



**From Wrestler, To Cancelled,
To Men's Mental Health Advocate**

DEAR JAX, I LOVE YOU.

Written by Aaron Frobeld

WHAT LIES AHEAD

What you are about to read, is a work of love, but it didn't start that way. All I ever wanted was to be a pro wrestler. I exceeded expectations, but never my own. I AM a former ROH World Champion, I AM a Former NJPW Intercontinental Champion. I AM a CMLL Grand Prix Champion. I AM a former PWG Tag Team Champion. I AM a former GHC Tag Team Champion. I AM a pro wrestler. I AM masculine. I AM a father. I AM a suicide survivor.

On March 14th, 2023, the issues that had been hindering my ability to perform on the highest levels of Pro Wrestling were finally resolved. On March 17th, 2023, a car ran a red light which has now put my career in jeopardy once again.

When I begin to write this book, it was something different. I wanted to make the people on social media, and the people who had knowingly falsely accused me feel shame and guilt. As I had, but something has changed. After writing the first 4 chapters, I stopped my intentions for the rest of the book.

I dream of WWE and WrestleMania, I dream of being a part of AEW, and I miss NJPW.

Out of all the things that people got wrong, the one that truly hurt was making claims I had been banned from Japan, due to being arrested and charged for stealing protein. I was taken into custody, but it had to do with a fight I prevented, and a pulldown bar I had brought with me, which the gym thought was theirs. Regardless, I am just happy these issues were resolved.

After all, that has happened, and now not able to do anything but wait for surgery, and if I will ever be able to wrestle again and sign the offer in my Gmail account.

I can still teach; I have a loving Wife and a wonderful Son. No matter what my bank account says, I feel like the richest man on earth. I just want my

wife, and my son to never have to worry. I'm glad that I finished the book the way I did.

It's a love letter.

This, the introduction, chapters 5, 6, 7, and Conclusion were all written by the person I am today, on April 5th, 2023.

INTRODUCTION

This book is about everything I love, but most importantly it's about the one person I can't live without.

The love of my life. My son. Jax Aaron Frobel.

Jax, I missed a lot growing up, due to my wrestling career. Wrestling came before you, but September 4th, 2015, was the most important day in my life.

The day you were born, Professional Wrestling was no longer the love of my life, I still love Pro Wrestling.

But the day you were born, it stopped being about love.

Pro Wrestling became the way I put a shirt on your back, food on your table and give you everything you needed, I only was gone so much because I wanted you to have, not only everything you needed. I wanted Pro Wrestling to provide you with everything you want, as well.

The day you were born, nothing I ever did was for me.

I live for you because I live for you. I would die for you.

I know you'll hear and read many things about me. I just hope you'll ask me, so I can tell you, my side. If I am ever unable to tell you, and you want to read what I have to say. This book is written for you.

If you hear about the false allegations, and you don't want to read, I know you love YouTube and screen time.

So here are links for you. If you won't read this, I hope you'll check these out.

Kimberly Ford

<https://youtube.com/shorts/W3qutNN7w-s?feature=share>

Kaitlin Diemond

<https://youtu.be/5MgodIebS-0>

No/AAW

<https://youtu.be/g1qLMb5zLXM>

Anne Student

<https://youtu.be/0iGpu3NRkvI>

Jaqueline Goj

<https://youtu.be/OfCVjPFhfzA>

Layne Weiss_

https://youtu.be/3O_P46V8V7U

Alex Dern/Wrestling Media

<https://youtu.be/tx67z-UQgSQ>

Part 2

<https://youtu.be/kxFzmTSrIL4>

Impact Wrestling

https://youtu.be/718E29TCQ_8

If you ever want to learn about wrestling.

I've attached links, to some tips and lessons I want to give to you.

<https://youtu.be/oPb7o1525Vg>

<https://youtu.be/mgx6Jxm3hDY>

<https://youtu.be/5hemmTyOFfk>

https://youtu.be/x_rKccrMKjU

<https://youtu.be/Xnzbn8bdx-4>

https://youtu.be/8Lcc2_H7oQU

<https://youtu.be/19cT7jmCSJw>

<https://youtu.be/RzM7cLU3fXU>

If I am never able to teach you the things, I want to teach you, I left this for you.

<https://youtu.be/8ox3A6qbePA>

If you ever wonder about what I wanted to leave behind. I left this for you as well.

<https://youtu.be/OlCYmxbvaPg>

If you have any questions after watching these or reading this book.

Just ask. No question is a dumb question unless it goes unasked.

This is the one thing about my Pro Wrestling career I hope you'll read.

<https://bleacherreport.com/articles/2223237-evaluating-michael-elgins-value-as-a-potential-wwf-prospect>

My favorite movies are.

Kill Bill 1 and 2

Battle Royale

Rocky 3

Creed 1, 2, and 3.

Gladiator.

My Favorite music artists are.

Classified

Eminem

Kanye West

Morgan Wallen

Michael Jackson.

My favorite athletes are.

Michael Jordan

Kobe Bryant

Joe Carter

Mark McGuire.

My favorite wrestlers are.

Kenta Kobashi

Eddie Guerrero

Bret Hart

Shawn Michaels

Triple H.

My favorite comic is.

Dave Chapelle.

My favorite book is.

The book of 5 Rings, by Miyamoto Musashi.

Son, you can find and follow, the choice is yours.

But I hope that one day you become a leader too.

Twitter - @AaronFrobel86

YouTube - <https://youtube.com/@FromTheHorsesMOUTHLLC>

CHAPTER I

FOLLOW

I must have attempted to start this book 4 or 5 times, writing thousands of words. It didn't feel right, I am not an author, I'm a pro wrestler, who through many ups and downs and personal experience has become a Men's Mental Health advocate. I don't want to just help men after they experience the mental health hardships I have had to deal with, but I want to use my life experiences and issues I've had to deal with which made myself and my mental health spiral out of control. (In my opinion, I'm not a doctor, a shrink, a psychologist, or a counselor, neither am I a person who spent my life in school to combat this phenomenon). Although, I am a 36-year-old Cis Gendered, heterosexual, masculine male, who has had my Mental Health deteriorate to the point I felt suicide was the only option. I have felt like I'm forced to take accountability for things in history's past that I had no say over and was never asked my opinion about the injustices that have negatively affected, women, people of color, and the LGBTQ+ community.

I Aaron Frobel am a father, a divorcee, a husband, a son, a protector, a provider, a victim of cancel culture, but most importantly a Suicide Survivor.

I know exactly your thoughts, this guy is going to tear down women, blame women, and so forth. You're wrong, I am going to detail my personal accounts with the world and yes some of the women I have had in my life were let's use to term "toxic" but I am currently married, was brought up by 1 man, and 3 women in the household. I do not hate women; I do not think that just because I'm going to broach the subject that in 2023 men are discriminated against does not mean I don't feel that women have been discriminated against. I have no desire to devalue or try and erase the fact that other minorities, sexualities, races, and genders are or have been discriminated against. In this opening chapter, I am going to give you a peek behind the curtain, into who I am as a person, as a human being not just a man. I hope this will help you form a valid opinion about me as you read and digest the rest of this book. This book will have opinion-based sections, but I will add context often in the screenshots that validate my opinion on why I feel it is more than an opinion. This will be via; texts or posts I've come across on social media. I will do my very best not to say, all but I will likely say majority or most as in my life this is what I've been subjected to in the form of the opposite sex of mine and our interactions.

This is where you're going to think maybe this guy is a little insane, but I promise I'm of sound mind. I am going to talk about and provide resources and photos to back up this theory. I am not going to say this is a fact, all I am going to say is to me in my interpretation its fairly concrete that many of the issues I am facing as a man, presented by the opposite sex had been installed by media, social media and whoever controls, edits and decides to present it to society in a fashion that is helping curve peoples thoughts, allowing them to act on emotion, not fact.

Ever heard, all men want is sex? Ever heard, the more bills I pay alone, the less attractive men become? How about hashtags such as #killallmen? How about Believing all women? (Jack Sparrow, I'm sorry about that one).

Facts are facts but when it's her word vs his word, which do you think prevails? I can't wait to reference this later when I speak about Cancel culture, when I do a chapter maybe even 2, heck it could be an entire book on cancel culture. Maybe that's the next project. Anyway, I recently wrote a letter for my lawyer during my custody battle which when I speak of custody and the issues with how the system is, as well as the damage this does to a man's mental health. I have a dear friend, Kira whom I admire and respect very much. She's been a friend in the darkest of times, never been anything but supportive. She's a writer, and an editor so I often run things by her prior to making a final edit. I had asked her to 1. Make some edits, but 2. Tell me how she felt as a woman. Her response was very telling and helped me further process what I'm writing, even more importantly why I am writing it. Well, this was her response. At the end of this chapter, I will add a full page of just this email, As well as the letter I had typed for my lawyer to present to the courts.

Here is what really helped me get back to this project and why it is so important, in her email the most eye-opening thing to me and I feel an important message about all the subjects, all the words, and all my experiences can be summed up with.

This is taken directly from her email reply following reading my letter.

“As for how I received it as a woman...honestly, not great, haha, if I didn't know you, I'd feel defensive about the, “he said/she said” parts, since again it's just your word against hers unless you have proof. And if I'm an everyday woman on a jury, I'm naturally going to want to side with the woman in that case. Which I know is half your point, but it is what it is. And again, check with your lawyer, but my gut says a better approach would be to build yourself up as the better parent without tearing Rachel down at the same time. Build on the positive changes that you're instilling in Jax, like the little bit about manners.”

Here is the exact letter I sent to her, so you can see if I did. I don't think I did but when it comes to my son, I can be emotional. I don't want his mother out of the picture, she needs to be involved but I also want to be involved.

“To whom it may concern,

I'm not certain whose mind will be most influenced by this letter. My lawyer, my ex-wife, her lawyer, the judge, the court system, or lawmakers. I do know that this letter will be important to my son, no matter the outcome of the upcoming proceedings.

I want to first say that when I agreed to the original agreement, I understood that my ex-wife was a stay-at-home mother while I worked to provide for her and my son. I was very busy, and sometimes distant, because I felt all that she needed from me was financial stability. She is presently validating this now that we are divorced, and she is actively preventing me from being a father to Jax. I've never wanted to just be a biological father. I've always wanted to be a part of my son's life.

At the time of our first agreement, I thought she would finally see that everything I did during our marriage was to make life easier for her and our son. I never wanted them to go without anything. She has since demonstrated that my assumption that she understood my effort to provide them was wrong. My attempts to try and come to a better arrangement with her have been met with her saying, in no uncertain terms, that she would

not talk to me in person or the on the phone. She would claim that she was too busy or even go as far as blocking my number.

She refuses to discuss anything about our son per our original agreement and any time I broach the subject she tells me I'm bullying her. She yells and threatens to call the cops or kick me out of her house, in an effort to keep me from seeing Jax and allowing me to instill values I feel he will need as he grows up and begins to navigate this world on his own. I am only allowed to see him at her house, where I'm now reluctant to go because of her threats about calling the police. This is ruining my relationship with my son. Due to the fact, that I have told her I don't feel safe, she now uses buzzwords to state she is afraid to come to my house which I share with my soon-to-be wife. She demands I only see my son in public, often places he can play with other kids which doesn't allow me proper bonding time as I want him to have friends, I live here with most of my friends being in many other states or countries, due to my prior profession. That, or she wants screen time at a movie theatre or arcade rather than bonding time with me.

This is the amended agreement that I want to propose:

1. Time with Jax is split roughly 50/50 between us, as detailed in the following points.
2. I would like to have time with my son at my house or do things that are just the two of us, on
 - Wednesdays until 8 pm (when he gets older, I would like to extend that time)
 - Fridays after school until Saturday at 2 pm
 - Every other weekend (Friday until Sunday at 6 pm)
3. For the summer, I'd like to split the off time evenly. This could be four weeks with me then four weeks with his mother or alternating every two weeks.
4. For holidays: In 2023, I'd be responsible for his Thanksgiving and Christmas, and in 2024, I would be with him for New Year's and Easter. I am fine with his mother being a part of the holidays with us, provided we are also with my side of Jax's extended family.

As for decision-making, I felt at the time of our divorce I could trust my son's mother to have a conversation with me regarding Jax. I felt at the time, that she would take my thoughts, feelings, and decisions on things to heart prior to making the final call. I gave her the benefit of the doubt, but now like I've said and am going to continue to discuss anytime I try to ask or talk about these decisions I am being told I'm being a bully or yelling that, she doesn't want to talk or threatens to kick me out of her house or call the cops. All this happens as she's only allowing me to see my son with her supervision so she can control me, and my son. I think, right now she's making decisions in spite of me, rather than for the betterment and fulfillment of our son.

I think that if all decisions are made with a joint agreement, then it will be beneficial for Jax. I know it's not always best to say, but men and women, mothers and fathers offer much different life experiences, advice, and teaching skills that children need for the betterment of their growth. I have been disregarded in this, and through this message, I hope you can see why I feel he needs me to be more present, and not only present during times when he can run to his mother. She's not always going to be there as he grows older and wants to experience life on his own. If he grows up and wants to identify as another gender, or as homosexual that's great and I will support it. If he does want to live his life as a man, I know some of the difficulties, obstacles, and judgment he could face, I want to best prepare him but also see how he interprets a situation so I can guide him not force. With equal decision-making rights, I feel this would be a step in the right direction as well as, as close to 50/50 custody.

I know that the burden is on me to explain why and how this is beneficial for my son. This is going to be the long part of this letter so please bear with me, as this is the most important thing I've ever done in my life.

When I look at my son, I think of how much I loved his mother. I remember what she was wearing, and what was said, on the first day we met still. She was wearing a brown sundress, with tan sandals and her sunglasses up in her hair. We were sharing a wrestling locker-room together and it was a hot day. We had the lights off, there were other wrestlers there and as she turned the lights on, I said, "Why did you do that, I was just going to ask you to

dance.” She smiled and said, "I can turn them back off if you want". That was the start of something beautiful.

That was the day that Jax became a thought in my mind. I thought I had met my partner for life. I loved Rachel so much. I moved my entire life from Canada to be with her in the States. I have zero family here, only my son, and my soon to be wife and her family, but they aren't blood. I've had three phones since I moved to the States, and I have kept them all because they have pictures of us, and then of course of our son.

I admit I was not a perfect husband. I will add that I felt—and maybe it was my own doing—that starting in 2016, Rachel only cared if I could provide for her financially. Which I was doing, of course—in may 2014 I put \$10,000 down on a new home so we could start a family, 2 years later I bought her a brand new Van so she had a reliable and spacious vehicle for Jax, when I finally rewarded myself for I purchased my dream car to which Rachel said the only way I could is if she were able to quit her job. She had kept the job, even though only part-time to not take away any more time than needed from Jax, but it also gave us the luxury of health insurance. Per me agreement to this notion she could quit her job allowing me to purchase my dream car, it would then add \$1500 more per month to my expenses for healthcare She did not make any payments on the mortgage for that house or the car until after we were divorced. In addition, after she was laid off, she did not make any attempt to find a new job, so I started to work more to provide for her and our son Jax.

At that time, I asked that after bills were paid, she kept to the budget of not spending more than \$2,500 per month. I saw no evidence that she was trying to do this; she did not keep a budget as far as I know. In addition, when I would want to discuss the issue, she told me I was controlling. \$2,500 after all bills are paid, I thought was fair. Apparently, it was not.

There is so much more but the truth is, if my son ever hears this or reads it, I don't want him to see me speaking poorly about his mother. I think in her eyes, she feels that what she's doing (using buzzwords to push me away and ultimately give up on my son) is the right thing to do. She's done this since Jax was born. It was the reason in 2016 I told my mom I wanted a divorce. I

only stayed because my mother and I agreed that if I got divorced, I would lose everything I worked for and time with my son.

Honestly, I probably would still be in an unhappy marriage but trying to fix it if she ever had wanted to try with my son's mother today, just so I could be more present in the home with Jax. Statistically, the benefits of being raised in a two-parent or single-father home are far greater for Jax's future development when compared to being raised in a single-mother home.

For instance:

- 63% of youth suicides are from single-mother homes.
- 90% of youth runaways and youth homelessness are from single-mother homes.
- 85% of children who show behavioral disorders are from single-mother homes.
- 71% of high school dropouts are from single-mother homes.
- 70% of youths in operated institutions are from single-mother homes.
- 80% of all youths in prison are from single-mother homes.

By comparison, the statistics when it comes to children raised in two-parent households or single-father households are almost identical when it pertains to the success of that child in society.

I know every argument that my son's mother is going to present to try to prevent me from being with my son as much as she is. I know this because I loved her as my wife, and today I love her as my son's mother, nothing more. I also know that the courts have a tough time ruling to change a child's life drastically, but he needs both of us 50/50 if he's not getting 100/100.

She will argue that I chose my career over my son, but I was only that busy with work because she wanted to be a stay-at-home mother. In addition, since she refused to stay within the budget I set when we were together, my only option was to make more money. I know she has pictures of me on my phone when I'm sitting with Jax, but staying fully committed to my career was a full-time job on its own. I had to book shows and keep in touch with

companies that were booking me. I was watching matches and giving advice to students (teaching was another source of income). I was career-focused, so she could be family-focused, but in the end, she ensured I wasn't part of the family.

She will say we got divorced because I cheated. When I asked her with whom she said, Danielle and Sarah, who were girls I interacted with in 2012 and leading into 2013. My son's mother and I were married on July 4th, 2013. She will say I once contacted an escort, which while true, was only to ask about oral sex because my partner would not provide it. I never acted on it. Rachel got regular screens for her own health and never had an STD.

I had loved my job in Japan, but I wanted to work on my marriage, as well as be afforded more time with my son, unfortunately, due to my responsibility of financially supporting the household, I missed many firsts in Jax's development which makes me never want to miss another. A company within the United States with a lighter schedule but the same pay had shown interest in me as a performer, even though they didn't garner the same attention or publicity as my prior company Jax and my marriage were far more important. I then quit my job in Japan to take a job in the States so I could be home more and work on my marriage. Over three months, I asked four times for her to work on things and told her anything she wanted me to work on, I would.

My biggest struggle with

Jax's mom was the lack of intimacy, not just sex. It hurt to see her go out with friends on social media, but I had to beg her to do something for us. After months of this, she gave me four excuses, and I said we need to take a break until we can take some responsibility.

The first time I asked for intimacy, she said she hasn't been in the mood since she had Jax. I asked if we could go see a doctor. She said yes, but we never went. The second time I brought it up, she said she isn't in the mood, and it doesn't feel good after giving birth to Jax. I again asked if we could go see a doctor and her reply was yes, but again, we never went. The third time, she resisted, claiming I wanted her to just be "barefoot and pregnant

in the kitchen", even though she asked to quit her job and never searched for a new one when she was laid off.

The final time I broached the subject with her, she said "Why do I need to be intimate with you, when you can just get it anywhere from anyone." That was when I told her I needed time apart from the relationship as any time I mentioned an issue or something that made me unhappy she would turn it back to an issue she had with me instead of ever wanting to take an ounce of responsibility or accountability for things that were making me unhappy.

I would have loved for her to work. Maybe I would be closer to my son, and not have to go through these proceedings. Maybe I wouldn't have had to sell my car, the home I could call just mine as I was the sole owner, the collectibles I've had since I was 3 years old, and my home gym, just to continue supporting my son.

The final time I brought up the subject, her Reply was "I don't see why I have to show you love or have sex when you can get it from anywhere you want, and likely do."

That was the final straw for me, I had to ask to separate so I could have some time to understand how things got to this point.

After we separated, I started seeking someone romantically and would seek out nice engagements with the opposite sex because I had lacked it for three years. Then one day, she asked me if I wanted a divorce or to work on things; I said work on things, and I cut off all contact with other women. She never actually tried to work on our marriage, and then one day in January of 2020, she kissed me goodbye, said I love you, and hours later, I was served divorce papers.

We talked, and again I thought we'd try to work on it. At that point, she said we'd handle the divorce ourselves, so neither of us would waste money. Little did I know, she would then hide all mail in an attempt to keep me from appearing in court, letting her get a default judgment. I was naïve; she had already been married before, so she knew the system better than I. Then, I found out, she had taken \$1,500 from my bank account and used \$500 to pay for an MRI for attorney fees to try and catch me off, guard.

She is online, speaking to people who have made false accusations about me, in hopes of finding dirt. I was a victim of Cancel Culture, and due to that, I almost took my life and found myself in the hospital for three days. I know she's going to use this to say I'm unfit to be a parent, but the only reason I didn't want to live was that I knew I wasn't able to wrestle due to false online accusations. I wanted to leave what I had to my son, and the fact that most people won't speak ill of the dead made it seem like that was my only option for a clean slate.

Even before the mental health issue I had in 2021, my son's mother only gave me three or four hours on a Saturday with me, and never let him stay at my house overnight. She now abuses me by not letting me ask my son about his life. She says I'm interrogating him, and whenever I ask her to talk about him, she states she's too busy, blocks my number, or accuses me falsely of yelling and bullying. She only allows me time with my son in her presence.

Now we are here, and we had agreed that our partners, whom we intended to have in Jax's life, would meet the other parent first. Something I have done but she has not, and even told my mother she agreed to it. She then tried to record us talking and lying, saying she didn't. She has manipulated me and gaslit me for years, and now is doing so by using my son as a weapon against me.

I'm sure she will also use these false accusations against me—my current spouse made a tweet saying she had dirt on me. One false accuser asked her to share it which my current fiancé, saying I have a lot to tell. My son's mother, Rachel, liked this tweet. I then texted my son's mother with a screenshot from my current spouse's account, and magically, the tweets that were put out by a third party were deleted. This shows there was a connection between someone I barely know, and someone that tried to defame me in the public eye, which cost me my high-paying job. Now, I can only make \$15 an hour, and cannot afford \$1,000 a month in child support, yet my ex is out there hoping people keep spreading false information about me. This prevents me from getting higher-paying work in the wrestling industry.

I have only introduced my son to two women, my ex-fiancé, Alex, and my current fiancé, Rachel Morgan Tallerico. I had to kick Alex out of my house when I found out she was cheating on me. In response, she got an order of protection against me. It was in place for six months, as her lawyer contacted mine to say let's just leave it in place for six months, and let it be. I didn't want to go to court and see her, so I agreed. I know, and as a judge or part of the court, you would know that most orders of protection are in place for two years when decided in the courtroom.

I thought this was best, although I have evidence via Alex's own texts to prove she lied in the original order, they are given out without proof, and that's what the court is for. Alex would then go to file a report, claiming abuse again, and that I had broken the order of protection. This, compounded with losing my career and the fear of not being able to provide financially for my son, made me suicidal.

I am healed now, and there were never charges since the DA found no evidence of abuse. I provided proof to Det. Green of the Belleville PD showed that she had lied about the abuse, and since no charges were filed and it has been dropped, I never broke the order. The DA did not press charges due to insufficient evidence and I submitted texts from the accuser to show claims of abuse were falsified. After the first 6 months, Alex tried to get another order of protection which this time I went to court, and she did not show. During this process, my attorney told me many of the things I had to discuss during prep for the hearing that disputed her claims, were criminal and I should make a police report. I did in Dec 2021, and finally, in Feb of 2023 Belleville Pd took my official statement and has moved forward to see if action will be taken. The report number is – 21-06710

I know from texts, and how my son's mother is acting, that she will try to use these online accusations that have no merit in order to prove I'm an unfit parent. She will claim that she feared me, was bullied, or controlled by me, and use other buzzwords that will incite discrimination against me.

You have access to court records, and police records. You will see there has never been a claim made against me about abuse. I state this because she

has been abusive towards me with her words and actions regarding my son, and I have no legal recourse other than trying to get 50/50 custody. She will use false online accusations to try and further her agenda, but I can disprove all these. The fact that none have been in the courts, or even reported, should also help support my claims.

What I've written is important because I know I'm not perfect. I've lived 36 years and made plenty of mistakes and face a world that is not always the best place for men. I have advice, and life lessons I can teach my son Jax, that his mother can't.

I made mistakes so he will never have to make those same mistakes. I have no criminal record, and the Cancel Culture accusations are all false (I've made evidence of that available publicly on YouTube). I know that's strange, but the accusations that took my career from me were all online and never taken to court. Well, one was, in which I had to spend 75k and win a defamation lawsuit.

My son Jax will make mistakes, but I hope to be in his life, so he never makes the same mistakes I have.

When we found out he was diagnosed with autism I asked his mother not to tell everyone right away, she then asked if I was ashamed. I said flat-out no, I wanted to do any tests we could so that we properly make accommodations for him instead of accommodating every facet of life. We are certainly in a new time, where autism is much more widely discussed and accommodated. Yet, to say it is not still discriminated against would be an injustice. I only wanted to ensure that he is accommodated for the things he would need the extra accommodations for, but also have access to other teachings, and situations he could handle without them which I feel would help him significantly in his upbringing and development. As a performer I often had fans with autism speak with me, I still talk to a wonderful young woman through Facebook Amanda Roberts. I have attached some of our dialogue to show the person I am, within these scenarios as a human being.

When spending time with him, his mom always gives him screen time and allows him to boss her around. I know she thinks she's doing what's right,

but it's not. We see this too often, but never do anything about it until it's too late, she's trying to be our son's best friend, not a parent.

I used to be there and if he was hungry, he'd say, "Mom I'm hungry, I want chicken nuggets". I would tell him, "Jax, can you say, 'Hey Mom, could you please make my chicken nuggets?'"

I don't know if he does that when I'm not there, but after saying that to him, he asks in a polite manner while I was present.

He would then just say, "Mom I'm finished", and she would come to get his plate. I would ask him, "Jax, do you know where the sink is?". He'd say "Yes" so I replied, "Think you could put it in. there instead of asking Mom?". Now he puts his own dishes in the sink.

Any time I would bring him a Happy Meal (Jax loves a 4-piece happy meal with apple slices and apple juice along with his fries, no sauce though!), Jax would finish and yell, "Mom I'm done!". She would come to get his trash. I again said, "Jax could you put that in the trashcan?" Now he puts his trash in the garbage without demanding his mom do it.

Back to screen time, the last three times we have been out, he wants to rush home instead of being in public with others. When I ask why he wants to go home, he says "To play Switch". That's his favorite system to play video games on, or he likes to watch others play games on YouTube on his tablet. So not only am I stuck out in public because I don't feel safe at their home with the looming threat of police being called, but I also don't get my time because her solution to being a single mom is to occupy him with a screen.

Jax is 7, and the last three times we have been out in public, he wants to be carried out, which his mother just does. He's 7 and capable of walking to the car. While playing games with her, if he is losing, he asks his mom to stop playing so he can win. Maybe this doesn't seem like a big deal, but just the other day we went bowling. When he lost, he started crying. His mom comforted him. I asked him if he was crying because he lost. He said yes. I know as a man who once was a boy if he makes friends and acts like that when he loses, his friends will no longer be friends.

I know that the longer he is only looked after the way his mother does, it will not be beneficial to his development as a productive person in society. She has answers I don't, but I also have answers she doesn't.

I do not want to replace her with my spouse. She has met my current spouse, but she refuses to let me have him with her and her family. Yet her boyfriend can have my son spend the night at his house, something that I have not been allowed to have since I moved out of that house.

I don't want to devalue her to him, in any way. To me, my son is a labor of the love I once had for his mother, and that's all he needs to know. Mommy and Daddy love you, Jax, we just didn't work out. If I'm not present, I do fear his mom will do anything to make me unimportant in his life, which may lead to him thinking I don't love him. I love him more than anything, and if anyone loves him more, it will have to be his mother. I don't think that his mother loves him more than I do, maybe the same, as I don't believe anyone has ever loved anyone as deeply and unconditionally as I do my son, Jax.

I currently have a lawsuit against Impact Wrestling, which has been dismissed without prejudice so I can refocus on it after this matter. If I do come out on top, and get damages, I hope to pay off even my ex-wife's house, because as long as my son Jax lives with her, I will do whatever I can to assist financially. Currently, I do not have the funds to pay the \$1,000 a month and have not been able to for some time, as I am living off the money, I acquired through selling my belongings.

I am about to start a landscaping job at \$15 per hour for 30-40 hours a week. I don't have many options as I spent 21 years of my 36 being a pro wrestler and CANCEL CULTURE had taken that career away, and not by choice. I only had the ability due to the phenom of CANCEL CULTURE, to wrestle once in a while for \$200 a match. I used to make \$250,000 per year in my career while under contract, on top of that, I ran a successful wrestling school, took 3rd party bookings for \$1000 per match, and would do well on my merchandise sales.

I don't have family that's blood in this country besides my son. My career which I started at the young age of 14 has been ripped from me unjustly. If, after reading this, you still think that fathers, rather me, specifically, don't matter, and deserve equal rights and the equal opportunity to be a father, then I don't want to be a part of that society. I have given you a direct view into my heart and soul with these words, and trust that you'll make the right decision for me and my son."

That is word for word, what I am giving to my lawyer to present to my courts. I truly feel I am doing what's right for my son, but the fact that a Woman will likely side with a woman in this case my ex-wife and mother of our son Jax after reading this then truly men and fathers are discriminated against. I would hope, no matter your gender, race, sexuality, or parental status the biggest takeaway from my words is, I want to be the best father I can be but most importantly I love Jax more than anything.

The second option is, you can define me as fighting for custody and start the conversation on how Men's Mental Health and all other factors and situations which deteriorate it are the reason for a man to never be alone with his offspring or that the man or father fighting to be active in their son's life, and providing evidence to prove innocence after online, not in a court or through the police will never be read, never be investigated or reported by the same media outlets that had no issue with spreading false accusation. I don't want you to read this as a novel, although it will be published as such. I would hope you could look at this more so as a diary. My thoughts, my feelings, and my words. For added context, and well at the risk of my sanity, there will be many pages with screenshots of social media posts, comments, and yes, some text messages that help you further understand my thoughts, feelings, and words which all play a grand role in my opinion and in the reason as to why I want to write this and share it with the world. I want to make it abundantly clear that I am not downplaying, or saying that Women, People of Color, or the LGBTQ+ community don't have their own issues with society, or unfair treatment. I have seen it, and had friends and family be a victim of it, and I will never tear down someone, or invalidate their issues to serve mine. All I ask is that you don't do the same to me.

I want to give you some quotes, that I have said and after saying to people whom I trust, love and respect gave me a further grasp on who I am, and why the topics within this book are so important to me. Most importantly though, why it's important for me to share these issues on a larger scale so that hopefully I can help other men who have had similar issues to realize suicide isn't the way out. To help other men see the signs of these inherent issues they could and most likely will face at some point, so they can be able to help themselves better than I was able to at first while facing these issues.

"I fear that my son will grow up in a world where nobody knows anything, I feel shame that he will never see the world as I see it. I know a little bit about everything, and everything about a little bit."

"I don't know what I know, but I know that I know something that nobody else knows."

"Never follow a man into war, that would sacrifice your life for his own. A Leader fights for his followers, not himself".

I said the first quote to my Wife, and it caught her off guard. I asked her if she felt I was rambling, and her reply was exactly what I assumed it would be so for once I wasn't as ass. Rachel said "That took me a second to truly comprehend what you said, I'm so used to hearing the saying I know a little about everything and a whole lot about nothing. So, it took me a minute to fully grasp how you said it".

In the second quote, I was having a very deep and inspiring conversation with a friend, I met him when I was 15 through wrestling, and over the years of travel, we have become very close. He was the first one to donate to my funding campaign for these projects I'm working on, and of course, people did their best to ridicule him and "Cancel" him. Nonetheless, he just said in his cool calm and collected voice that anytime these words are his reply to you, it might be my single favorite thing in the world "Yeah man". You would have to have a conversation with him to understand why that's so rewarding to hear when having an intellectual conversation with him, that "Yeah Man" makes you feel accomplished like you're on the same

wavelength. To be on the same wavelength as Chris, means you're highly intelligent, which for me is something many don't believe I am capable of being highly intelligent.

The Last one, is just something I will say or post because in my opinion far too many follow a lead that truly isn't led by integrity, grit, fortitude, or Logic. This allows far too many people to be led astray, the biggest issue is how you help guide someone that doesn't see the faults in their path or can't comprehend that they have been misguided. If someone tells themselves, this is MY TRUTH they think everyone should agree. Truth and False are black and white the variables that show this are known as FACT, not opinion. This allows an entire generation to be highly subjectable to false narratives, obedience, and fear all while not even realizing it. I have finally realized it, and when I resist or try and speak Truth with facts, I am shunned and told I need professional help, or I don't deserve to be in society. We will get to my perception of the term "living in the matrix" but to understand my point of view on that, I must give you some back story on my upbringing and why I have the views on the world, and people that I did, how I allowed society shame me and being to shame myself in being a free thinker and why I feel even stronger about my convictions, boundaries, and views than before the issues I've overcome.

The rest of this "diary" may be triggering for some, the next chapter will be about my life leading to marriage and I have been through some things that may be triggering for readers. I can promise, through every page, this will be exactly what happened in each situation to the best of my ability to recall the situations. I will be fair in my discussions about others, and I will be open, vulnerable, and honest about my own actions, reactions, and attitude while broaching each and every subject that has led me to write this.

It's fitting, I was once known as "Unbreakable" because once you read this book, I have zero doubt you'll agree with, me when I say. I am lucky to not only be where I'm at in life, I'm lucky to still be alive.

Now that I'm with my current wife, I realize so many issues can be resolved with a conversation. The bigger issue has become not many know how to communicate.

My wife and I, start conversations that are uncomfortable like this.
I'm not bringing this up, because I have a problem with you. I am bringing this up, so it never becomes an issue for or between us.

Works for us, maybe try it? Or don't. What do I know?

CHAPTER II

DO NOT RUSH

Don't worry, I'm not going to give you a full biography, but I must give you the important factors which made me the person I am. I'll be talking about my family, my loves, my hobbies, my trauma you know the normal stuff. All right, you got me I don't consider much of my life "normal", but I wouldn't have it any other way, to be honest. I also want to say, when I speak of "trauma" we all react to the subject matter differently. For some people, it can control their self-image, and self-doubt and make them feel or present as a victim their entire life. I realize, part of my intro in the first chapter talked about being a victim of Cancel Culture, which didn't happen until much later in life and this book, among other projects, is my savior it's my way of turning myself from victim to Survivor much like I am when it comes to suicide, I am a survivor and I will not allow that word to define me either. This is freeing, it's motivating to attempt something out of my normal realm of productivity and creativity. Let's make the victim into the survivor and the survivor into the victor. Victor of my own life, and my own story the victor whom his son looked up to and knew that no matter what label was ever put on me, the label of Father was, is, and always will be the most important Label I could ever have bestowed upon me.

I was born on Dec 13th, 1986, at 2:16 pm in Oshawa, Ontario, Canada. My mother Ann Marie Frobel, and Father Michael Whalen were in love, but My father worked at the General Motors Plant in Oshawa, which was close to the bar my mother ran, he naturally liked his booze, and well from my understanding was quite the shit disturber. I want to talk about my biological father first, as he passed when I was 13, also quite honestly, I don't have too many memories of him although all the ones I have are great. I know what you're thinking, he's going for custody because he never had a father really, well not true my stepdad came into the picture when I was 3, so this isn't that kind of story. As well as the fact that, well my mother was probably more badass, and intimidating than any father figure could have been, no I'm not joking in the slightest, but we will cover that.

