come back to life spent months years in recovery gone back on multiple tours Um Yeah Where were you shot And on a scale of 1 to 100 How painful is it Uh The first time I was shot it was a bullet fragment Um It was a bullet that went through the side of the helicopter and the bullet broke into pieces Uh The bullet hit my hand That was really that really upset me I was like you hit me hit me in the head Don't hit my right hand You know my right hand is very important to me Um It it it splashed the right side of my body but it was all of the pieces were quite shallow So it more or less just stung me Um The pieces some of the pieces are still in me But uh the next one happened when I was exiting the helicopter it it passed through passed through my leg The the thing I'd say about getting shot it's I would say it's probably a very different experience for everyone I would say that uh the way I was shot was very minor Mine were were flesh wounds and uh relatively shallow Um I'd say that what you realize what I realized about being shot is that we actually do not live in the present We actually live just slightly in the past Um And that you'll learn that because of how fast a bullet moves You know when the

bullet hits you you do not realize that it's happening Like when you are in a fight you get hit with something it happens to you You're you're you're living the moment of receiving a blow or a strike a bullet is a bit different because the speed that it travels it's so fast that it's in and out of you before you realize it and then you realize oh I've been shot you know like it happened to you being shot is not something you kind of live through It's something that has happened to you Um Yeah I mean the really the probably the worst part of me being shot was we were stuck out there for like four days because our helicopter is just a total mess of a mission Um I had to take these super broad spectrum antibiotics for like four days just because we were like totally in the worst place and the world for bacteria And you know me having a I wish I hadn't have taken them looking back I wish I would have just taken the freaking infection seriously but it totally wiped my floor completely wiped it right out and and then it and then my gut floor like my entire being has been rebuilt from Kandahar So the the base of my gut is is constructed and probably like one of the nasty places on the planet which made me very sick for a long time for probably about six months afterwards I was just completely ill like I had diarrhea for like six months Like it took a long time For my body to recover Not from the gunshot not from not from the bullets but from the uh from the antibiotics I love all the guys I served with They're all like uh they're all people I look up to every everybody that I ever worked with is is kind of a a hero of mine I I feel that I'm very lucky and I got to work with some really amazing people You said that you trusted them with your lives and that you didn't mind being a follower but that's a little bit different than your personality and your desire to be the best and to enter something that's highly competitive So how do you balance between those two fields I I don't think it's different at all Uh You know the desire to be the best uh and being a follower I I don't see a difference there really Um I think that following is is um I think it's a sign of respect a lot you know Um And it doesn't mean that you cannot pursue greatness as a follower I uh I always wanted to be the best of my job very much Uh very much that doesn't mean that I didn't fully understand that there were people who understood parts of my job better than me and that I needed to be able to listen I think so much of what the military teaches you is about being an expert in your field And being part of a team I was a huge fan of just the fighting part of being in the military I never wanna do anything more I just wanted to be a fighter I just wanted to be the guy who went in and fought and I wanted to be the best that I could be at that particular piece But you are not one thing like when you go

to fight as a country you are just a small part But that doesn't mean that you cannot be as excellent as possible And it's the same thing in the world of arm wrestling arm wrestling requires greatness on so many levels Um There are people who need to be able to promote who need to be able to do the business side who need to be able to understand the technique understand how to train for me My only desire is to be the greatest fighter I can be on the table We've already talked about you said that your whole life you wanted to fight and that was your sole focus But you've also said that's been a personal failure of yours Can you talk about why That is one of the things that I'm learning is um is you know life is such a gift And I think that one of our jobs is to have the most happiness that we can have in this life And I think that one of the keys to happiness one of them is to find the things that make you feel a certain way One of the things that we're also supposed to do is is to make the world a better place you know Um And and I don't think that I make any big difference Um And I knew that well it was my belief going into the military that it was a contribution to hold civilization together I thought that that was one of the roles that the military played was stabilization And I thought you know as a fighter as someone who loves fighting that this was a worthy contribution of of what I had to offer as a human being to our collective as as this went on And you know you see the grayness and the murk that is in war it became less clear to me that potentially I was overall having you know the positive effect that I was really seeking and the more I saw the overall goodness and light that sport uh the effect that sport had on the world Um One of the things that I believe strongly is that humans do better when they're together you know the more you can bring people together the the greater things that we can achieve And that's one of the greatest gifts that sport does for humanity is it brings people together it forms relations these relations carry over into your life