



MMA-KO Gets an Exclusive Interview with Casey “The Underdog” Olson

June 2007

MMA KO: How did you originally get into MMA?

CASEY O: I met Chuck Liddell about seven years ago through a mutual friend, Antonio Banuelos (135 lb. with WEC). I started going down there and helping Antonio out and going to Chuck's fights. Chuck started coming to my wrestling tournaments and matches. When I [left] college, I was managing the Old Spaghetti Factory in Fresno. I'd go down on my two days off every week and train. Chuck and I talked, he [told me that if] I want to do this, I need to give it 100 percent, so I quit my job in February '05 and had my first fight in August '05.

MMA KO: How do you prepare for a fight?

CASEY O: I train in every aspect of the sport I usually run and lift in the morning, with sparing and rolling at night, and end off with some kind of circuit training. I work my stand up four-to-five times a week, jiu-jitsu four times a week, I also lift three-to-four times a week and do some type of cardio six days a week. For me I train just like I did when I wrestled, I push my body to the limit.

MMA KO: Out of all your fights who was the hardest one to beat?

CASEY O: Well I don't think any of them were easy, but I'd have to say, my second fight against Joe Martin. I think he is a very underestimated opponent. He has a pretty good ground game. We went the whole distance, he almost caught me with a arm bar in the 1st round, but then I just kept taking him down and did a little ground and pound. Thank God for wrestling.

MMA KO: Do you have a Manager? Who is your Training Coaches?

CASEY O: I have really been blessed since I started fighting. I have many people who help look after my career to make

sure I keep heading in the right direction. My main manager is my Dad, Andy. He has stepped up tremendously to support me and get the right deals for me. Because I live in Fresno, I train at Pacific Martial Arts, but I fight for The Pit in SLO. I have many different coaches I train with. My mentors are Chuck [Liddel] and John Hackleman. They are the ones who started me out and I am indebted to them for their help and support. Josh Koscheck is another huge reason for my success so far. There are four guys I [like to] have to have in my corner... Antonio, Koscheck, Chuck or Hack.

MMA KO: What was the most powerful moment ever in a fight ?

CASEY O: I'd say my first fight, I wasn't sure what to expect out of myself. I hadn't really been in too many fights so I wasn't sure what my reaction was going to be. But my hands decided to throw. And, I got a TKO!

MMA KO: What is your favorite fighting style?

CASEY O: I would love to just go out there and bang, because that's what the fans and spectators want, but being a wrestler I also like to feel in control, so I love to ground-and-pound. But, I'm learning more and more stand up every day. So we'll see if that changes.

MMA KO: Who is one person that you would love to fight and why?

CASEY O: Not really sure. I haven't really thought about that yet. I just want to get better. I'm into my second year since I started, but its been a roller coaster ride, with not being able to get cleared, fights canceling, so I really just want to get better. There are so many good fighters out there, and the hard part about that is, a lot of my friends are the people on top and I'm really happy for

them. Truthfully, I'd like to go overseas and fight some of Japans finest. They are really good in the lighter weights, I'd like to see what I really got.

MMA KO: What is the one thing you want people to know about Casey Olson?

CASEY O: That I believe in God, and my faith is what keeps me going.

MMA KO: Is there anyone you would like to thank?

CASEY O: God definitely for blessing me with so much. Oh man, [there are] so many people who have helped me get to this point in my life, I don't want to leave anyone out. So, you know who you are if you have helped me train, helped me financially, spiritually, [or] mentally. Family, foe, or friend. I thank you. And thank you [to] MMA fans for pushing this sport to the top. Without you, the best fighters wouldn't be where they are and I definitely wouldn't be where I am today. So, I truly thank you fans!

MMA KO: Anything you would like to say in closing?

CASEY O: I am 'the underdog,' always have been and will always be. So whether it's in fighting, business— doubt me, underestimate me— please, because that's what motivates me. That's what inspires me every day to get up and train, or work, because in the end, when it's all said and done, I will prove you wrong— I will succeed.

MMA KO: Thank you for taking the time to do this interview.

<http://www.mmako.org>

Photo by Peter Robertson