I have often looked back at pictures of my father and me as a child, often they were taken at the Frobel Family cottage. I remember his apartment complex, YAY POOL! Not only that, but he was so fascinated with how much I loved and knew about wrestling even at the young age I was when my memories really shine through with him. As I mentioned prior, I don't have too many memories of him, but the ones I do I will forever cherish. He bought me a very rare LJN Wrestling figure, it's the only one I didn't sell out of my collection Rick Rude! He was always fascinated with why I loved wrestling so much, and who was my favorite. I could never forget that, now as a father in which at the time of this writing am fighting for my share of hopefully a 50/50 custody agreement, because I love hearing how excited my son is when he speaks about his Video Games. Steve from Minecraft is his favorite, he loves Super Smash Brothers, and we talk about who and why his favorites are which always reminds me of my father. Much of our time was spent watching wrestling or going out to play outside as well as utilizing the apartment complex's pool as I did love swimming. Around the age of 11, I started to be more active with my friends around my house which took time away from spending time with my father more than I'd like to admit, and I don't know how comfortable my father was around the house. I can't say why, but as a father myself I sometimes wonder if my mother was doing what my son's wife is doing to me. I mean, I had my stepfather in the picture so maybe she felt that was best. I can only guess, I know whatever the case my biological father, my mother, and my stepfather all loved me and provided such a great life for me.

Prior to his passing, I remember seeing him at the celebration for his mother's birthday, it was at The Mandarin Buffet. At the time, this was the king of buffets in Canada. Chinese food, but they always had other options, pizza, cheeseburgers, chicken nuggets, crab legs and so much more I was a fat kid until I was 14, so a buffet was like a dream come true. We spoke, about wrestling and just life in general, but I will forever remember how much he cared enough to ask about my passion for wrestling that made me know he cared, but that he also listened. I didn't know after that dinner, we hugged and said goodbye that that would be the last. Soon after this dinner and celebration for my father Michael's mom, he passed away. Basically, he had passed due to years of alcoholism, I don't judge him for that. I didn't know every aspect of his life, but as a father, I can't help but think it could

have been part of a coping mechanism for not being as important to my life, and upbringing as I assume he would have wanted. I could be totally wrong, he could be one of those fathers that didn't care, yet I can't shake the feeling of if that was the case he wouldn't have constantly asked about wrestling or remember the fact that when Shawn Michaels and Davey Boy Smith had both become singles wrestlers, he recalled me saying I had loved The Rockers and The British Bulldogs. I hadn't told him, the changes in wrestling since we were apart, yet he knew so if we are anything alike as fathers, he was doing his research as I do, to make sure he can talk to his son about the things he's passionate about.

It was the summer following 8th grade, so in 1999 that he passed. Myself, my mother, and stepfather were going out to British Columbia to visit Don's parents. Don being my stepfather of course. Prior to making the 4-day drive, my mother and I attended my biological father's celebration of life, I don't really remember much other than meeting nephews I was older than and the fact I didn't shed a tear. I used to look back at that and think maybe it was due to the fact we didn't really have the strongest relationship as close family members would pass over the years, I found that not to be the case. I have more often than not, been the crying shoulder or calming voice when others are hurting who are close to me. I'm not trying to come off as this tough guy, or hero I just really don't like when people around me are in pain, or feeling sad, or suffering in any way I feel like can feel their pain and I would do anything to prevent them from having to experience it. I know this is referred to as an Empath, but as we progress through this book, I think you'll see it's more than that, or maybe I'm crazy and as this book hits shelves, I'll be in an asylum somewhere. The crazier thing is, what if and I'm saying what if because I have seen far too much wild and seemingly impossible things happen in my life to ever think that anything is impossible, this could be a matrix type exitance and I am Neo.. I'm joking, or am I? I guess you're stuck reading the entire book now.

Now let's get to Avalanche Annie! This was a nickname my stepfather's dad gave to my mother when we were visiting due to my wrestling fandom. She has 4 sisters and 1 brother, my aunt Jackie lived in our house my entire life until I moved stateside. She was like a second mother to me, always sweet and caring and would do anything for me and the fact that she didn't

have children of her own likely made our relationship that much deeper and more important. In July of 2022, she would pass away, and that was hard. I again didn't shed a tear as I heard of this on the way to the airport heading home from Japan and was around people, but right now as I write this thinking of all the memories I shared with her, are moments I hold very near and dear to my heart. My aunt, Sherri has one son Murray with my late uncle Larry. The 3 of them would live with us on occasion, Larry even though he's gone he was easily my favorite uncle. He was a wild child, and the funniest human being I've ever spent time with. One of the times he and to stay with us was due to the fact, that he decided to rent out a bunch of apartments where he lived and start a grow-up for pot. At the time pot was not legal, so he was caught and somehow only did weekends in prison, my aunt Sherri somehow got off scot-free after fighting the police herself when the raid happened. The police and government of Canada seized their assets, which had them once again come live with us. I didn't care as they were like the tv show family I loved watching, but even more so loved being a part of I didn't even care that my snowmobile was one of the assets that were seized. My uncle was a mechanic much like my stepfather so he loved anything that he could drive, our time was often at cottages enjoying snowmobiling. Not all, but my favorites in my family were the kind of people that didn't mess around no matter the situation. As for their son, Murray. Once upon a time, we were like brothers, even though he was 10 years older than I was. I now don't care for him, he had an addiction problem for some time, which I have no issue with as we all have demons we sometimes battle, but he was very rude and said some things about my mother to her one day I will never forgive him for. 1 she's my mother, but 2 she treated him like a son and to do that was unacceptable, and I will forever hold him accountable until he apologizes to me, or we throw hands. As for Larry he sadly passed in 2019 after a battle with cancer, I hope they have a library wherever he is as he's going to love this book. I'll never forget the funniest thing he ever said, and it was funny because I didn't understand it. Cell Phones are like Voodoo to me; I just don't get it.

My aunt Irene and her late husband and my uncle Jim had 2 sons Jamie and Chris. We are a close family, but I'll be honest I personally didn't have much in common with them. They were golfers and hockey players. Chris and Jamie are now both married and have children, sadly Dillon has faced

his own battle with cancer, but he's in remission and doing well now. Jim passed very unexpectedly while he and my aunt were in Florida for their annual golfing trip in January 2019. All of them are great people, and I'm happy for the life their all living, other than that one time my cousin Chris told my mom she didn't like how I talked to my grandma, so I went up to him and said "Chris if you ever have something to say to me well say it to me, and as far as my grandma you see her on holidays, and when you come by the house to ask my stepfather for car advice. How can you make a judgment when you haven't talked to me, in order for you to understand why we interact like that you have to realize that my grandmother and I live together and see each other daily, which means we spend a lot of time together a part of our love for one another is giving each other shit in a harmless way." This is all going to make sense when I speak about Avalanche Annie.

My Aunt Susan, her husband Morris, and their 2 children Kimberly and Michael. Michael is now Married with 2 kids, 1 adopted and another his biological. This is the religious sector of my family, again all great people whom I would spend more time with as I was younger than I did after about the age of 12. All are healthy and happy, which is good to hear as it has been far too many years at the time of this writing since I've been able to be around them and reminisce as well as learn about each other's lives at the current time.

My mother's brother David, I have only met one time and to be honest I wasn't very pleasant. When my grandfather passed away my mother took charge of things as she had lived in the same city as her parents, so she moved in with my grandmother to help pay bills and also to save so she could remain in college. David tried to take the house and cottage out from under my grandmother and had some very harsh words about her, as well as my mom. The first time my grandmother had a health scare in 2011, was the first time David called the house. I was home and picked up, I heard on the other end of the phone "Hey this is your uncle David" I then replied, "I don't have an Uncle David" and proceeded to hang up the phone. I had literally never met the guy; he had been never around and not once had he called for his own mothers' birthday. My family wasn't too happy about that, but if I didn't speak up who would? I had this feeling that he was only

calling to see if his mother was going to pass so he could have another crack at trying to get the house or family air looms. That year he was invited to Thanksgiving which we had at my aunt Irene's family home. He was pleasant enough, but when he asked me about myself, I simply said "Why do you care? I'm in my 20s and all I have ever heard of you was how disrespectful you were to this family when my grandfather passed away, you're only here in hopes of getting on my grandmother's will. I see through you, and if this was my call you wouldn't even be here". Now I know, I do get that that seems like an unreasonable response. I don't feel it was, my mother, Aunt Jackie, and grandmother raised me and instilled so much love and care into me all that mattered was that I protected them to the best of my ability. Don't get me wrong my stepfather was around and would have done the same, but I didn't feel like it was his place as I was blood and I stick up for the Frobels name. If I love someone, whether that someone is a child or a woman there will be no harm to them, not physically or verbally. Don't get me wrong, couples and families will argue but disrespect is not something condoned. You can argue, raise your voices, and have disagreements but only if you have the tools and are prepared to do whatever it takes to fix it. Disrespect is something that for me, is impossible to come back from and return to the strong relationship you once had with the person. This goes, for romantic partners, friendships, and yes family. We all argue we all have disagreements, but disrespect will not be tolerated.

My stepfather Don is a wonderful man and as I have mentioned has been a part of my life and our family since I was 3. He has 3 children of his own, all older than I, I had always been the youngest of our family until my cousins begin to have their own children. He runs an auto-mechanic shop in which he does literally everything. Paint, bodywork, mechanical issues, rebuilds motors, as well as often custom-building Harleys and hotrods. He's a very skilled person, and never once did he treat me as anything other than his own child. Well before coming into our family's life, he had his own demons. He was once kicked out of the United States for working on cars illegally in Los Angeles, and he also made the local newspaper for driving under the influence while his blood alcohol content was at a level that should have killed him. Don was very fortunate that no one was harmed while he was driving under the influence, and that was the day he gave up

alcohol to this day he has never had a drink since I've known him. Don much like my mother is strong-willed, hardheaded, and stubborn. So yes, I saw arguments and disagreements which nowadays are deemed as bad for children. Yet, 33 years later and they are happier than ever before, I don't see the issue with arguments and disagreements around children as long as you work through them and come out stronger on the other side, too many people nowadays are ready to just quit on relationships, and frankly anything that they deem too difficult for them. Difficult times can make you stronger, or ensure you never accomplish what you originally set out to accomplish the choice is ultimately yours. Growing up, my closest family members never gave in or gave up, and that instilled unforgettable lessons and integrity in me that I will never forget, and I will always love them unconditionally for those strengths they have given me. Even in his 70s now, he still runs his shop which he had built in his backyard, as well as helps other friends with the shops they run and operate. He's dedicated to his work, and to my mother so he has been and still is a role model to me.

Now for the cornerstone of my family, the strongest and most caring, loving person I Know Avalanche Annie, my mother! I could write an entire book on her, but she plays some very important roles in situations that I will cover in the next chapter, even as a cliff notes description, it's going to be a lot of info, as my mom has inspired me so much in life, and still to this day is a huge inspiration to me.

Momma Frobel, Avalanche Annie is truly a role model who taught me more lessons than I could ever imagine and truly helped me understand the world in a new and exciting way. I value each lesson she taught me, not only directly but indirectly.

Let's begin with the indirect, if you have the unselfish ability to view the hard work one does without recognition or view their hard work and dedication to other avenues of their life as the person's strength it will do wonders. Furthermore, if you can understand that they do that work with the same determination and vigor when that work also benefits you or the sole purpose of those actions is for your benefit rather than theirs, you can garner a greater appreciation for that person and their values. That's how I view my mother when she was in college and trying to live her own life

paying for her bills by becoming a bartender so she could finish college to become a prison guard, all while still arm wrestling and powerlifting, yet still, the love to change her living situation when her father died to help her mother that's a testament to the type of person she was even prior to my existence. That's love, care a devotion that I think everyone wants from a loved one but often we put all our focus on "My Truth" rather than also taking into account The Truth.

My mom was the youngest of her siblings, but I saw her take on every issue that our family faced as a leader. I've just spent much of this chapter discussing the other members of my family, the constant was my mom. When her father, my grandfather passed she took it upon herself to take care of my grandmother. When my uncle David decided he wanted to take control of everything and not allow anyone else to have a say it was my mother who spoke up on behalf of the rest of the family. That was my upbringing, when my aunt Sherri, Uncle Larry, and cousin Murray fell on hard times they stayed with us. When my aunt Jackie moved back to Ontario from Alberta with no husband or child and needed a support system my mom said to move in with mom and I so you can have a place to stay with family. When my uncle Larry passed away, she helped my aunt set up a budget and helped her navigate a life without her husband. When my uncle Jim passed, she knew I lived closer to Florida than anyone else in our family and that I would drop everything to drive and help my aunt Irene out because my mom was unable to but she instilled values in me that she was confident that not only had I understood the values she demonstrated, but that I would utilize them, she was correct so I dropped everything without hesitation to journey down to Florida to assist my aunt in any way she needed. This seems as if it was a choice by me, but when I was told about my uncle passing, I said I'll go there right now and packed up enough clothes to make the trip. It wasn't a conscious decision, I didn't have to weigh the options because my biggest role model had shown me my entire life that when someone needs help, whether they admit it or not you do your best to help.

You're probably thinking, dang his mother was an arm wrestler and powerlifter as well as going to school to become a prison guard? I know right, pretty much a superhero, and that she was to me.

Many of the situations that truly encompass how amazing of a mother she was will be told in the next chapter, I'm hoping I can properly divulge the type of person my mom is, as well as the love she shows here so it makes sense in the following chapter.

My mother did end up graduating college and becoming a jail guard as I became a glimmer in her eye she decided to go back to bartending as it allowed her more freedom to raise me. She did great in being there, I don't ever remember a time she didn't send me off to school or make a practice or game as she truly devoted herself to being a loving and caring mother. Don, my stepfather entered my life at the age of 3, and from my experience stepfathers at first, try to be friends rather than parents when it comes to blended families. I understand this because I once did the "you're not my dad" thing when he tried to discipline me. My mother was more of a father/mother even though there was a father figure in the picture and now when I look back, she did that because of the reaction many children have towards stepparents. I must say, I only did the "you're not my father" one time, because my mom sat me down and disciplined me for saying those words to a man who loved me as his own. That isn't why I remember that interaction so vividly, it was because even though I had hurt Don, and my mother by using those words my mom took the time to show me, and Don loved by explaining why I shouldn't say that.

"Aaron, I know Don isn't your biological father, but I love him as he loves me, and because you're my child and for me to feel he loves me fully enough to be a part of our family, he must love you as I do. The fact that he is a part of our lives, means I know he loves you as I do so he will never do anything or say anything that I don't agree with because before allowing him to enter my life I told him until you're of age to navigate life yourself it's my duty to provide lessons for you to allow you to grow into your own person. If you love, trust, and respect me then you must know I wouldn't bring someone into your life that doesn't have that same love, trust, and respect for myself or you into our lives."

That was the day that I stopped referring to Don as Don, or stepfather he became a dad. Sometimes all it takes is to listen, but more so understand

what someone is teaching you so that you can appreciate that lesson for what it is, personal growth.

My mother was strict, and she was aggressive when need be, but most importantly, I always knew that no matter what her disposition was I was her first thought, my life, happiness, and overall life were what she put above her own. Growing up, I was a wrestling fan because my older cousins were getting out of it so I got their hand-me-downs. I was so infatuated with wrestling that the athletes I was watching were superheroes to me. I literally was given, or gifted every wrestling action figure, videotape, or piece of clothing that had to do with wrestling because I was the family's wrestling fan. When wrestling came to town my mother made sure I got tickets, if she couldn't take me, she would ask my aunt Jackie to take me which she had no issue doing as I was like a son to her. They knew the only thing at that time that I really cared about was wrestling.

I was a little bit of a headache, as I would often get in trouble for wrestling at recess or doing the suck it or middle finger when DX and Stone Cold became the stars in 97/98. I was invited to a basketball game by a friend's family the night of WrestleMania 13 which I went with them, and I was such a little jerk I had to be disciplined because I acted out as I would have rather be at home to watch the PPV. My life pretty much revolved around wrestling, but my mother always made sure to talk to me and encourage me to understand that other people don't deserve to deal with negativity just because they don't feel the same way as I do.

No matter the circumstance though, my mother always showed me love even in disciplining me I was able to understand that even in discipline it was a labor of love rather than an act of discouragement or hate. She would always take the time to have a conversation with me, instead of just yelling and making me feel unheard. One of the defining statements my mom made to me was, "No matter what, if you tell me the truth even if you feel you shouldn't it will allow me to recognize what you need in that situation. You could need discipline, or you may need my assistance either way it's better I know all sides of a situation before I can determine what stance I should take." To me, that's powerful. Don't get me wrong, if I was drunk while underage and she confronted me I would not tell the truth, or if I was out

late, I might make an excuse as to why I'm late rather than be honest. Although, when it came to serious situations in which I felt I either needed consequences that fit the issue I was in or if I wasn't being listened to and I felt the consequences were unjust I told her all the nitty gritty details. I felt comfortable doing this, as she had done nothing to ever make me feel she wouldn't hear me out before making a judgment. This provided me with a safe space to talk openly and allowed me to show my true emotions to her as I never felt like I would be judged or that they would be used against me.

Home life for myself, and my dad was a lot like living the dream. Now you may have a different dream than I, did because sometimes they argued with each other and sometimes I argued with both my mother and Don. Due to how we all interacted with each other, and the love we showed one another there was never a conflict that divided us as 33 years later the 3 of us are still family and still show up for each other through thick and thin. In the morning, my mom cooked my dad and my breakfast, she then gave us our lunches and told us she loved us as we went off on our day. She would go to the bar, be home shortly after 6, and make us dinner. She would often take evening shifts when I had a game or practice, so she never had to miss one, she accompanied my dad to all the car shows he wanted to go to. She never faulted us for showing us she loved us, so we always did our best to show her. If she was stuck at work, we would make dinner if she had worked late the night prior, we would make breakfast. My dad and I would do the dishes when she had a long day. We had no issue with doing any of the same things she did, because no matter what we were a unit and always wanted to show our family that united we stand, but divided we would fall. My mom was a strong leader, but she would also allow my dad or myself to lead when needed, we worked as a team and when she knew more about a subject or situation she took control, when it was my dad's turn, he took control and when it was my turn, I took control.

Another gem, which I am almost certain 99.9% of parents say to their children is "Do as I say, not as I do". I would confirm, for myself at least, that no truer words had ever been spoken. As a parent myself, I know that I have done things, and been in situations that helped me better navigate life. Mistakes and speedbumps are a part of life, a part of learning but as a parent, I hope to teach my child to navigate through my mistakes and

speedbumps in a more conducive way so that they can make their own mistakes and overcome their own speedbumps. The goal for me as a father is to make life easier for my son than for me. Not that life for anyone is particularly easy we all face hardships, but when I love someone or something I often wish I had the superpower of making sure no issues ever arise, and no harm ever comes their way, heck if the time machine were to be invented, it also wants to go back in time to make sure no issues or hardships ever were something a loved one had to endure.

When I was 13, my entire life was lived as if I was going to become a professional wrestler, or shall I say I had the dream of being a wrestler, and because of that, I focused on wrestling. My mother encouraged it, she let me use the video recorder (yes that's what we called them when I was younger) to film the wrestling events I had with my action figures. She would take me to the flea market every Sunday so I could buy 3 wrestling VHS tapes for \$20 and would be fine with me watching them over and over again until the following Sunday when she would take me back to purchase more. She truly believed in me and never tried to turn my focus, yes, I had played baseball and basketball. She supported me when in 7th grade our school started a wrestling program, as well as when I wanted to start boxing training, and again when I fell in love with lacrosse, I always had her support. At this time though, when I was 13 turning 14, and in high school, she was going to start the Atkins diet. We were obese, and I had been a victim of bullying for much of my life due to my obesity. She led the way and that was one of the best decisions I had ever made for myself, but I don't know if I would have taken that step had she not also done it and supported me on the journey.

As I got older, she was still very supportive but not only that she stayed true to motherhood she told me when I was messing up, but also encouraged me when I needed it. She listened always, and I in return always heard her out and valued her opinion, to this day I still call her to discuss my problems and often just vent. Now I can relate more as a parent to my upbringing and have a much greater understanding of all the things she took the time to show me, to teach me, and the examples she provided in the way she operated in her own life to lead by example and now I understand "do as I

say, not as I do” I had a couple of fights in high school, I’m going to talk more in detail when I cover more about myself, but she was very wary of that partly because of my gym addiction. When I would speak to my dad, or my uncle Larry about this I was told a story about her. This story helped me really comprehend how a good parent, which my mother was certainly a great parent tries to prevent their children from making the same mistakes they had. I used to feel like all the lessons, talks, and consequences of my actions were more of a preaching scenario when in all actuality it was a teaching scenario. Larry shared this story, and it was shared by 3 others when I first heard it, I felt like, my mother did this? No way! She didn’t admit it until much later in life when I confronted her about this story and even then, it wasn’t a direct yes, it was a Who told you that? Dead giveaway Mom!

As mentioned before, was that my mother was an Arm wrestler and powerlifter while living the pre-mom life. Well, the story goes, she was bartending one night, and a lady walked in after winning an arm wrestling contest in which she had brought the trophy with her as her bar time was a celebration of the victory. If you have ever seen an arm-wrestling trophy, they used to be all similar with a posed arm at the top of the trophy inside wings that are on the outside. These wings can be quite jagged, and if it were to hit someone with the trophy, it would likely break the skin causing blood loss and a scar. The lady who had come into the bar, was bragging about her victory, and in an attempt to egg my mom on she directed her attention to my mother and said “Look at this trophy, when was the last time you’ve seen one of these? I hear you used to be pretty good” the story goes, my mother replied, “yep been a while, I used to be decent.” As the night progressed the lady continued to try and provoke my mother to react, and arm wrestle her. “I bet I could beat you, you wouldn’t stand a chance” The lady had only had 2 beers, so no matter how much the lady tried to entice my mother she stayed calm, but the regulars had also begun to become annoyed with the lady’s disrupt behavior so it started being a scenario where the regulars also put their efforts towards enticing my mother to arm wrestle as well. “Shut her up Ann, she’s being a pain in the ass and the only way it stops is if you show her who’s boss.” This only encouraged the lady to further brag and proceed to continue challenging my mom to accept the arm-wrestling match, well this was not what you want to

do. Finally, my mother had enough and finally spoke up “If we arm wrestle and I beat you, you have to leave but if you beat me your drinks are on the house for the rest of the evening.” Valuable lesson time, one that my mother taught me and one I will forever live by never make a bet you’re not confident you can win, and never ask a question you don’t already know the answer to. It’s ok to act a fool, but never be a fool.

IT'S TIME!!!!!!!!!!

The regulars cleared a table off, and like a fight in the schoolyard begin to gather in a circle to watch the show. My mother sits down, the lady sits down as she’s still bragging and trying her best to perform the fine art of shit-talking. They both position their elbows in place and lock their hands and one of the bar patrons covered their interlocked hands with his. Ready, set go and before anyone could even make their effort to cheer in support it was over, my mother had slammed this lady’s hand down faster than the speed of light. The lady visibly angry grabbed the trophy and while saying, this is yours, swung it at my mother’s face. Luckily, my mother reacted in time so that it didn’t make contact as it could have caused some real damage, remember though there are consequences for our actions. This lady ended up with her head put through a jukebox, and my mother now had the night off. No charges were ever pressed, as to this day no one saw who through the fine young lady’s head into the jukebox, one of life’s great mysteries.

So, what I’m trying to say is, yes as a child listening to your parents understand when they say “Do as I say, not as I do” That’s coming from a place of experience. Moreso than that, it’s coming from a place of love as they want you to not only learn from your own mistakes but from theirs as well. It’s impossible to make your loved one’s life easy, but with good guidance, proper teaching, and most importantly better listening so we can understand it is possible to make it easier. Life’s hard enough, so why not do your best to help your family, your friends, and all humans navigate this world, remember it takes a village, and we are all someone’s children. Working together as human beings makes us harder to conquer. Remember, united we stand divided we fall.

I have lived in the United States since May 2013, and I am now as I begin my journey for 50/50 custody of my son, I understand how hard it must be for my mother. I understand I am 36 now and was 26 when I left but I'll always be her son and she will always want what's best for me.

Since I've moved, I have been unable to be by her side as my Uncle Jim passed, my Uncle Larry passed, my grandmother passed, and my Aunt Jackie passed. I can't imagine the sadness and pain she feels, as she wasn't only motherly towards me, but she treated all of them with the same care and love she did me. I know my dad is a strong man and has undoubtedly shown her the love and care she needs during these times if not he would no longer be in her life. That still doesn't make it easier for me, compounded with all the health issues my mother has faced while I'm 774 miles away I know my mother, so I know there are likely more health issues she's not telling me or anyone about. I'm a lot like my mother, the best parts of her feminine traits love, compassion, and thoughtfulness as well as the best parts of her masculine traits like protector, provider, and thoughtfulness.

Are you lost? Let me explain how I interpret thoughtfulness as a feminine trait, as well as a masculine trait as there is a slight difference. I'll use my wife as an example, thoughtful to her is to express her feelings so I can understand instead of assuming, that it is turning into a bigger issue. She knows that if I know how she feels if there is any way I can help the feeling be greater or more positive I will do whatever I can to ensure that. She knows this because of my masculine traits, when she sees I might need the love, and compassion that she offers it often comes in a text or a note she leaves or offering to make a special meal. She uses these as reassurance that I know she loves me; she cares about me. When it comes to me using thoughtfulness, I send a text or leave a written note of reassurance because she has shown me that that is what she deems as thoughtful. It is thoughtful, but that's how she likes to be shown thoughtfulness so when she expresses her feelings, I know how to navigate the scenario to ensure she is not left unhappy or feel less than. Part of the masculine trait of thoughtfulness is to not burden your loved one with the issues at hand or your true emotions because some struggles I face as a masculine man are out of the scope of her understanding to provide a solution to fix the issue at hand. This is not a negative thing about her or about women as a whole. Still, lost? Ok, like I could never understand what it feels like to have menstrual cramps, or to give birth some of the speedbumps we face as men are speedbumps women

will never have to overcome. My wife is a lover, a caring person who wants to help her loved ones and when she can't provide a solution she gets upset, she has brought herself to tears with frustration while uttering the words "I feel so terrible that I can't help, no matter how hard I try."

See my mother is that type of person that's why I often tell my wife she's a lot like my mother, but I am also like my mother. This lets me understand that she will not always share her struggles, because she knows I am her son so when my loved ones face an issue I want to be there to help, to be there for support. Even more difficult is due to my wrestling schedule, due to my son being here 744 miles away from her and my family then having to deal with almost 2 years of travel restriction I can't always be there but if she were to divulge whatever the issues are she's going through I would drop everything to be by her side.

At this point, my mother has had multiple surgeries on her legs to help circulation to her feet as they were numb for quite some time, and when she would be done at the bar that numbness would turn to pain. She had her heart checked; told me it wasn't anything bad although I don't fully believe that to be the case. Surgery on both her eyes, as her vision was beginning to falter. I hope it's nothing too serious, as I would never forgive myself if I wasn't able to say goodbye to her, like I was unable to properly say goodbye to Jim, Larry, Jackie, and Mary my grandmother.

In December 2022, I finally had the time to return home and visit family. It was a much-needed trip not only for me, but I think for my parents. The most memorable thing during that time spent at home, came the night before myself and my mother started our drive to the St. Louis area. She begins to tell me all the things she wanted to get done before we left. She told me, I must vacuum, and I should probably cook some food and put it in the freezer for Don since I'll be gone a week. Remember never ask a question you don't already know the answer to, I asked Why? Her reply was one of those replies I'll never forget. "Don helps around the house; he can vacuum he'll cook and clean up to make it easier on me. Going with you to see my grandson and spend time with you and your wife is a vacation for me, he doesn't have the ability to take time off right now, so he is staying back for work. I know he would do the same for me if roles were

reversed, so I want to make sure even though he's not with us I still care and love him."

Avalanche Annie has been and always will be my role model and hero. I still call her to inform her of any good news, to vent and often cry because some days the fact that I am having to fight against my ex-wife just to be in my son's life is a heavy burden. I don't want to fight, but later you'll see why I use the term fight. I am not saying I was the perfect husband as I had my faults and will always admit them if I didn't, I would be stunting my own growth as a human being, but most days wait no, every day it feels like she's punishing me as a father due to us being divorced and for no other reason. My mother still treats her as family, even though I am remarried which neither I nor my wife has an issue with, but it seems like my son's mom is one person with me and can still be the woman I fell in love with towards others. Regardless of how difficult my life gets; my mom is the person I know I can count on rain or shine which is the type of parent and partner I will always strive to be. Mom, thank you for the life you have provided for me, thank you for every lesson even though sometimes I was reluctant to understand the lesson I was listening to, I heard you, I understand you, and I will forever be grateful for having you as my mom. Thank you for allowing such an amazing man as Don into my life, as I may not have had the relationship a son wants to have with his biological father, I couldn't have asked for a better dad to be in my life. Don, if any of your biological children have an issue send them my way because you're one hell of a dad, and they're lucky to be your children.

CHAPTER III

LISTEN

Now, from the horse's mouth let me shed a light on how I perceived life as I navigated through this little rock floating in outer space that we all call home, good Ol' Planet Earth.

I feel that if you've made it this far, you would have no issues with agreeing that I feel my upbringing was filled with love and happiness. Things are not always as they seem, I am not saying that I wasn't loved by my family or that the people who were closest to me didn't do their best to provide for me and prevent harm or sadness because they did to the best of their ability. Like I've been saying, sometimes we must go through things to learn and grow as well. There are a few things I'm going to speak on that very few if any people in my life know about.

This writing is supposed to help other men who have struggled with Mental Health issues, so with each chapter, I'm hoping to share stories and situations that I feel had a part in my own mental health crisis, so this will be more like a bullet point Biography as I want you to not only get to know me, but I want to go more into detail about these situations, rather than just my life's story. This will guide you through my life up until wrestling really took off for me as a career, so if something interests you and it seems like that part of my life is something you would want to know more about, there will be a large portion of this book that covers that part of my life as If I were to identify as anything before I considered myself a father first, it would be Professional Wrestler.

I was born into a wonderful family; I had such a strongly tight nit family even though we didn't always understand each other we had each other's back. I looked upon my mother for guidance, and a lot of my traits good and bad wait let me say this in my own words. I feel all the traits I have, and the display is necessary for myself and my life. Some may perceive

some of my traits as bad, and other traits as good which I can't decide for you how to perceive them all I can say is for my life they were the traits required. I'm a wrestler, so I often do what we would be referred to as a callback, we all have "traumas" that influence our older selves some use these as a crutch or excuse I never looked at it that way, not until later in life but I allowed outside influence to change my thought process. For me I never thought of these traumas as a negative influence, I always tried to allow them to add fuel to the fire which I used as motivation to succeed.

I was raised in a house full of women, Ann my mother, Jackie my aunt, Mary my grandmother although Don wouldn't enter my life until the age of 3 he became my dad and although he owned his own house since his workshop was on the property he was always present. Our family home was and still is occupied by my mother and dad, which is located on Elgin Street. (This is important to my story)

I was the youngest member of the clan, and although I was an only child, I had many cousins who were a lot like brothers and sisters rather than cousins during my upbringing. This for me was amazing, because if it wasn't for my cousins I may have never learned about pro wrestling. Murray's favorite was Hulk Hogan, Jamie's favorite was Macho Man Randy Savage and Chris's Favorite was Ricky Steamboat all of which had an influence on me as those 3 were in my top favs growing up as well. The fact that other than my aunt Susan and her family lived in the same town we all were able to share time together often. Thanksgiving and Christmas dinner was always celebrated at my aunt Irene's as they would turn their pool table into a dining table for feasts. Christmas Eve and Christmas morning were always celebrated at our family home since my mom was the queen of buffet-style eating. That's easily one of the things I miss the most living so far away now, her scrambled eggs made with onions peppers, and cheese, the hashbrowns, thick-cut bacon, peameal bacon (this is Canadian bacon, not HAM!!!!) toast buttered all in the buffet style chafing dishes simply put WOW!

I don't know why my memory works the way it does, but for some reason, I have a very vivid recall ability, almost freakish-like. I can remember conversations almost verbatim, where people were positioned during the

interaction. This ability has been one of those catch-22 abilities, as with wrestling or remembering important facts or likes of a person it also burdens me with the memory in which I can recall every moment that is less than favorable for myself or the people around me. This ability if you want to refer to it as such, helped me tremendously in my wrestling career, and now I hope it helps me give you an accurate recall of what I feel are crucial moments in my life that led me to this point.

January 26th, 1990 was a date I remember quite well for instance. It was the first live wrestling event I ever attended. It took place at the Oshawa civic center, a venue I would miss out on performing in due to a lacrosse injury but would later wrestle 26 matches in the span of 4 days in this building which held 2 very important days in my life. I remember 3 matches from this card all for different reasons. Bret Hart vs Bad New Brown was the first I remember, I more so remember it because Bret Hart was Canadian, and had really begun to come into his own as a performer around this time, priorly he was part of a tag team named The Hart Foundation which I enjoyed them as a tag team and enjoyed tag team wrestling as an art form. I didn't know at the time, but many of my favorite tag teams were more so due to my fondness for 1 of the teammates. There are only 2 North American tag teams up until about 2016 that I truly couldn't pick a favorite of the team, those being The British Bulldogs Dynamite Kid and Davey Boy Smith, and The Miracle Violence Connection, Dr. Death Steve Williams and Terry Gordy.

The second match I remember saw Hercules wrestling Bob Bradley, I don't know much about Bob Bradley or if I have seen him since, or prior to this event. Hercules, though I was mesmerized by him I wouldn't say he was a bad wrestler but not the usual type of wrestler I gravitated towards, but the man did he look like a real-life superhero. Just google him, that's what I think wrestlers should look like, well a large portion of them any way we will get to that in the wrestling chapters that cover my career. The main event saw Dusty Rhodes vs The Big Bossman in a steel cage. Even in his polka dots, Dusty was a once-in-a-lifetime pro wrestler. My hopes are for not just the wrestling world to read this, so I'll explain this situation a little bit so you can have a better understanding of how wrestling was, and sometimes can still be. Dusty Rhodes was a star in the NWA which would later become WCW, you may have heard it has the Crockett Territory or

Jim Crockett promotions. Dusty didn't look like any of the other stars wrestling had seen, he was fat blonde and had a lisp. Think about seeing a superhero like that, expecting him to defeat Thanos is unlikely, but Dusty had what is referred to as the "IT" factor in wrestling. I have read, that you can't define what "IT" is because it's different for everyone, I agree with the latter part of that statement, but not being able to define it is inaccurate and comes from people who simply can't come to terms with the fact they don't have "IT". This factor is a trait or traits that no one else can express the same way you do, it's the hard work you put into your body to look like a superhero, it's the ability to draw people in with your words, it's the ability to play on human emotion with your body, it's the costume you chose to wear. When all of these are present you get superstars that will always be fondly remembered. This was Dusty, he presented himself as the everyday man, he talked in a style that every race could get behind, part hick, part urban but all parts authentic. As a world champion, and booker (the person who sets the matches, and lays out storylines for the wrestlers and shows, think in movie terms writer/director). Well, this event was WWF now WWE and they had money and were starting the global takeover of pro wrestling, and they often would get stars from competitors and give them what we call "Gimmicks" which isn't always a bad thing, but when you're so used to being your authentic self and it works, I couldn't imagine trying to be something else. Regardless of what Dusty was wearing, or what his character was you gravitated toward him because his star always shined through. I remember sitting on the entrance side, to the left in the bleacher's 7th row as Dusty celebrated in the corner of the ring that was positioned directly facing me, as he sat atop that cage it felt like he was looking directly at me, I know he wasn't but at that young age feeling that way made my goal in life become even clearer.

Remember when kids first started in kindergarten and the cute thing was for the teacher to ask all the young-uns what they wanted to be when they grew up? I remember hearing, Police officer, princess, and firefighter but when it came to me the answer was already on the tip of my tongue, I couldn't wait to be asked as I wore my Ultimate Warrior t-shirt with the blue-collar and blue trim on the sleeves. I don't even know if the teacher got the question fully out of her mouth, I just remember her asking Aaron, "I'm going to be a pro wrestler". I know this seems unlikely, I get it you're going to be

reading this thinking this MF'er lying, but this memory is a blessing but also a curse and I recall saying I'm going to be, not I want to be. I have to say, this self-belief was due to my family, even if they had doubts, they never let me know that I had nothing but support.

The next vivid memory I have is 3rd grade, I had been bullied prior but was more of the protector so most of the kids, well boys had my back because they knew I stood up to bullies which at that age usually turned bullies to friends. Well, we had a new student this year, Cody and he enjoyed calling me fat. I was taught, to use my words if that doesn't work use my wit, and if those attempts fail, use my fists. When Cody first started to call me fat, I tried to talk it out saying it wasn't nice and we could be friends. I was further made fun of and called fat, so I said I might be fat but you're ugly I can lose weight you're going to need surgery. Pretty dang good for a 3rd grader, but there were people around who did what 3rd graders do at least when I was in the 3rd grade, they laughed telling Cody I had got him. I had embarrassed the bully with my words, I knew what was coming next so as he made his way towards me to swing, I ducked and picked his ass up and body slammed him on the hard floors of the school hallway. This would be the first time my mom was called to the school, but she did what she always did ask me what happened. I told her the truth, and once we were in the office as were Cody and his mother, he said yes that's what happened. We didn't get in much trouble as we were so young, but that started a friendship I would have until we went to different high schools, but later in life, I would see him at the gym, and we would catch up. Funny story, when we were maybe 12 years old, we went to Walmart, and he was caught shoplifting we were with other friends, but they ran, I stayed and said I was with him so we both got into trouble. No charges were pressed, but we were forced to do community service at a kid's club which was fun, I think that might have been the time I decided I wanted to be a parent, helping younger kids that had the after-school programs due to parents being busy or having a single parent. I really enjoyed, helping them set up games and teaching them techniques in the sports I was familiar with. Helping someone learn something new, then seeing them utilize those teachings and be able to perform the action better than prior to the teaching is a feeling like non-other to me. I stuck by Cody at this moment because I couldn't imagine how scared he could have been doing it solo, and because of that I faced

consequences for that action, but it made me fall in love with teaching/parenting even at such a young age that's a valuable trait to acquire.

4th grade was another memory, but not the good kind. I was so infatuated with Nicole, to me she was a movie star the most beautiful woman I had seen at the time. I was the fat kid though, I was confident when I was around the guys but around girls, I was far too shy because I knew I wasn't the type of guy girls would be interested in even in the 4th grade. I am not saying that 4th-grade relationships are real, but still, it's nice to say that's my girlfriend, or boyfriend type thing it's cute. Well, come Valentine's Day we would do the give-out cards in the other student's envelopes we all had hung on our desks. I wrote a poem for Nicole and dropped it in her envelope it was anonymous, but my crush on her was not so secret, I guess. When we came back after recess and everyone had checked their envelopes, Nicole's friend Nikki started to read the poem out loud to the entire class it was easily one of the most embarrassing moments of my life or so I had thought at that moment as she read them. I finally stood up and just said, yes, I wrote the poem I guess being sincere in my words for someone is wrong and sat down, the whole room sat down and stopped laughing, I was no longer embarrassed. Even at such a young age, being sweet was ridiculed by girls, I say girls because the class was 4th/5th graders. It's funny, this is something that a woman would now brag about or complain about a man not doing it well now I hope you see why some men aren't going to do it. The embarrassment died in me quickly, but it had still been there I never let this situation prevent me from showing love but I tried to not just do it without knowing the woman might reciprocate it, well at least later in life because there is another woman I had a crush on later on in life, which would for a while turn into something special but I messed it up.

I was 11, and my sport was baseball at the time. I had been in tee-ball, then softball and later I would play a little baseball in high school and college, but I was unable to fully focus on it, as my time would be consumed with the gym and pro wrestling over anything else, so I ended up quitting baseball. I still love the sport and to this day I like to play catch, join a beer league, or hit the batting cages it was never my dream. Anyway, our team went on a camping trip, and I was still the fat kid so even though we were

told to not bring candy, I brought the hookup. I shared of course, but one of the teammates that I had been directed to share a tent with narked on me. That really ticked me off, he was and of the outcast of the team and I was the only one who ever invited him to things outside of practice or games, I tried to encourage him to be part of the group and tried to encourage the rest of the team to accept him. This was one of the first times I realized, you can't count on anyone to be as solid as you are. The coach was not too happy and joked in front of the team like well what candy do you have, I said everything, and he asked me to bring it by his tent after we were done at the fire. I don't want to give this any power over me, as I have never let it have power over me, but I was forced to stroke his penis that night.

In 7th grade I first laid my eyes on Katie, I thought Nicole had movie star looks and charm but now, oh my goodness Katie was like an angel to me. I can only think of 1 crush that was more significant to the one I had on Katie. I finally had the guts to tell her how I felt after months of just adoring her and I heard the words no man ever wants to hear, that's so sweet but I only see you as a friend. That was crushing, but I would come back Katie this isn't the end of our story yet.

Moving on to the 8th grade, it was May 1999, and after lunch, we had music class on this day it was raining so we spent our lunchtime indoors. The teacher had come into class early to set up, I was sat at the front of the class, not by choice but I kind of enjoyed being a little bit of a pot stirrer so the teachers felt I should probably be close to where they could keep their eyes on me. I was doing what I did whenever I had free time, reading a wrestling magazine. As I was reading it, the bell had yet to ring but the music teacher said "Aaron put that magazine away" Well class hadn't begun and I was still on my own time, so I simply replied "When the bell rings it will be away" this was not satisfactory for her as she then became a little aggravated and with some vigor in her voice she said to me "the magazine goes away now, or I'll take it away and you'll never get it back". I am my mother's son, and I don't want no problem, but I don't have no problem with a problem (thanks 50 cent)" So you're going to steal my magazine? What if I said I was going to take your boombox and never give it back." That was the end of it, or so I thought before school was over, I was called down to the office, remember this is may of 1999, the teacher told the

principle that I had told her I would take her out. I understand the world was only a few weeks removed from Columbine, which I'm sure added stress to teachers, but I never said this, and I was told I may be kicked out for the last month and a half of school. I knew this was serious and they must have called my mother, they did. I got home knowing what was going to happen, she was going to yell at me first and then ask me what happened, so I had to make it through the storm. Once finished, finally I had my time to tell my story and my mom knew when it was serious, I would never lie to her, so I told her exactly what was said by both the teacher and I. she picked up the phone, and all I heard her say was "Aaron and I will be there first thing in the morning and we will be speaking to you and the teacher." I knew she had just spoken to the principle, and it was going down.

I don't know how well I slept that night, not out of fear or concern but rather more like a kid on Christmas Eve the excitement level was far too high to rest. Have you ever entered a building and just had a different swagger to your walk well if you know, then you can imagine how I was walking through the hallways towards the office. We walked into the office, and before anything could be said the teacher spoke first "I may have misheard Aaron, and if that's the case I'm sorry". Avalanche Annie was released, "Aaron please leave us alone for a bit, you can head home if you want as you're not going to be in class today". No way was I leaving the school, I sat outside the office, but within earshot of the door. I won't share the word for word, rather ill summarize. If you ever accuse my son of something this serious again, you will not only be dealing with me I will make sure you're charged as a criminal and lose everything you love because imagine the blemish this would be on the record of a child if a teacher said he threatened to murder them. I don't know why she thought I said that I can't with any certainty say she had a grudge against me, as I was an 8th grader, but I feel due to the heightened concern post Columbine I think maybe that fear of having to live through that made her not fully listen. Like I said, all I can do is give you an educated guess but with society as it is the latter is most likely the reason in my opinion, as I couldn't imagine having to worry every day a student could do something so heinous. I mean it seems today is much worse, as I've seen this video going around where a male student attacks a female teacher and brutally assaults her for taking his Nintendo Switch away. I think teachers are underpaid and undervalued and

because of that, I think we don't have many critical thinkers left is why if you're undervalued and underpaid would you truly give a job your all? Just my own opinion, but if I was a teacher and had to get a second job to afford life when the system says for the children to grow up and start a career they need the lessons I teach, I wouldn't be a teacher and if I were well I don't think I'd do anything extra which would just be the same recycled lessons over and over and over again.

I wanted to put these 5 scenarios in one place, and in order to make them impactful as individual sections, I'd have to write them like action scenes, which I have no problem doing. I would just rather save that in case my life ever becomes a movie, or this book does well, and I decided to finally write a screenplay which I have toyed with for 3 years now. So, the 5 significant fights in my life, in which they all have a common factor they were all to stand up for someone else. First was the 8th grade on the last day of school, Mike had shoved a girl Elisha this to me was a no no. I told him right before the final bell, me and you at the basketball court don't ever put your hands on a woman. I don't want to come off as some super tough guy, but I know my strengths and from age 10-14 I would train at a boxing club so I learned how to distribute my weight into punches, which funny enough would also make me a better wrestler later in life. The second was the 10th grade Micah (what's with Mike or versions of) had hit my friend Susan when they split up. Susan lived a few blocks away from me and we would walk to school every day, I thought she was absolutely stunning, but she didn't date Caucasian guys, she was a woman of color, but she was a goddess. I looked at her like family, my sister and I spoke about life like best friends, enjoyed the same music, and would go shopping together and give advice on each other's outfits. For me, it was all about my shoes, I think she was with me during every shoe purchase I made in high school. Mostly Jordan's, other than those Adidas space-looking Kobe's. we respected each other, trusted each other and there was never any sexual tension between us which was refreshing, and I think made us better friends. A little after high school, I was working midnights at Platinum Family Fitness which was right next to Le Scratch bar. One night a couple came in and asked to use the bathroom, I had no issue with it, but the guy was rather rude and degrading when speaking to his partner. They went to use the bathroom, but on the way out and back towards the doors I saw him

grab her arm and talk slightly loudly while gritting his teeth. I asked her “Is everything ok”, he told me “Mind your own business”, and as she went to answer he said, “Shut up bitch”. She pulled her arm from his grip, and he shoved her. That was another fight, which the cops ended up coming in as they often say outside the bar at closing time. they watched the security tape and asked the women of the couple, and he was then taken to jail. Myself, a few wrestlers, and my girlfriend at the time Ashlee went out after a showing in Cambridge Ontario, a guy had made some advances towards Ashlee, then begin dancing with another girl, they bumped into us, and the guy called my GF a bitch. Well, that didn’t end up too well for him. The other was in Thompson Manitoba, while on tour at an afterparty following our event that night, one of the ladies that were traveling to us was being harassed and one of the bar's patrons grabbed her ass and tried to pull her close, she threw her beer in his face. She went to talk away, and the man grabbed her arm, I stepped in then we left the bar. These scenarios in my life become crucial for later happenings in my life so that you have a point of reference as to why things later in life negatively affected me and my mental health.

Losing my virginity, I had transformed my body by the time I first had sex. It’s hard for me to imagine even though I lived through it, but at the age of 13 I was 315lbs and by the time I was 14 I had dropped down to about 180lbs I had dedicated myself to nutrition, ok maybe not but I did do the Atkins diet and followed it for over a year all while turning my passion for wrestling into a passion for the gym. I found a website called Meet Me in TO, it was for the Toronto area people to meet people this website was not like today’s dating sites, with no pictures. It was ASL, age sex, and location then you would have to ask the other person to describe themselves. None ever described themselves accurately, I am not suggesting I did I’m sure I over-exaggerated but at this time I was proud of my transformation, so I did my best, to be honest. Well, Sarah was not completely honest with her description and after weeks of talking and getting to know one another, she ended up taking a bus from Pickering to Oshawa to meet. As I said, she wasn’t the person she had described looks wise, but she was very sweet and nice to talk with, so we hung out and ended up having sex. We would talk more, but she really wanted me to devote more time to her than I had. I knew I wanted to be a wrestler, and this was the year I was about to start training in pro wrestling, so my life revolved around the gym. I didn’t have

the time to really travel to see someone so often, so instead of hurting her feelings, I told her I thought I was gay but would still be friends. She then told me, she didn't really want to date as she was sleeping with someone in Pickering anyway, which I later found out to be true as he ended up messaging me. I was in the wrong for lying of course, but why did she act as if she wanted more given, she had a guy local? Who knows, all I know is I wish I had lost my virginity to someone I cared more about and would have been in a more significant relationship with. As you read this you might not be able to always tell, but I am a romantic at heart to me nothing is greater than true love, which is one of the reasons being a father is so important to me, as I will never love anything or anyone more than my son Jax.

I had been in the gym now for a couple of years, when I started wanting to workout at 13, there was a gym called Adonis Gym at the end of the street we lived on the corner, but my mother didn't want me to go there, as it was known as the biker gym and steroids were very prominent in that gym, a YMCA had recently opened a few blocks closer to us. At 13 I ended up loving the YMCA, as it offered a pool, a basketball court, and a weight area. Basketball had become my go-to activity with friends, and the main sport I enjoyed in high school. I was bigger than my friends, so often played the power forward position, but in high school, my coach said I saw the court better than anyone else and put me in the point guard position, I was reluctant at first, but I ended up loving that role. I did see the court better and loved making plays more so than scoring, although at the time I was a good scorer. I know your thoughts, But Oshawa was a small district it wasn't like a high caliber of basketball compared to many other districts, but I could hold my own. I would watch my AND 1 mix tapes and Michael Jordan tapes as I ate breakfast, then I would go to the gym and head to school for practice I was also a part of the wrestling team from 7th grade until 10th grade until my high school coach told me to choose between the team and pro wrestling which I had begun my training in. I chose pro wrestling. A new gym had opened during this time, and it was 24 hours, as well as on the way to my high school I ended up having to get my mother's signature to join since they didn't want kids in there it was more of a hardcore gym, even though it was named Platinum Family Fitness. A few months after joining, my mom found out it was opened after Adonis was

closed by the same owners, she was not happy, but it was exactly what I needed at the time. this dedication to the gym ended up turning into attention from the opposite sex, which is when I met Samantha. Not only did I find Samantha to be beautiful, she was a wrestling fan this was perfect, but like most relationships, it didn't last but I hold on to fond memories we had. Later in life, I would wrestle Billy Gunn at the Orono fair and she and her family were there, it was one of those moments that really stand out because she had seen me as the 15 and 16-year-old wrestling in Burlington against others want to become something wrestlers, and her to see me wrestle a former WWE star was one of those moments that made me happy I followed my dreams.

I didn't really have many weekends free in high school once I had begun pro wrestling training, but on this rare occasion I was meeting up with friends at McDonald's, as I waited for their shift to finish, I saw a familiar face, Katie was working. I still remembered the crush I had on her and was far too shy to draw attention to myself. Little did I know, she saw me too as when my friends and I went to a house party Josh said, Katie asked "Is that Aaron Frobel?" when I told her yes, she asked me to give you, her number. I did it, I made it out of the friend zone, I mean it was only 4 years later, but I did it. For the time being at least, she was and I'm sure is still a wonderful woman, but I guess I could say I was a little bit weary still. We had a very fun relationship, she had a younger sister with autism who was such a sweetheart, I remember there were times Katie would say she couldn't hang out because she had to watch her sister. That didn't matter I would ask her to allow me to take her and her sister out to eat, or if I could come over and watch tv or play with toys with them. Like most teenage relationships, we started to drift apart, my Tuesdays and Thursday nights as well as Saturday morning into the afternoon were occupied with my wrestling training, which was a 2-hour train ride each way, so it took a lot away from the time we would be able to spend together, as no way was I going out to parties on a Friday when my Saturday required an early start. She told me we needed a break, that hurt but not so much that it would prevent me from beginning to flirt with a girl Ashley who attended the same high school as me, not Ashlee whom I referenced earlier. Katie was attending a different high school, so she wasn't present in my day-to-day life at school. Ashley was such a sweet girl, and in my eyes very beautiful as well. We begin to date,

and honestly, I think maybe she was too good for me, due to the fact the second Katie said she wanted to get back together I jumped all over the chance to get back with her, the problem was I didn't want to say goodbye to Ashley just yet. I am not condoning this action; it wasn't right and through this process, I hurt these two wonderful women. Once I matured enough to realize and begin how crushing that must have been for both women, I reached out and apologized. Yes, I realize that doesn't make up for what 16-year-old me had done, but we learn and grow this was a mistake I made and am not fond of but am happy that I was able to realize how wrong I was in doing so, I hope that when I had finally reached out to apologize and they said they accepted my apology they meant it, as my apology even though late was sincere.

All the while being caught up in the chaos of trying to have 2 separate relationships with 2 different women which I brought on myself, I continued to stay focused in my pursuit of wrestling which kept me on track to work out and get in better shape, I begin to catch the attention of a very unexpected suitor, in the form of a teacher. I know the thoughts people have now, and yes, it is illegal and, in most cases, wrong. I understand that, but even then, as a 17-year-old I knew it couldn't be real but the fantasy of being not only with an older woman but also that older woman being my teacher well you can guess what's next. She was far more experienced sexually than I was, and it was awesome for me. I say awesome, not just for the experience she had and how she could please me, but for the experience, advice, and instruction she ended up showing me. As an older woman, she knew what she liked and had no problem leading me in pleasing her properly, showing her care. That might have been the first woman I ever bought flowers for that wasn't due to it being for a special occasion, she taught me how to treat a woman, and she taught me more importantly how to help her reach orgasm which from what I hear is elusive for many. Another thing she introduced me to was pegging, no it does not make you a homosexual, it wasn't a Dom/Sub situation it was more of an added form of foreplay to add to the sexual experience, some days she wanted to only perform oral for each other, then we would finish our sexual interaction with pegging, which let me tell you if you have not orgasmed as a man with prostate stimulation imagine the scene in a scary movie when the guy shoots the girl to the ceiling with his ejaculation that type of orgasm. This

relationship was short-lived, but on my part due to the fact that she was going to transfer schools and there was a new girl in our school that had caught my interest, and I knew there wasn't a future with my teacher.

The next phase of my relationship introduced me to Jessica, what a lesson. Sometimes when all you find attractive about someone is their looks, it prevents you from having a true connection that can lead to a meaningful and lasting relationship. This was indeed the case when it came to Jessica, I can be a hothead in certain situations, but Jessica made the instances I was a hothead seem like I was never anything but happy. I am glad I met her regardless because it taught me yet another valuable lesson. Maybe she acted the way she did because I couldn't devote enough time to her, we met in the final year of high school, so we were together as I entered college. I was working at Platinum Family Fitness overnights at the time, going to college during the day, and wrestling on the weekends, even though when the shows were within Ontario and not too far of a drive she would come with me, I still didn't have the time to dedicate to her, I'm sure she was hoping for. This relationship would boil over one day when she was going to accompany me to a show in Tilsonburg, Ontario for PWX. We were a little late getting on the road, I don't want to place the blame, but I will say as it was my work and my passion the urgency was not the same for Jessica as it was for me. We got into my car and began our drive about 30 minutes into the drive as we were just about to travel out of Pickering on the 401, she spilled tuna on her skirt. At that moment she started raising her voice, blaming my driving for her spilling the tuna, and the fact that she didn't pack a change of clothes we would have to turn back, we were already later than I had hoped to get on the road, so I told her we really didn't have time. this angered her more and she started shoving me and hitting me as we were driving, this was a dangerous situation, so I pulled the car off to the side of the road. I put the vehicle in park, stepped out of the car, and called her mother to come to get her. It was about an hour and 20 minutes after the call, that her mother showed up to get her. I had now missed the opportunity to make my show, I called the promoter and told him I had car problems and couldn't make the booking. This changed my composure drastically as all I ever wanted to do was wrestle, and missing a show was not something I had ever intended to do. I called some friends, and we met up at my house for a few drinks before we went to the bar for the evening, at the bar that

night I would meet Vanessa. Vanessa and her friend had invited my friend Chris and me to her house we obliged and made our way to her home. We made a stop at the store for some Gatorade, I would always drink a large bottle of water and Gatorade after a night of drinking prior to bed, I don't know if it helped or not, but I very rarely had hangovers, while leaving the store Jessica called, I was a little intoxicated and answered how dumb was i. Vanessa started rushing me to follow her, Jessica heard the voice on the other line and begin to yell at me so I hung up.

What would come of this, was insane to me like it didn't make any sense. The major form of communication was still MSN messenger and Myspace at the time, well over the next few days I was getting scathing messages from her friends saying that I was an a-hole for hitting Jessica. Also, a few guys stated that they would fight me for hitting her, I thought to myself how did she hitting me and me having to ask her mother to pick her up for my safety turn to me being the one who struck her? We had a mutual friend Kim, who was also friends with everyone Jessica had told and even though she was upset with me she asked me what happened. I explained it to her, and she still questioned me. I knew I could be in some hot water with others, but it never fails a few days later I was receiving message after message from Jessica to try and patch things up, so I asked how we could possibly patch things up when she was telling people I hit her. I'll never forget her answer because I showed it to Kim, and she then showed all the people who had been told I hit Jessica. Jessica wrote, "I'm sorry I know I shouldn't have hit you, I was starting my period and was overly emotional, when I called and heard another girl's voice, I didn't know how to react, so I told everyone we broke up because you hit me". I shouldn't have tried to cope with the day the way I did, I understand that but breaking up and hooking up with another person too soon isn't criminal, it's not the best thing to do for yourself or the person you become intimate with when you haven't allowed yourself time to heal from such a breakup, but I did it at the time. regardless of that, we had broken up it wasn't cheating but she tried to ruin my reputation because I hurt her feelings after she assaulted me. I use assault, even though I wasn't really harmed, and never tried to file a police report or anything, but had the roles been reversed I would be labeled as an abuser. What if social media had been as prevalent as it is nowadays? An accusation like that, can ruin a man's career and even bring him to the point

where he feels the only remedy is to take his own life, I am not speaking hypothetically, I'm speaking from experience.

Now enters Ashlee, but more importantly, she didn't enter my life alone, she entered it with her son Christian. Ashlee was a little curvier than the women I had dated prior, but she was truly special to me not only because of how she treated me but because I absolutely loved and adored her son Christian. I was wrestling and traveling a lot more than I had been in the past, so even more so I was busier than before which again, I'm sure was not ideal for her as often when I would go for more than 3 days it always became a headache filled with accusations of being unfaithful. I know it would have been easy for me to be unfaithful and not be caught, but I wasn't only dealing with her heart I was dealing with her son's heart as well. I ended up moving in with her, which was great due to the fact when she was at work, I was able to just be home with Christian and be a father figure, as his dad was not in the picture. Ashlee though was still into partying and was a little lost in her ways one day when I was with Christian, I got a call from jail she had been picked up for shoplifting and I had to post bail. The drinking would sometimes get out of hand, and she would become a little aggressive with me, usually spawning from her accusing me of doing something even though when she was busy, I would take the father role to Christian, and when I was on the road at the time it was mostly driving ridiculous distances to perform Fridays, Saturdays, and Sundays. She would end up smashing my Xbox and guitar, so we split. That was the hardest breakup I had experienced at that point in my life, I didn't only lose her, but I lost her son whom I had loved as my own, for 3 years after our breakup I would leave gifts on his birthday and Christmas on their doorstep when I saw she had become engaged I stopped, but if Christian ever comes across this book, and remembers me I hope he knows even to this day I still hope he's doing well in life and I love him.

The remaining relationships that have been a lesson for me in my life come after my first love, and unfortunately the second biggest loss I've ever experienced in my life. Professional wrestling.

CHAPTER IV

ASK QUESTIONS

“Imagine watching an all-time great film, that audience and critics both rate highly favorable as a movie that must be viewed. The writer, director, main star, fight coordinator, and stunt person were all the same person.”

This is the best way I could ever articulate what a great Pro Wrestler/Pro Wrestling match is like.

Now tell me that wouldn't be an incredibly difficult task to undertake. If you were to view Pro Wrestling like, tell me if that's how you view Pro Wrestling in that way, and if you witnessed a great Pro Wrestler, or a great Pro Wrestling match. Would that allow you to value the time, talent, hard work, and dedication it would take to have the ability to be great or partake in a great performance?

The overall goal of this book is to help others navigate the issues that could arise, which have negatively affected my personal Mental Health as a man, part of this was the loss of my first true love, Pro Wrestling. In order to not allow me to get lost in hate, as I talk about Pro Wrestling, I found the best, and ultimately the most therapeutic way I could allow myself to write about the loss of it was to give you access to every reason I love it so much.

This chapter is going to be many things all tied into 1. First, I want to hopefully educate a casual reader which bought this book on the topic of Men's Mental Health, or if you just thought it looked interesting in order for you to grasp what wrestling means to me, and the parts of my career that I felt most accomplished in you need to understand wrestling as I do. So, I'm going to use my words here, as I did when I ran a wrestling school to teach you the finer details of the profession. I want to help people understand how a “fake” sport can be so beautiful and encompass so many amazing things we come across in everyday life, I can't expect you to understand it if no one has taken the time to explain it accurately or with the passion, I express Pro Wrestling with. If you want to truly enter my mind, and see this from my point of view, that will require you to forget the term fake, and any other negative notion you may have about Pro Wrestling.

This will be part love letter, as other than my son, and my wife I don't love anything as much as I love Pro Wrestling. I know I can properly articulate that to you, as long as you're willing to be receptive to the words I'm writing. Read this as if you have zero frames of reference pertaining to Pro Wrestling, and I will do my best to use references and examples you do already understand so that if you have the interest in garnering a greater understanding and respect for what Pro Wrestling truly is.

Like other subjects I have and will continue to speak upon there are issues currently within wrestling I can see that I once couldn't as looking in from the outside gives me a greater perspective. Not trying to sound like a bitter bystander, rather I love Pro Wrestling so much and have given my entire life and well-being to Pro Wrestling. The fact my life has pretty much been lived to be a pro wrestler, I have enough respect for myself, the ones that came before me, and the ones that will come after me that I hope to give my opinion on things we should work on as a community to make the sport and profession of Pro Wrestling better. So, this will also be a constructive criticism of Pro Wrestling.

The core of Pro Wrestling is life. Life is the constant struggle of good vs evil or in wrestling Baby Face vs Heel, hence the title of this chapter. I am not coming from this from a religious perspective, but I want to give you as many relatable topics as one can have. So, what is the bible about? The struggle of good vs evil, what is any movie, tv show, or book about? Ultimately good vs evil, these forms of entertainment just allow us to determine who's good and who's evil. I mean storytelling as a whole, is what wrestling is just the main focus in which is the most relatable is Good vs Evil.

As human beings, I think we all can understand the struggle between good vs. evil. As I mentioned above, it is in almost all forms of entertainment we digest. Name a movie, any genre, and tell me there isn't an underlining story of good vs. evil. Children's stories, as well Toy Story? Many people have the eternal struggle of good vs evil as well, it's the most relatable story in the world. News works the same way we always are forced to pick a side and the news helps you decide what side. Politics, right vs left all the things

we face on a day-to-day basis come down to good vs. evil, it's just up to the individual which side is evil and which side is good. I can tell you from experience, and from just seeing the world as I do the side you choose will always be good in your eyes.

Look at the 5 key elements of every story: Plot, setting, characters, point of view, and conflict. This is the bare bones of a story. This is how we allow ourselves to get lost in a movie or book, how we begin to identify with a character, why we chose favorites and pick whom we are rooting for, and the outcome we want to see our favorites have.

Let's put it into the fundamentals of wrestling, this is important as this is the fundamentals in terms of what we're used to, beginner fundamentals of a good Pro Wrestling Match. So, for someone with 0-1 maybe 2 years of experience this should be the focus.

Plot = Why is the match happening? A personal issue with each other, both wanting a championship and because Pro Wrestling should be sport based, the more wins you have the better your chances are at becoming a contender.

- sports, when 2 teams that have always been rivals get more eyes on it as the teams have an underlying issue, Boston Red Sox vs New York Yankees for example.
- UFC's biggest draws are people like Connor, who turns every fight into a personal conflict to garner more eyes, as more views equal bigger paydays.
- Regular season sports, the more games you win the better standings you get in the playoffs, and you need to make the playoffs to be crowned champion which means wins matter. In order to win you have to play.
- Just treating wrestling as a sport gives you an acceptable plot of any match, as long as you treat it like a sport, you will never be left with the question of why is the match taking place.
- From the grassroots of what competition is, you can then introduce a personal conflict between the performers to make a story like a movie. Maybe Wrestler A cost Wrestler B his match with Wrestler C because had Wrestler A won, he would have more wins than Wrestler

B, but Wrestler C had no wins. Now we helped start an upward trajectory for Wrestler C while making a story that is relatable for Wrestler A and B.

Setting – The wrestling ring is the setting.

- If there is a personal conflict, we can introduce stipulations to change the setting.
- Options such as – Steel Cage, no rules, Submission only, Backstage, Ladder Match many more, but to understand them it would be a much longer description.

Characters – The participants of the match.

- A good wrestler has a character that's self-explanatory.
- Wrestling as a whole has underlining character traits people forget.
- Size differences, style differences, and experience differences can all be defining characteristics within the story if you tell the story correctly.
- As you become more experienced, and a more frequent character in wrestling you're well-defined in the viewer's eyes. Like by the time you view Rocky 3, you know who Rocky is which allows even more character development because they know who you are, and what changes you. You can now change how you adapt to keep them intrigued.

Point of View – can be as basic as who is Good (baby face) and who is Evil (heel)

- Who's more experienced, and who's less?
- Maybe the point of view is their style, I'm going to use my power, and the opponent is going to use speed.

Conflict – we could already know what the conflict is, but we must tell this with our bodies.

- If there are no underlying personal conflicts the conflict is simple, winning this match will help you be in a better position to become a champion.

When you get to a more in-depth breakdown of great stories, we start to break down all these elements.

The most important for Pro Wrestling is the 5 key elements to the plot because wrestling is going to be people fighting, in a wrestling ring so the plot is present and similar almost all the time, 52 weeks a year, year after year in an episodic distribution which can become very difficult to do and keep viewers/fans satisfied. The art of in-ring action breaks down to

- Exposition
- Rising Action
- Climax
- Falling action
- Conclusion

A brief explanation of each, so that the next part doesn't go over anyone's head.

Exposition – a comprehensive description and explanation of an idea or theory

Rising Action – usually made up of a series of events that lay down breadcrumbs, ask questions and set roadblocks and conflicts that must be overcome.

Climax – the most intense, exciting, or important point of something; a culmination or apex.

Falling Action – its purpose is to bring the story from climax to resolution.

Conclusion – the end or finish of an event or process.

Now let's lay out the elements of a great wrestling match.

Introduction, shine, cutoff, heat, double down/turnaround, comeback, false finishes, finish.

8 elements are required to have a great wrestling match.

Introduction – from your interview, your entrance and the first 30-60 seconds you have to firmly and decisively show who you are and what the fans should expect from your character.

Shine – after being introduced to the characters, you should be clear about who is good and evil. The shine furthers your understanding of why the good guy is good, but also get caught up in their performance so you want to see what they do. The evil is meant to interfere slightly as you're leaving breadcrumbs of things you may see later. Often referred to as a "Hook". You can do these with many spots and movements.

Cutoff – this is when Evil takes control, it's the conflict the good faces. The best cutoffs take away something fans want to see. Which also, leaves a breadcrumb you can come back to.

For example, the good wrestler is acrobatic, he goes to perform a dive, which is when he jumps from inside the ring to the outside to hit the bad wrestler using their own body. The bad person in the situation does something that prevents you from performing this dive, which stops your momentum and turns the momentum to the bad person's side. In this example, if your shine is good and the fans are behind you, they will want to see the dive so they cheer as you attempt, but they will boo the bad person because they took it away from the audience.

Heat – this is basically in turn the evil's shine. But a good heat shows hope for good, which means let's say 60 seconds evil is winning, good must take a shot to show they are still in the fight for 10 seconds, then maybe it becomes 70 seconds to 20, then 15 seconds of evil end 2 seconds good. All while these interactions happen, the evil must show the emotion of being angry, surprised, aggressive, worried, cocky, confused, and good has to show they're hurt, has to show they're not dead but if evil continues to overcome good it might be detrimental to their health. Any good heat is filled with Hope, hope that the goodwill have a comeback. All great hope or hope spots have the element that good can overcome evil.

For example – evil entered the ring as Good is hitting the for ropes to perform a dive and Evil gives Good a slam to the mat. Evil should express through his body language, and facial expressions that what good did hurt, he had to interfere and take control or good would have overcome the evil which came from frustration. After evil realizes good is down and can't fight back evil gets angry and starts to be more aggressive to punish good for fighting back. Evil likes to show how good evil is, so now they feel in control evil lets themselves be. Little cocky, evil gloats but good knows evil is wrong and if good doesn't prevail evil wins, so good see's that evil is cocky and catches evil off guard with a punch in the stomach, evil thinks dang that stung but I'm too strong, then another punch lands and 2 in the same spot hurt more than 1. Now Evil is frustrated so he loses control and grabs Good, but Good has the energy to give a big punch now to the face because Good had time to gain some composure. Evil then uses an underhanded tactic to take control Good again.

Crazy right? Now not only do Evil and Good must perform these physical actions, but they must also express these actions with how they act with their bodies and facial expressions. Without words, you should see all the emotions and pain both evil and good are feeling at each time.

This would be best described in the context of wrestling as “selling”. This term is derived from you guessed it sales, or selling a product, in order to make money you have to sell, in order to sell you need to prove the product is worth the price.

Double down/turnaround – it's almost a reset, but you must also get into the comeback/turnaround and enter the next element of the match not forgetting anything that happened before the double down/turnaround. Using Good's efforts to change the momentum of the pro wrestling match in the favor of Good.

Example – good has been haven his back beat up during the heat, and now Good starts to fight back good has moved out of the way so Evil hit the turnbuckle but Good still has a weak back so Good is crawling away, evil grabs Good but good trips evil so Evil stumbles away, good starting to use the ropes to get to their feet evil runs because evil is mad, but good has enough strength to use their boot to hit evil in the face. Good attempts to

pick Evil up but can't and Evil hits Good in the back making Good sell in pain again. Now Evil goes to run the ropes so they can hit a big strike on Good, but Good hits a move instead that is devastating enough to have Evil hurt enough, that Good can have some time to recharge without the risk of Evil harming them again.

Comeback – this is where Good begins to finally triumph over Evil, it is a more complete change of momentum.

- Rules to follow for a good comeback, start with the Evil wrestler beginning the movement as Evil has suffered less punishment than good at this point in the match.
- For example, good is in the corner of the ring, and Evil charges but Good moves out of the corner so that Evil hit the turnbuckle and now is in the position for Good to begin the offense on Evil.
- A good wrestling comeback involves what I refer to as a “Dip”. The Dip should come a few movements prior to the final move performed on Evil from Good. A slight change of momentum which looks as Evil may have stopped Good's momentum, but Good quickly changes momentum back and ends the comeback with a move that allows Good to cover (pin, so lay chest to chest and often hook an opponent's leg for leverage)
- A comeback, you must compare to writing a sentence and what comes at the end of a sentence? A period! The move that you complete your comeback with should be a high-value move, meaning its effect on an opponent should be damaging enough to let the audience get caught up with your comeback enough that they believe that good can win the match with this move. The pin is the period and the kick out is the beginning of a new sentence, which is also the beginning of a new paragraph.

After the comeback section of a match, next would be the false finish section.

False Finish – sequences that ends with a move that allows one wrestler to cover another wrestler for what we call a “near fall.”

- Fall is what we call a win, for instance, “This match is scheduled for 1 fall.”

- Near should be self-explanatory, this is almost a fall, which is why we refer to it as a “False Finish” because as performers part of the art form is to get our audience all to react how we want them to act, we want them to think the match could be finished with every “false finish.”

Finish – Clear cut, this is the end of the match.

- More difficult, the climax must be as the conclusion comes.
- This is where experience, but also knowledge must be acquired to truly perform at a high level.

Let’s look at a match in terms of a story.

The plot, setting, characters, point of view, exposition, rising action, conflict, rising action, conflict, rising action, conflict, falling action, rising action, false climax, falling action, rising action, false climax, false climax, false climax, Climax, and conclusion same time.

That’s just one match, this isn’t taking into account interviews, working out to look the part, buying costumes that fit your character, look good on cameras, and are professionally made, not to have a mishap.

Not only that, during a wrestling match not only do you have an outline that helps your story be more digestible, but you must look like you’re trying to inflict pain while not trying to harm someone.

Your facial expressions and body language must tell the story as well. If you’re in pain, you must express that through your body and face not just words. The same goes for an array of emotions you must show for a match to be great, and for the fans to follow along and be lost in something they know to be “fake” but be so distracted by the story you forget and act as if it's real.

You need to know where to be, and how to always get there while acting hurt, angry, sad, frustrated, mad, and any or all other emotions all while making them visible to an audience using your body language and facial expressions. You must focus on your footwork, and the timing of your

performance which helps the final product of the match, but also for safety you must know these things, but also have the skill to utilize them.

You must be physically strong, yes, we know how to perform the moves safely but what happens if someone slips, or their timing is off on helping with such a movement that could injure them or yourself, you must be strong to protect both yourself and your opponent.

The extra cushion in the form of muscle also helps cut down the effect of wrestling 3-5 times a week without an off-season. It's been said, a bump (when wrestlers fall down and attack the mat is like being in a car accident at 25 mph) how many bumps do you see per match? 5-30 per person isn't a wild statement. The longer the match, likely more bumps than that.

Now conditioning, like I said you could wrestle 3-5 times a week, and if you're considered a talented performer most like your time in the match will be 20-40 minutes nightly.

Also, you need to be able to on-the-spot change things if needed. Maybe the crowd isn't into what you're doing, maybe the match before you went 2 minutes over time, so you have 2 fewer minutes in your match, maybe someone is late, and you must go longer in your match than you originally had figured out.

You must also be able to tell how times feel out there, if you have 12 minutes you need to breakdown ok this took 2 minutes, this took 3 and I know I need at least 6 at the end I have to start moving the match towards the double down so we have our 6-minute finish sequence which involves all the False finish's and finally the main climax and conclusion.

I could write so much more about the art form in a way for others to understand, but my question is if you can understand what I've just said, isn't Pro Wrestling far more intricate than anyone could imagine from the outside looking in? isn't the art form beautiful, and doesn't it take a lot of hard work, dedication, and skill to be able to perform like that, live 3-5 times a week 52 weeks a year?

I've only just scratched the surface when it comes to what wrestling truly is. There are so many more interesting facets that make up what pro wrestling is, it's almost mind-numbing to fully grasp. As far as sports, you can become a better athlete which makes you a better or more efficient player in said sport. With wrestling, the same is true, but it's also one of the few athletic involved sports where each and every day you can learn something new. Even when I'm at my lowest, and in the hated season of my pro wrestling identity I still get lost in the amazement of how truly unique Pro Wrestling is.

I do love Pro Wrestling, sometimes when you're so in love with something its blinds you to its faults, and you get so caught up in the love that you're incapable of criticizing. Now I see the faults, and I am in no fear of being ostracized for expressing my feelings about what could be improved to help the growth of Pro Wrestling continue, and better secure the future of the Sport or entertainment form.

There was a widespread movement against gatekeeping in pro wrestling. Somehow, gatekeeping became an action that was utilized to prevent women, people of color, or the LGBTQ+ community from being involved. I don't know where this ever came from, when I was training it was if you don't look like a wrestler, you will be used as a referee until you were in good enough shape. If you're dedicated to the training, but just can't grasp what wrestling is, maybe you'll be security or a camera person. If you showed dedication, you were welcome to be a part of the business, just maybe not as you hoped.

Now, when someone is told they aren't cut out for some aspect they will do 1 of many things here is the list.

1. Complain via social media to put a bad light on the school that told them, maybe they are not cut out for it.
2. They go find a school that is only interested in money and train you then tell you how great you are, so you continue to pay.
3. Start their own wrestling promotion so they can be a wrestler, and paying others to perform will make them "friends."
4. Tell promoters they are trained by you, even though they did not complete the training.

It's as if somehow the old statement of "You can be anything you want to be when you grow up" as you don't have to work hard or sacrifice what others have because if you want to be something you should be able to be whatever that is. Qualification matters.

I know the lack of great schools is a big problem, if you want to learn how to cook a steak you don't get someone who flips burgers at McDonald's to teach you. This isn't devaluing McDonald's employees, work is work. All I'm saying is, you can't expect to do the best you can if you're not willing to equip yourself with the best knowledge possible.

Far too many unskilled, unqualified people begin to run shows. Usually, in an attempt to book the less desirable or be the main event star you couldn't be anywhere else.

I have personally had students tell others I trained them when they showed up for 2 weeks and then would disappear from my program. Social media, and the digestion of info in short headlines, 240 characters, or clips have truly ruined wrestling. Wrestlers who make friends with fans, who they think are influential on social media platforms get them to spread clips of wrestling matches and say how good that move, sequence, or performer is, and it gets people booked.

I want to see if a wrestler had good footwork, can sell, looks the part, and how professional their gear is, after that, I can teach you any move you're going to need. That can be taught to chimps, the rest of what makes up wrestling is far more difficult than a flip or some slow-motion sequence. How dare someone make comment on one of these GIFs even if they are speaking honestly about it, they will be a hater, or jealous and made out to be someone who doesn't have the knowledge to speak on it. It's not helping performers if they can't take constructive criticism, it is hurting the progression of the individual wrestler and the profession as a whole.

Schools, the schooling system, and the lack of credentials are a huge miss. As far as independent wrestling, I think each state should have only 1 wrestling school. This way, you can see if someone is truly dedicated as if

it's not super close to where you are located but you still put in the effort, I like that.

Each school would have a license they issue to wrestlers who have graduated from the program. This way if you do not have this, from a professional school then you cannot perform in any events.

Instead of states being ruled by boxing athletic commissions, the school's trainer could be the commission, rather than pay the ridiculous fees a commission brings, you pay the trainer to be there and ensure all wrestlers are qualified and can watch the show which would allow the trainer to give advice to the wrestlers, as well as the promoters on how to better the product overall.

I think the smartest thing a company like WWE could do is license schools in like Detroit, Texas, Vegas/LA region, Philadelphia area and say from 2023 on if you attend a pro wrestling school, we will only hire future performers from WWE accredited schools. That would help the future, as of course prospects would want to go to these schools. There isn't a guaranteed job, but independent promotions knowing you were trained at a WWE-accredited school would likely elevate your chance for bookings and opportunities.

Wrestling Podcasts, now I have been guilty of divulging too much info to the fan side of the world. This is not doing anyone any good, because of how fans are trying to utilize our terms, and slang and ultimately bastardizing the beauty of it. If I hear one more fan hey Kayfabe this or use gimmick as a reference without ever really understanding. We have done it to ourselves though, but if these things were free to wrestlers, but behind a paywall for fans it would be a better money-making opportunity if we are revealing too much at least someone is paying, much like all the wrestlers did to enter the profession. Now how would you decipher fans from talent? Those licenses should be given by credible trainers that have trained talent and given the green light to perform. I love wrestling fans, I do. I value their opinion. We share the same love of wrestling, we are alike. I just feel some things in wrestling are for the trained talent, not the consumer.

Body shaming men, I'm sorry but this has got to stop. No, I'm not saying stop telling the men in the wrestling world they need to work out more or

get bigger. I'm staying stop complaining when someone suggests a male performer workout to look more like a wrestler.

It's become ridiculous, that you can be a Pro Wrestler and wear almost nothing but be pale, tiny, or obese without any muscle mass and think it's just ok because you can perform moves. Not everyone needs to look like a bodybuilder, but you must look like an athlete. I'm sorry, but I want to see The Hulk, not Bruce Banner. There is room for different sizes, but don't think everyone can just be under 200 lbs. with almost no muscle mass or definition, and the world is supposed to just say yes this looks good. For example, Otis is fine if there are not many others in the same company that look like him, Gargano is small, but he looks like he is a superb athlete I am good with this. Chad Gable is short but looks like a wrestling machine. Yes, talent is to me the most important, but to the viewer that's not always the case. We must remember that the viewer dictates our income and the more rapid the decline in viewers, the more decline in income.

The hate between the ones that paved the way, and the ones who are currently at it. Somehow both sides constantly try to devalue each other and say each opposing side is wrong, instead of realizing both sides have valid points, and both sides deserve valid criticism. The athletes of today, are otherworldly compared to times prior, but the dedication and story that was present in times prior are often missing from today's product. It got to the point that The Undertaker, yes, the Undertaker made a comment on how he feels wrestling and the performers have gotten soft. Then a wrestler, whom I like personally but has no business mocking anyone let alone an all-time great, made public comments mocking The Undertaker's feelings about Pro Wrestling. This type of thing when it comes to social media is out of control, even if I don't agree I respect anyone and everyone that gave their time, effort, and body to Pro Wrestling, because without history there is no present and without the present, there is no future.

This is more of a personal issue with wrestling, and maybe it's my character flaw. I hate and yes, I mean hate when someone says the house (meaning attendance) is light, or this is just a house show (meaning not filmed for any form of distribution i.e.: PPV, Tv, or streaming.) so let's just take it easy tonight. Just because you want to be lazy, doesn't mean the people who are in the audience didn't pay their hard-earned money to see a great show. Tv

and PPV events are often higher priced, so why would we short these people? If the audience has paid to see what they see from you on tv, or PPV and doesn't see that what happens next time you're in town? Fewer fans, fewer fans means fewer times in that city which means less pay for you which hurts you in the long run.

More importantly, how could you treat something you love like that? We know the risks of what we do, any match could be our last. Not only is our job dangerous, anything could happen with the travel we have to also endure. Why not leave a lasting impression considering literally any match we have could end up being our last.

I can't speak for anyone else, but I couldn't live with myself if I felt like I didn't give it everything I had in a match. Not only for me, as I take great pride in performing to the best of my ability. What about my opponent? I worked very hard to be successful, with success in something like wrestling you can influence others and have fans in the form of younger wrestlers who may look up to you. What happens, is when someone looks up to you, so when they wrestle you, they have all these ideas because they are excited to be able to wrestle someone they have watched or looked up to and you want to take it easy. That would be soul-crushing and gives you a bad reputation. Then to short fans of the true beauty of wrestling, because you feel it's not worth your hard work. I think that's the lowest of the low in the wrestling world, again maybe that's my character flaw. I have never and I mean never wanted to feel as if I shorted the fans, not in the ring, not at the merchandise table, or in public. I know, later you're going to think WOW, why did he say this about wrestling fans? No matter your feelings towards me, sincerely any fan who ever attended a show I performed at or spoke to me at I hope you know I gave you my all because I valued your money and support just as much as I valued my time, health, and mind.

Let's all move forward, to talk about what we love, the love that we all share wrestling.

CHAPTER V

When I begin to write this book, I was broken. I was lost. I had survived suicide, but I was yet to be saved.

Thinking about my son, and Pro Wrestling was all that made me happy. I wanted a return to wrestling so I could provide for my son.

I thought I could go back to teacher wrestling. I love teaching, all wrestlers I trained or will train, I treated them as if they were you, Jax. I am a MASTER but to be a true master, you must act like a NOVICE. I am a TEACHER. To be a teacher you must never stop being a STUDENT. No one has all the answers. We must never stop learning, and never stop growing.

When we stop learning, we don't grow. If we don't grow, then we never learn.

I wrote this wrestling test; my idea was to have potential wrestling students answer these questions.

I then answers them myself so that I knew what I wanted to teach. I wanted to give every student I would train everything I knew. I AM a former ROH World Champion. I AM a former NJPW Star. I AM a former CMLL Grand Prix Champion. I Am a former PWG Tag Team Champion. I AM a former GHC Tag Team Champion. I AM a Pro Wrestler. I AM Jax's Father.

Here is the wrestling test with my answers.

The Essential Pro Wrestling Test.

1. What is a baby face?

Answer: A baby face, is the hero or good person of the wrestling match. Examples such as The Hulk or Rocky Balboa. The baby face has the same objective as the heel: winning. The difference is, the baby face will follow the rules and try to win the match within those rules, showing they are the better wrestler.

2. What is a heel?

Answer: A heel is a villain or an evil person in the match. Examples such as Thanos or Clubber Lang. The heel, much like the baby face wants to win the match but they are willing to use underhanded tactics to accomplish it. A good heel will try and justify their actions and try to gain sympathy from you, knowing they don't deserve it.

3. What is the main purpose of a wrestling match?

- a) To do spots.
- b) To have fun.
- c) To win. Correct
- d) To post on social media.

4. In detail explain your answer to question #3

Answer: Professional wrestling at its core is still a competition, the main objective of. Wrestler should be to win the most prestigious (often World, Universal, Undisputed, or Heavyweight) championship in the company. As a champion, you are the brand ambassador, in a sport which means also the highest paid. Logic says the more matches you win the better your position/ranking which should lead to greater financial gain. Now there are many reasons to have a match with an opponent, which could be personal animosity, retaliation, a hitman-for-hire scenario or just to have a match. Regardless of the scenario, we should be wrestling the match trying to win, while also being able to make the action exciting and performance-driven, such as figure skating but while fighting instead of skating. The fine art of pro wrestling allows you to do both if you have obtained the knowledge and skill to do so. Picture watching a movie, in which the writer, director, star, stunt coordinator, and stunt person were all the same person, and the movie was great. Wrestling is an art form, but part of the art is making people think, and feel that it's real even though they know it's for entertainment, not just sport.

5. What do you want the crowd to do while you're wrestling?

- a. Cheer.
- b. Boo.
- c. Chant this is awesome.
- d. Chant Fight Forever.

- e. Believe you.
- f. all the above. Correct

6. In detail explain your answer to question #5

Answer: If the audience believes you, meaning they believe who you're portraying yourself are and that you want to win an athletic contest they will react the way you want them to. As an entertainer, you want the appreciation and cheers that come along with it such as cheers, boos, and various chants. Altogether, garnering all these reactions gives the wrestler the best chance at success. You can be moderately successful choosing any of the answers in question #5, but ideally, you want all 5 to better your chances at success. The more successful and skilled you become, the more people want to see you perform, and the more talent wants to work with you. This is good for yourself, your opponent(s), and the company in terms of financial gain.

7. After appearing to the audience, and making your entrance through the curtain what would you do?

- a) Make your way to the ring.
- b) tell the crowd to shut up.
- c) say to the crowd, let me hear you?
- d) Stay in position.
- e) Pose.
- f) A and B
- g) A and C

- h) B and C
- i) D and E Correct

8. In detail explain your answer to question #7.

Answer: Staying in position and posing is the best thing to do for your brand. The stronger you make your brand, the more important the brand becomes to the company which means you both make a profit together. This option allows you to be seen by the audience all at once as you're still and posing. The cameras get a clear shot of you, you allow the commentators to put you and your character over within the confines of your character, role, and angle. Pictures used for magazines, articles, and social media posts help expand your brand and worth.

9. How important do you consider the presentation of yourself?

Answer: Presentation is probably the most important of all traits and abilities you should obtain to become a great professional wrestler. A great presentation is completely in line with all your traits, meaning the way you talk, walk, wrestle, and look all match your "Character" and will allow audiences to understand you better, allowing them to be emotionally invested in you which is what Pro Wrestling is about. It's live-action Shakespeare while having only 1 take to perform your own stunts. Look, I am not saying everyone must be a bodybuilder, but I feel as athletes, actors, and real-life superheroes we should look athletic. Now there are different athletics, that require different body types. It's ok to be on the small side, and look lean and conditioned, it's ok to be on the short side and look thick and muscular, it's ok to be obese but with a big chest and arms as well as large legs. Gear, what you wear should be professionally made, match your image and be camera friendly. Try refraining from buying pre-made gear that someone else could also be wearing, ordinality is your friend when choosing your wrestling costume/gear.

10. What presentation do you think best describes you, and why would fans want to cheer you?

Answer: I think people see my mass and can tell I'm strong, when I speak, I'm direct and know how to use my tone changes, body language, and facial expressions to tell as much of a story as my words. A picture is worth a

thousand words, is a great term for this but add words to that and you're cooking with bacon grease. The way I wrestle, I try to always show the intent to cause enough damage to win the match. I think to myself, will this look like it hurt, is this believable before I call a spot? When I think of how I want myself within the match as a presentation, it's as if my brain is on fire, I know that if my opponent looks good, I will look good, I know if the camera is here, then the spot needs to happen there. I am conditioned to know my surroundings, so I put the presentation at the forefront. You should know what ropes to hit, what corner to sell into, what corner to jump out of, and what side of the ring to dive on. I know this seems like in-ring info, but it plays a gigantic part in the presentation as well. All the greats know where things need to happen, for the reason of the presentation! I also put a lot of creativity and effort into designing my costumes, often spending good money so that I look professional and stand out.

11. After answering question #10, do you think you better understand how to then be a heel?

- a) Yes. Correct
- b) No.

12. Describe in detail your answer to question #11.

Answer: The difference between heel and baby face is intent not to change your ways much like Stone Cold Steve Austin did while heel and face. His in-ring performance was still the same, but he changed his tone and his reason for fighting. The same thing audiences hate about you, often becomes what they love about you. The intent is what changes their mind, is your intent for evil? Or is your intent for good? Would you cheat or would you rather stay within the rules? It's not drastic, but attention to detail is what makes Pro Wrestling so beautiful.

13. When your opponent makes their way to the ring, where should your focus be?

- a) Opponent.
- b) Audience.
- c) Yourself.
- d) The referee.
- e) The camera.

- f) commentators
- g) All the above. Correct

14. In detail explain your answer to question #13.

Answer: all the options in question #13 are equally important to the bottom line. The bottom line is making money. How do you make money? You make the opponent, audience, yourself, the referee, and the camera see that you want to win the match and give subtle hints with your posture, body language, and facial expressions to what they may expect from you without seeing you wrestle. All the options are crucial to the final product. Practice makes perfect, take your time discovering who you are so you can easily define it. If you can easily define yourself, then you can easily portray yourself. Take your time to talk to the camera operators, and the commentary team so that together you can tell your story without even having to lock up. Find the cameras before you film think of how when and where you're going to make yourself visible. If you're going to put in this effort, also put in the effort to show your face as much as possible, while in control, and even more importantly as a baby face when selling.

15. Where should your eyes be, as your opponent makes their way to the ring?

- a) Opponent. Correct
- b) Audience.
- c) Yourself.
- d) The referee.
- e) All the above.

16. In detail explain your answer to question #15

Answer: Remember the purpose of a wrestling match is to win, so why would you take your eyes off someone else who also wants to win? If you're the baby face, you must be aware the heel might take a cheap shot before the bell. If you're the heel, you want to size up your opponent. In all other sports, the focus is on the opponent(s) vs opponent(s) why should we take that aspect of realism we can utilize to our benefit, away from ourselves and the audiences? I think it does a real disservice to us as wrestlers and the audience. I am not saying don't do spots or acrobats I just feel we can make our spots make sense just as easily as we throw them

away. Time, selling, placement, and what comes before and after the move and/or spot are just as important as the move and/or spot. I feel that athletically we may be among the most athletically gifted Pro Wrestlers in history. Capitalizing on this is an asset to the business, but the further we get away from the story of our matches, and layouts the further we get away from the emotion we are capable of drawing from our audiences. Simply put, in the long run, if it doesn't make sense, it doesn't make dollars.

17. Why do we circle before we lock up?

- a) It's what I was taught.
- b) I've seen people do it before.
- c) I don't know.
- d) I don't like these options, let me explain. Correct

18. In detail explain your answer to question #17.

Answer: Have you ever heard the term circling your prey? Everything we do is derived from something real in sport, or the world as pretty much every form of media has the underlying story of Good vs. Evil. Literature, film, and even the Bible. This is the root of Pro Wrestling, so the more realism we can add the more the audience can get emotionally invested. We circle to allow ourselves time to plan our attack, to accurately do so you must use pacing, footwork, position, facial expression, and body language to accurately circle prior to a lockup, a lost art if you ask me. Remember who you are, and who your opponent is at all times and act accordingly to that and the situation in which the match has been made. Use all visible, apparent as well as non-apparent to stand out from the pack.

19. When should we not circle prior to the action? Explain in detail.

Answer: if there is an underlying reason for the match, there may be no need for the circle. The personal issue, you may want to get your hands on your opponent ASAP. You may see they are favoring a body part on their entrance, as you have paid close attention to your opponent before the bell rings. When it comes to TV or PPV, time could be of the essence, so you want to put more importance on a different section of the match. Now, these circumstances can vary, and the attention to detail of Heel, Face, and any differentials you can point out should all still be present when utilizing

these other forms of starting a match. Once again, Body language and Facial expressions are crucial.

20. What is the purpose of a lockup? Explain in detail.

Answer: A lockup is derived from combat sports such as Greco Roman Wrestling. It's jockeying (struggling, competing) for the advantage. A poorly executed lockup, without force (look not actuality) facial expression and body language must be on point, you must treat the first lockup equally as important as the finish.

Example – If I'm the stronger, bigger opponent in the match, I will likely push my opponent back to show dominance or throw them down from the lockup for the same reason. My body language, facial expressions, and how I act after the break from the lockup will help the audience understand if I am a heel or a baby face.

21. Who should be the person who “wins” and takes control of the lockup?

- a) Baby Face.
- b) Heel.
- c) Depends. Correct
- d) I don't know.

22. In detail explain your answer to question #21.

Answer: The outcome of the first lockup is supposed to help tell the story you're about to tell. The beauty of Pro Wrestling is there are so many stories we can tell. Examples are Size differential, Experience differential, speed differential, technique differential, hatred, competition, and more.

The wrestler who gains control, all depends on the story you want to tell.

For example – if wrestler 1 is the baby face is a technical wrestler, and their opponent is not as technical then the baby face should take control.

Example 2 – if the heel is more experienced, he may take control but as the heel, you would have a way to get the babyface to turn it back in their favor as the baseline story, we can all get behind is, Baby Face = better wrestler and Heel = will cheat to be better than the baby face.

23. From the initial lockup to 30 seconds into the match, what should the audience be doing?

- a) Cheering.
- b) Booing.
- c) Chanting.
- d) Understanding.
- e) All the above. Correct.

24. In detail explain your answer to #23.

Answer: Please reference my answer to question #22. If I can make the audience understand what they are going to see and make them understand me and my opponent, then they will start to see the breadcrumbs of the story. Breadcrumbs don't fill a hungry stomach, so they are prepared for more. Then they boo, cheer, chant, and we have them in the palm of our hands for the rest of the match. This is how people get over, I can tell you what to expect from John Cena, Randy Orton, and Roman Reigns for example. This is a good thing, look at their track records and ROI (return on investment).

25. Why would you hit the ropes, while running away from your opponent?

Answer: The only time you should run away from your opponent as a baby face is because the heel is in a damaged state. A heel can run away from the babyface, sometimes utilizing the ropes. The difference is in how you would utilize your body language, facial expressions, and urgency. They are all expressed but expressed differently as heel and baby face. Catch 22, the heel can hit the ropes with the same intent as the baby face using the same body language, facial expressions, and urgency if it's for the reason of winning the match, which would only be if your opponent either baby face or heel were in a damaged state unable to defend themselves. This opens so many doors for action, reversals, catching someone off guard, false finish, evasion, sell, taking time, creating space and so much more it's poetic in its never-ending possibilities if utilized correctly. The ropes within the confines of pro wrestling are used to gain momentum, momentum is used to put more force on your attack in which you are trying to land to WIN THE MATCH.

26. Is a drop-down a?

- a) Offensive move.
- b) Defensive move. Correct.
- c) Both.

27. In detail explain your answer to question #26.

Answer – First I want to say, I have seen them used as an offense. The root of the move is a defensive one though. In answer to question 25, I explained why an opponent would run away from their opponent to hit the ropes, the ropes are meant to be a tool that projects you forward helping your momentum to hit your opponent harder.

Example – I just tackled my opponent, they are laying on they're back selling their shoulder. Yes, they bumped, but every move is a bump it was the force of shoulder-to-shoulder contact which knocked them, down. If you get punched in the face and fall to the ground, you're going to be holding and "selling" your face. Now that my opponent is vulnerable, I hit the ropes to hit an elbow drop. As I turn away to hit the ropes the timing of the drop-down leaves me with no choice but to step over my opponent, the ropes which are used to give me momentum have done their job in forcing me to run the ring. Now I am angry my opponent moved, so my facial expression changes, and now I see my opponent about to stand up and I want to hit them with a clothesline.

Sidebar – Yes, when the drop-down trips an opponent, it typically garners a reaction, that's because it is a defensive move, so when used for offensive it is unexpected which garner's the audience's reaction.

28. Is a Leap Frog a?

- a) Offensive move.
- b) Defensive move. Correct.
- c) Both.

29. In detail explain your answer to question #28.

Answer – Please use the answer to question #27 for this answer as a continuance. Now, a leapfrog can be an evasion at any time. Meaning, if your opponent has you stunned enough to hit the ropes, it can be used as well as in this reference of the drop-down, leapfrog spot. Let's go from the tackle, into the drop-down and as the anger and frustration grow you jump to evade your opponent's clothesline, isn't wrestling beautiful because, in

this same scenario, you can be on the offensive trying to hurricanrana your opponent as they come off the ropes throwing the clothesline which is attempting an offensive move as a defense but then they turn their offensive move in the duck and now are on the defensive.

Example – When using the pair of drop-down, leapfrog is usually followed by the opponent that had dropped down and leapfrogged to hit a hip toss, then often followed by an arm drag by the same wrestler. This is done to show the baby face can keep their composure (baby face would have been tackled, dropped down, and leapfrogged) as the heel gets frustrated all while showing this through their face and body (Nick Bockwinkel comes to mind) allowing them to be caught in the hip toss, then they register the sell briefly and charge again to be taken over with the arm drag and controlled (Bret Hart utilized the arm drag hold on maybe better than anyone when it came to catching a frustrated heel). This spot is often referred to as the Universal or International.

Sidebar – You can literally have an infinite number of ways to go from the tackle, there are so many ways to reverse and change momentum from each position, heck you can even arm drag as your opponent is coming off the ropes for the tackle.

Tackle – Arm Drag, single leg takedown, boot to the gut.

Drop down – Roll over, pin the downed opponent, and hold onto the ropes.

Leapfrog – Catch Opponent, Rana, and stop short behind by dropping to a knee so it stops your momentum if you don't do this then you're ruining the ropes use, as a tool.

Hip toss – Arm Drag, Revers hip toss, rana, block.

This would take too long to keep giving examples. Maybe all day.

Bonus tip – Do you remember drawing a family tree in school? Use that same technique for moves and sequences. Branches can be reversals, ways into them, ways out of the, moves that you can reverse into a move of yours, a move that someone can use to reverse out of your moves. When I do this, I think of all the different styles and try to use a move that would fit into those styles or a position that is often used. So, power wrestler, fireman's carry would be a move position, technical wrestler, a submission move (use all you can think of) highflier Rana, brawler strike. The more

options the easier it is to call your match in the back or on the fly.

Knowledge is power, study the roster.

Example – I use the powerbomb, ways out I have are, to sweep me and grab a submission, double stomp, or pin. Once I've picked them up off the mat, they can Rana me, flip over to a sunset flip (I can also roll out of this, or not go down into the sunset flip which opens a lot of new possibilities) strike, Land on their feet Infront of me. They can backdrop me while still having feet on their ground.

Example 2 – They go for the sunset flip I don't go down, I go to drop my weight on them Earthquake style, and they move now I'm selling my butt, they hit a low superkick the sire up and hit the ropes for momentum, I start to come out of the sell and throw a clothesline and they duck (Please stop throwing missed clotheslines like a missed clothesline, always throw it like you're trying to hit your opponent it looks not the best when you do rainbow arm or slow motion) they stop short dropping down to a knee to stop their momentum. They then jump on my shoulders, for a poison rana, but I put them to their feet in front of me I go to German suplex them, but they land on their feet, and stumble a bit toward the ropes. I charge them, but the low bridge me to the floor, and hit a big dive. They fire up, roll me in the ring, and try to come off the top rope with the Rana but I catch them in a powerbomb. This is possible with everything if you know your opponent and if you know who you are.

30. Do you know the difference between selling and registering a sell?

a) Yes. Correct.

b) No.

31. If your answer was yes to question #30, please describe in detail selling, and registering the sell separately.

Answer – Registering a sell is like an annoyance that bothered you but did not quite hurt you but if you got hit there like that a couple more times it's going to make you sell. Like bumping your shin on a table, it hurts, and you register it, but you feel frustrated more so than in pain.

Example – I'm the heel wrestling a baby face, and he starts to fight back during the heat he clicks me in the chest and I show it stung but I'm not

hurt, I make a little distance and as I come back towards him he kicks me again, this time I register a little more and as I come back towards him he kicks me again but I double leg him and get back on offense. If I had taken any more, I would have been selling not registering.

Answer – Selling is the more dramatic out showing of pain inflicted by your opponent. The better you sell, the better your opponent looks, the better it is for you whether you win, or lose. You must give your opponent credibility, or the win does neither side any favors.

32. From this point, following the initial lockup and first 30 seconds of the match what layout would you perform?

- a) Shine, Cutoff, Heat + Hope spot, double down, comeback, false finish(s), finish.
- b) Cutoff, Heat, Turn Around, Comeback, Finish.
- c) Heat, Hope, Finish.
- d) Shine, Cutoff, Heat, Double Down, Comeback, Finish.
- e) there is no answer.
- f) there isn't enough information. Correct.

33. In detail explain your answer to #32.

Answer – Yes there is a standard formula which in today's wrestling would be A. The angle, story of the match, and different attributes or styles can change how you want to outline the match. To accurately assess how I would want to lay out the match, I would need to know the Finish, opponent, angle, and where you want both of us to go following this match. Match 1 of 2 or many? One-off, will this come back around. Many factors will play into the match structure. You must know where you're going in order to know how to get there. I think starting with what the finish is and who is winning is the first step of the layout process.

34. Describe in detail what a finish is.

Answer – I would once again need more information to really go further in-depth, but the finish should be the Sequence, move, submission, or strike which ends the match. The reaction you want should be the strongest of that nature. So, if you want heat, you should do your best to ensure the finish gets the most heat of the match, if you want a cheer, you should try your best to have a finish that gets the loudest cheers. This is not always the

easiest, but with knowledge and experience, it becomes less of a guessing game. 9/10 is about the closest to perfect most will get. Meaning you may lose some, but your average is still higher than others when you have acquired the knowledge and experience.

34. a) Give me an example of a finish

Answer – If the match was me vs Seth Rollins.

I'm on the sell coming up and feeding towards Seth. Seth kicks me in the stomach, Seth then stuffs my head between his legs and reaches for my arms to lock me in for the pedigree. I am flexing forward in that position so that Seth has difficulty locking his grip, finally, as Seth locks his hands together, I backdrop him landing in a pinning predicament in my favor. 1-2-kick out and Seth didn't release his grip, he's still got me locked and we're starting to struggle to our feet as I try to break loose. Seth gets me to my feet, I run him back first into the buckle so his grip breaks, I sell off creating some separation. Seth selling from the match and now his lower back is affected. Seth a little slower to reach back and grab me, allows me to pick him up in a fireman's carry and give him a DVD into the lower turnbuckle in the corner. Seth sells his way out to the apron as I'm selling the comeback and false finishes prior to the pedigree attempt. I slowly come rise from my knees and see Seth on the apron, I let the anger and aggression come over my body, I walk with a purpose to the corner, grab Seth, and look beyond him showing everyone and the camera I've got him dead to rights. I put my right foot on the middle buckle and grab Seth from inside the ring by the neck in a DDT position, I then put my left foot on the middle rope, wrap Seth's arm around my neck, and deadlift Falcon Arrow from the middle rope. 1-2-last second kick out. I can't believe that didn't end it. How could it not, the disbelief is in my face and the posture of my body show I am prepared to do whatever it takes to win. I rip my elbow pad off, I hit the ropes with all the force I can muster, and as I come off with the lariat Seth is crumbling. I stop, grab him by the neck stare him in the eyes and stuff his head in for the powerbomb. I pick him up, and he starts punching me on the top of the head. His strikes are making us stumble towards the ropes, he sees where we are and Rana's me to the floor and he ends up there too. I reach for my knee as the landing was rough. Seth still selling the Falcon arrow slowly drags himself into the ring, I try to get in and he shoves me back out with his foot, he hits the ropes for a suicide dive, I catch him in the

air and turn it into a power slam on the floor and smash my knee into the ground again. We're both in trouble and now the count is at 5, I roll Seth into the ring. I slowly get onto the apron clutching at my knee. I look at the ropes, then look at Seth laying there in the ring. I decide to go up top, but I'm slower than normal due to the knee trauma. Seth has risen to his feet; in a last-ditch effort, he steps and leaps to the ropes. Seth hits his Superplex, falcon arrow combo. 1-2-very last-second kick out. Seth in pain and disbelief starts getting near the corner, slowly gaining more composure, and begins to get in position to deliver the stomp, as he runs and jumps, I turn in so that I catch him in the powerbomb. I run towards the corner for my buckle bomb. Seth turns it into. Sunset flip attempt, but I drop down to cover him and he kicks out. We feel the adrenaline, but still slower than normal to our feet, in anger I throw the lariat, and he ducks it and superkicks me, I shake it off to throw another lariat but this time he uses both forearms to block it, and Enziguri's me, my second wind is gone, