

Transcript- Episode 58 – The Blind Sport Podcast Mixed Martial Arts with David AKA Blind Fury

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Introduction

This is episode 58 of The Blind Sport Podcast entitled Mixed Martial Arts with David (AKA - Blind Fury)

Hi I'm Mike, and this is The Blind Sport Podcast.

The sports show for the blind, the partially sighted and the supportive sighty.

Thanks for joining me for episode 58.

On the show we'll be talking with David, Also Known As Blind Fury from California about his experiences with Mixed Martial Arts.

Are you wanting to be more fit, more self-confident and more physically capable? Well, whether you become a multiple black belt lethal Ninja or just someone who can fall over without hurting yourself, then maybe Martial Arts is worth considering.

Hi there, I hope this episode finds you fit and well.

Before we chat to David about Mixed Martial Arts, I would like to thank you for the feedback received re episode 57, where we spoke with Dave and Andy from the Blind Stokers Club in San Diego.

Some of the comments that I received included:

From Rick. I haven't been on a bike for years. Joining a tandem club would be so cool.

From Eva, My husband and I have been riding a tandem for years. It's the only time that I let him be the boss.

Please email me with any comments

Contact Jingle - To contact Mike or comment on The Blind Sport Podcast, submit a feedback form from the website www.theblindsportpodcast.com, email Mike@theblindsportpodcast.com, send us a tweet or follow us on Twitter @blindsportmike, or visit The Blind Sport Podcast page on Facebook.

Interview

There are so many styles of Martial Arts to choose from that you can train in. And some, that are more suited to people with limited or no vision than others.

We are talking with David from San Diego, or as he is also known as within certain circles "Blind Fury" who in the last few years has got involved in mixed martial arts.

Welcome to the show David and thanks for joining us.

David - My pleasure Mike. Great to be here.

Mike - Good man. Can you just start off by telling us your personal story of vision loss?

David - Sure. I kind of, I guess the broad stroke would be that I was born with congenital glaucoma. And I was in denial for a long time but I've guess I've always been visually impaired to some degree or another.

But with congenital glaucoma it just wore away on my optic nerves and I became medication resistant, then surgery started and by the time I was 30 I'd lost all vision in one eye. And by the time I was 40 I'd lost most of the vision in the other eye and the last surgery was a dramatic one where I went in seeing about 20/30 in the right eye and came out completely blind and one of my retinas was destroyed during the surgery.

They went in for a fifth or sixth surgery to repair that retina and I got a little bit of vision, some kind of shapes and shadows back in that right eye and that's where I stand.

Mike – Wow, ok. So you're involved with mixed martial arts. Tell us about that and what you've been up to.

David – After the first year of vision loss, I had to learn how to kind of use the long white cane and learn how to cook and some basic independence skills. I started to explore my neighbourhood and I kept passing a mixed martial arts gym. I'd always been very active when I had a lot more vision. I was a surfer and a collegiate soccer player and a big waves surfer and I just really was active. Hiking and biking and the vision loss really just stopped all those activities immediately obviously until I could figure out a few things.

And as I kept wandering by this gym, I finally just decided to go in and talk to the owner because I was not even sure if somebody who owned the gym would want to take up the liability of teaching someone who can't see much. Mixed martial arts just seemed like a long shot but the gentleman at the Undisputed Gym in North Park, San Diego was amazing and excited and said "Come on in, we'll give you a personal coach, a one on one coach" and that was step one.

Mike - Very cool. And where did you go from there?

David – Well, I had to decide with my structure what were my goals and they thought that given that they're the professionals and I knew nothing other than being a fan of the UFC on TV when I could see. I had no idea what the discipline entailed so you know they suggested I focus on Jiu Jitsu and Muay Thai. Jiu Jitsu is grappling and submission holds and choke holds and the Muay Thai is close quarters combat with knees and elbows and strikes. And it made sense in my mind. I was like "Sure". And we've also folded in over time some striking, some basic striking. So I strike correctly even though you'd have to stand very still for me to strike you correctly. And some basic wrestling. So basic grappling, like body posture and holding

somebody in place where you want them to be, and then finally they have been folding in a little Judo.

So I like to think of myself as a jack of all trades, a master of none.

Mike - So why the mixture of various martial arts and the quality to go with that and not just focusing on one specific?

David - I think for me it's more challenging to do. to take all these different aspects and try and tie them together and it also seemed to me a more practical approach, to engage in martial arts because the reality is I entered that gym three years ago because I felt very vulnerable as a visually impaired / blind person. I just felt at a real disadvantage and I think the reality of what might happen to me out in the real world might require a wide array of skills to protect myself, to be safe.

Mike – Awesome. And tell us about this nickname that you're walking around with.

David – Ah, yes. My instructor nicknamed me “Blind Fury” and everybody in the gym enjoys it immensely.

We do what I like to call live fire drills every so often where they put me in the octagon, they grab a, what my instructor calls a meat puppet, a younger hungry, not overly highly skilled gym practitioner in the ring with me and their job is basically to attack me. And then I get to uncork all my various techniques that I've been studying week in and week out and I get to defend myself. Sometimes they will grab me from behind and sometimes they will give me a jab to the forehead. Sometimes they will try and take a leg and I'm allowed to, you know, he's is fully protected, mouth piece, cup and headgear and I'm allowed to fully defend myself. And the nickname just seemed to come out of one of those sessions.

Mike - Awesome. So what are the main adaptations that allow you to do this sport?

David - That has been a very interesting process. My instructor had never taught anybody with a visual impairment so we have been learning on the fly. And we just adapt anything we need to.

For example, like when striking in Muay Thai, you put your fist up against your cheek, you put your chin on your chest and you keep your head tight and low and your hands up. Well, that doesn't make any sense because I can't find my opponent unless my hands are out in front of me. So my left hand, because I'm a rightie, will be out almost fully extended with a little elbow crease just so I can tap out there and find the range. We call it my range finder. Something like that just for striking is something we adapted. There is a lot of drilling and anticipation. Like if we're grappling in Jiu Jitsu, if I get grabbed in a certain way, I already have a routine to escape. It's like it's all done by feel and body, how close they are to me. What position I'm in and because there is nothing obviously visual going on for me so it's just practice, thinking outside of the box and adapting along the way.

Mike - For sure. What about the styles of communication that you need for instruction.

David - Yeah, that's a great question. I have found early on that there was a lot of "Put your hand here" and you know "Move this way" and that's clearly not useful for somebody with a visual impairment so he has learnt and I have learnt that we have to be very descriptive, very precise in how he asks me to move or to respond. And we've got it down over time because we've been doing this for three years now and we have a really good communication going on and it's just very, very descriptive. Super precise description. "Take your left hand, put it on my shoulder". "Take your right hand, grab the back of the knee". "Drive forward with the right foot". So, yeah, we just get better and better over time. It was definitely a process.

Mike - For sure, I bet. What about other skills that have sort of gone alongside this. So what about, for example, spacial awareness. Is your skills in regards to spatial awareness been enhanced through doing mixed martial arts?

David - It's incredible the benefits. I don't want to sound like I did this just because I want to take care of myself on the streets. Which I actually, I will get to this in a moment. Ironically, I feel less aggressive the more I do this stuff, you know as a person. I'm more at ease and things bother me less. If I bump in to somebody or somebody rams me as they are coming in or out of a bus. I'm less reactive the more I do this stuff which is a benefit I really needed. Because I think the mixed martial arts in general tends to calm my mind down and I just feel more at ease and more willing to let things pass. But beyond that, more directly to your question, the spatial awareness, where everything is and where I am in relation to it and even my balance and my strength because we do a lot of strength training kind of built in to this process. I feel more capable as a person with a significant visual impairment getting on or off buses and trolleys and I remember recently it was kind of funny. My girlfriend had pulled up in an office parking lot and she was still fiddling inside the car and I got out. I assumed I knew I where I was because we had been there before. But she parked in a different part of the parking lot and I took two steps and went right over a retaining wall that was about three feet off the ground and landed perfectly. I literally landed just like in a perfect mixed martial arts Muay Thai stance. Just landed. She turns and she got out of the car and says "Where are you" and she could just see the top of my head. She goes "What are you doing down there" like I intended to do it and that fall and zero injury was an outcome of just all of the training I'd been doing for about a year at that point.

Mike - So obviously it's good for avoiding injury generally but actually when you're doing mixed martial arts do you suffer many injuries at all?

David - It's a rough sport. I mean, I gotta say it's fraught with potential injuries. I've received, it's actually kind of a funny story. We were practicing our early Judo when I first started learning some Judo. My instructor's probably about 190, he's a good solid 25 year old Marine and he was teaching me neck and arms throws and you basically grab the neck in a V with one hand, tuck your arm under the tricep with the other hand. Throw your hip into his hip and do a little donkey kick and you basically turn them sideways in the air and you use the ground to knock the wind out of them. He did a side mount and it's a pretty consistent throw but he was having me to them over and over again, first to the left, then to the right, back to the left, then to the right and probably about ten or twelve throws in, I threw him right on top of my own foot,

snapping my toe in half. The big toe. I didn't know at the time but I broke it clean through and I said to him, you know I think I might have broken my toe. And he said "Yeah. Anyway, give me two more on the left, two more on the right and a hundred sit ups". And I was like "Ok". Threw him two more to the left, two more to the right and did a hundred sit ups and I called my girlfriend and said I think I broke my toe and she had a little more care and concern and took me down to the doctor. They x-rayed it and they said "Yeah, that's not just broke, it's like separated. Your bone is no longer attached to your bone in your big toe. So that was six week hiatus from training.

Mike - And obviously the kit that you wear is quite a protective type of device in itself.

David - Oh I love the cup. It's one of the best pieces of equipment outside of the mouth guard. I use the Shock Doctor and aptly named, aptly named.

Mike - What skills might someone learn by doing mixed martial arts that they may not learn doing anything else that may assist them with their blindness as such.

David - Well one thing, not really directly related to blindness is humility. I mean, I have been humbled so many times in that gym. And it's a really good exercise for me to you know, just to remember that. I'm not as smart, fast, strong as I think I am. So a lot of humility. As far as the visual impairment goes, I don't get shaken easily as you might imagine. You know I water ski, wake board, surf, do mixed martial arts without vision which takes a little bit of hutzpah but I heard early on in the community when I first loss my vision and was going through a training centre learning to live independently everyone was terrifying me about how vulnerable we were and how people target us and rob us at bus stops. And I was just getting a lot of messages that I need to be really careful out there. And they had an impact on me that I don't think I processed explicitly. I think I just pushed it off. But it must have been percolating in there because I kept going by that gym thinking to myself I got to go in there. This is important for my overall wellbeing. So I do think it's taught me to be humble but it's also taught me to realise that I can take care of myself even without vision. It's ok. So it created a level of serenity. Now that I've been doing it for this long I just feel ok.

I have my dog with me, but 3am in the morning, I live by a very large park right by the zoo and it's huge and there is a giant homeless population. I'm not saying every homeless person is mentally ill but there is definitely a subset of mentally ill homeless people and then there is a smaller subset of mentally ill people who are also violent because I've run in to a couple of those. And I actually feel confident if my dog has to use the restroom at 3am in the morning. I'll take my dog out to the park at 3am in the morning and I just don't worry about it.

Mike - Talking of, I suppose vulnerability to a degree, but do your opponents, when you're doing your martial arts, treat you any differently because of your vision? Do they take advantage of it? Do they go soft on you? How do they act?

David - Yeah, that's a good question. I recently went down to this rather well known gym and worked out with about fourteen killers. I mean these guys were very advanced Jujitsu artists. And I got to fight with each one of them for two minutes at a

time for an hour straight and they beat the tar out of me. Showed me no mercy. In fact, a great story, I was grappling with a guy about, he's probably like 220 pounds, just a moose. And I got him in what they call a guillotine from the bottom so I had him in a what they call the guards, so my legs are wrapped around his waist. I sunk the guillotine in and you have to stretch them out. Your legs go one way and you lean back with the arms and you choke them from underneath. But I couldn't quite lock it around his giant fire hydrant neck. So for about a minute straight I had the hold, I was locked in but not deep enough because he kept his chin down nice and tight and he had a neck the size of a fire hydrant and after a minute my muscles gave out in my arms. The lactic acid just took over and I literally had to, I just collapsed from exhaustion and he buried a forearm in to my neck and choked me out just leaning in with all his weight. And he pulled me off to the side and he goes "Don't get me wrong, I couldn't breathe. That hurt but I was not going to let a blind guy choke me out in front of all of these people". So you know the truth of the matter is I get no mercy, none and it's just the way I like it.

Mike - So do you get involved with competitions as well?

David - I was scheduled last year to do my first competition with NAGA which is the North American Grappling Association. I had an injury, a shoulder injury, again from mixed martial arts but I will be doing my first competition this summer. I am going to fight fully capable fully sighted people of my level of expertise which is, believe me, novice level. But I'm going to go ahead and compete.

Mike - Cool.

David - And my instructor claims, because he went last year and competed himself. He said in my division he thinks I'm going to do very well so I'm actually feeling nice and confident.

Mike - No pressure.

David - Yeah, though there's pressure, trust me.

Mike - Now with any sport you come across your comical moments or times that are quite hilarious, quite often after the fact rather than during but can you mention a few of those.

David - Oh, yeah. I mean we had one, well I found it comical. I'm sure the poor kid that I was practicing against did not. It was one of those, what again I call a live fire drill where they put me in the octagon and lock the cage and pad up a youngster. So he struck me in the face with a jab and so I knew basically where he was and I just attacked him. I just came right at him and I threw a right cross, missed him but I just grazed him. I threw an uppercut, again just missed him but he was backing up and I just felt his chin and I caught him with a hook and just knocked him out. I meant I just knocked him out cold. What was funny, not the knocking out cold but what was funny was that this is how you got nicknamed right? You know I got Blind Fury in the gym. He was from then known as Punchito which apparently in Spanish is like punch drunk because it took him two or three minutes to clear the cobwebs and

continue the live fire drills so that was amusing. Because I'm sure he did not like Punchito as his new gym nickname.

What other funny things have happened?

The gentlemen who I work out with and practice the sport with they are just ridiculously funny, carefree and we do a lot of laughing in between trying to choke each other out. I think the other one that I found amusing was this gym is underground and right next to a, I think it might be Asian Fusion but I went to get the restroom which the gym is in the basement, you go up this set of stairs to exit or enter the restaurant and I remember walking in to the restaurant with headgear and mouthpiece, a gi and my cane right in to the restaurant instead of the restroom and I think it got real quiet, real quick because it was lunch time and you know there is a lot of chatter and noise until I make a right hand turn and I just can imagine everyone looking up and going what in the world is that?

Mike - And why?

David - Yeah, and why does he have a long white cane and a mouth piece and a gi? This just does not register and it got really, really quiet for a moment and everybody pondered. So that was amusing.

Mike - What are the biggest challenges that you face doing this sport?

David - Oh, there's a lot of challenges. You know everything to some degree or another needs to be adapted to me so that's challenging. I mean, can you imagine throwing like a four punch combination at something that's moving. You know we have to figure out ways to adapt so I've really learnt to listen really well. We used to crank the music, well the music is always cranking in the gym but I started working out really early so we just killed the music. And although it cuts down a little bit on the motivation I guess, it was a dramatic effect on listening to somebody else's feet shuffle away from me and towards me so that was interesting. I learnt how to use my hearing a little better. The other challenges are just getting to the gym in the morning. Sometimes I work out at 7am in the morning so I have to drag myself out of bed. You know I don't use a guide dog. I have to get on a couple of buses and get to the gym. The gym has moved location three times on me in the last three years so I have to refigure out how to get to the gym. There's been a lot of challenge because like I said, I'm a neophyte, I'm a novice. What kind of equipment to buy? I didn't know even what ounce of boxing gloves to purchase or what was a good cup or what kind of mouth piece I should be using because these things are important when you're going full tilt boogying against some of these guys you want a good cup. I thought you grab a cup like I wore in baseball but they're not even similar. I thought you could get a cheap mouthpiece until I got cracked in the face and I was like oh, I need a good mouthpiece so I started reading about these things. So it's definitely challenged me to do some research, to find out what kind of equipment I need. Keeps you motivated because I have to get up and get on those buses and that can be a challenge and the art itself is ever, you know as soon as I learn something there is something else to learn. There's a counter to it, there's an escape from it. So it's literally like human chess so that's why I think I'm really, really engaged because as soon as I learn something there is three other things to learn.

Mike - Yeah for sure. What do you think you've learnt the most about yourself by doing this sport?

David - I guess that I talked about the humility. I tend to be a little cocky and I think I've learnt that being cocky is a real dangerous thing in a sport like this. I learnt very early to tap and tap off and I got no shame. If somebody has got me in a good hold I am not going to lose an elbow or a shoulder because I have some pride in there that is just unwarranted so I definitely have learnt a good deal of humility and I've also learnt that because this is so physically demanding, I've learnt that for me, my wellbeing hinges upon heavy physical exertion. If I don't exert myself to a level of near exhaustion, I get really anxious and tense so that's the one thing I wanted to kind of highlight here with you because I know some people are going to be listening to this and they may very well have a visual impairment or be completely blind and this is something that is not out of reach, that's really beneficial on a lot of different levels and it kind of will be beneficial in different ways to different people, but fundamentally feeling safe in any environment you come across and having that really strong body-mind connection has just served me so well with vision loss. Losing my vision as a lot of people who have experienced this would know, it was very stressful. A very, very stressful event. Very difficult that first year, year and a half when I was trying to figure everything out and this was a really good transition out of that stress and strain and to kind of a better healthier me.

Mike - For sure. In connection to other physical activities or sports and what not. We got introduced by doing a ride the other week through the Blind Stokers Club in San Diego. Does cycling help your martial arts? Or vice versa? Or do they just sort of work together?

David - I think they are a perfect pairing. I love to cycle and the Blind Stokers Club is an amazing organisation that is really, really good cardio. Right, you go right a bicycle for four hours and that is some good cardio. So I think they fit like a hand in a glove. I ride at least once a week on the tandems, I even get on the exercise bike. I did the mixed martial arts a couple of days a week and then I hit the gym two more days a week. So I do the strength training, the agility and the mobility, the Jujitsu and the Muay Thai and then get on a bike. It's a good week. They interact perfectly.

Mike - Brilliant. Now do you have a favourite saying or personal quotation that means something to you?

David - I heard one the other day which is not really relevant to sport but I really liked it and I've been thinking about it a lot because of the elections here in the states. I'm going to butcher the quote basically but I think Benjamin Franklin said that when you give up freedom for security, you end having neither. And I think that's really relevant in the world today so I've been thinking about that a lot.

Mike - David, how has your sport or being involved with various sports had an effect in the way that you meet new people or that you're involved with different groups of people?

David - It's been notably expansive in the way that I would have not really anticipated.

Being involved in the Blind Stokers Club, the cycling club, there's a lot of sighted volunteers. My captain, for example, who I've been riding with for four years now is one of my best friends and we do a lot of non-cycling events. Salsa dancing or camping or just, my circle of friends has been enlarged fivefold because I was willing to go to a surfing event where there were some volunteers and some surf coaches that I continue to interact with outside of these things that only occur once a year.

My mixed martial arts instructor has become a really close friend and we run our dogs at the dog park together and we run at the beach in the sand. I don't know, it's really enriched my life and enlarged my circle of friends in a way that I don't think I'd really thought about carefully and my life is a lot better for it and I think in a small interesting way, I really inspire my sighted friends to achieve maybe in areas they might have not been wanting to take some risks in so it's a beautiful little two way street. I get the benefit of having more quality and I mean really quality friends. I know a lot of people in sport are high quality motivated people. At the same time I can inspire them in small ways to maybe achieve in areas that they weren't sure if they were going to want to take a risk and so it's been a very good experience I think and a two way street.

Mike - Awesome. What advice would you give to anybody who's considering giving martial arts a go?

David - I would say definitely go for it. I would say you'd have to have a reasonably clear goal because there are so many aspects to martial arts, right. There are philosophical events to it, my Lord, I don't know because I'm a neophyte but there has to be hundreds, if not thousands of types of martial arts. So what is the goal? Is it fitness? Is it self-defence? Is it philosophy? Is it all of it? Based on what the person wants out of mixed martial arts, there is a venue for their goal so figure out the goal up front. Do I want self-defence, do I want fitness, do I want to learn to be more mindful and meditative and thoughtful? You know the Karate Kid approach. And then seek out and try out various gyms. It's like a lot of things. You should go and get a pass for a week or two and try it out and see if Tae Kwon Do is your thing or Muay Thai or some version like I do of mixed martial arts where you do a little bit of everything. Kickboxing. There are so many different approaches to it. I'm a horrible kicker. I'm just the worst kicker. So I don't focus a lot on the kickboxing aspect because I'm short. I've got short little legs. I've got arthritis in one hip. I'm just not built to kick so Muay Thai is perfect for me, right. I look for the things that I'm already naturally good at. I have really good hand speed and I love to get real close and there is Muay Thai clinches so that just made a lot of sense for me and when I started doing it because it made sense in my brain. And then when I actually tried it, it was a good fit. So I don't think you can go wrong trying different Dojos or studios. Different instructors. You might thrive in a group setting. I really like the one on one instruction because I get a lot of attention and a lot of corrections in my technique. And I recently just started Karate which I wasn't sure I was going to like and I love Karate. Who knew? So I just keep expanding the circle because I kind of really do like the approach of learning as much as you can in the areas that make sense for me. But definitely go for it. It's a great sport especially. I guess if I had to make one

suggestion out of all the things I experienced I would say Brazilian Jujitsu is the mixed martial arts built for the blind. It is like a perfect fit.

Mike - Is that because of the grappling nature?

David - Yeah, I mean. It is two things. It's all grappling, you know choking and joint locks and then couple that with the guys who made it famous and refined it. Some of them were tiny and sickly and it's designed to defend yourself like from the bottom. Somebody can throw you to the ground, get on top of you and then they are in trouble. I mean, imagine that. They throw you to the ground, they put a knee in your chest and then they are actually vulnerable at the point. It's built for small, frail people to really defend themselves at a high level and it's all done by touch and feel.

Mike - Sounds brutal.

David - Oh, it's amazing. It's beautiful actually. It's a beautiful sport. It is literally human chess.

Mike – Cool. Now do you have any contact details that you are happy to share with the audience, Dave?

David - Absolutely. If anyone would like to ask me a question or make a comment because I'm sure I've made some mistakes talking about mixed martial arts. Because like I said, here's the disclaimer right here. I am not a mixed martial arts expert. I just engage in it and I will continue to do so because it really is good for me personally.

Anybody can direct comments or questions to my email which is very easy to remember. It's all one word. It's contactdavidnow@gmail.com

Mike - Very cool. And like you said, that was one of the points I wanted to make was it's good for this podcast, if you'd like, to interview people that are experts in their field but it's nice from time to time to touch base with people that are just doing it. Either they're beginners or intermediate level but generally just people that are living the sport and enjoying it and making the most out of it so that's a good factor we want to involve.

David - Yeah, I mean, think about it. I am 51 years old now. I like to say I'm blind in one eye and can't see out of the other and I'm engaging in some pretty intense high level mixed martial arts. It sounds crazy and some of my friends just shake their heads. What are you doing? But it's just really, really healthy and I would encourage anybody who has even thought about it to think about it a little further. Maybe take that first step because I have more coordination, I have more spatial awareness, I'm more confident and more mellow. It's the greatest thing I've done since losing my vision. I wish I'd done it in my twenties.

Mike - Good stuff. Well thanks David. That's been awesome. It's great to hear your experiences and your knowledge and share the enthusiasm for what obviously seems like a pretty awesome array of sports. So thank you very much.

David - Yeah, no, thank you very much Mike for showing interest in hearing about what I'm up to. I really do appreciate it and I hope we reach a couple of people that maybe have been thinking about it and would like to engage.

Mike - That's the way. Cheers

David – Cheers.

Jingle – You're listening to the blind sport podcast with Mike Lloyd. The sports show that's dedicated to blind sport.

Quotations

OK some quotations for episode 58.

John Dryden. Beware the fury of a patient man.

Man maintains his balance, poise, and sense of security only as he is moving forward.

Failure will never overtake me if my determination to succeed is strong enough.

Accept the challenges so that you can feel the exhilaration of victory.

What you do today can improve all your tomorrows.

The secret of getting ahead is getting started.

Don't watch the clock; do what it does. Keep going.

Closing

I hope you enjoyed our chat with David about Mixed Martial Arts.

A huge thank you to David (Blind Fury) for sharing his knowledge and experiences with us.

If you are actively involved in Martial Arts then do send me an email and tell me what you've been up to.

For more about Martial Arts check out episode 47 of The Blind Sport Podcast where I spoke to Joshua Loya about Karate.

If you have a story or know of a person who you think would be great to feature on a future show then contact me and let's make it happen.

Contact Jingle - To contact Mike or comment on The Blind Sport Podcast, submit a feedback form from the website www.theblindsportpodcast.com, email Mike@theblindsportpodcast.com, send us a tweet or follow us on Twitter @blindsportmike, or visit The Blind Sport Podcast page on Facebook.

Mike - To help me with the growth of The Blind Sport Podcast I need your help.

If you know of others who may get value from listening to this show, then please do tell them about it.

Tell your friends, your family, your club members, your work colleagues, whether it be face-to-face or via social networks, let's get the word out there.

If we do this together, we can promote the awareness of Blind Sports and make a difference.

OK, that's us for another episode, so train hard, play fair, give it your all and most importantly, enjoy your sport.

Thanks for listening. Take care. See ya.

Closing Announcer - Thank you for listening to another edition of The Blind Sport Podcast. The sports show that's dedicated to blind sport. With Mike Lloyd. Visit theblindsportpodcast.com

End of transcript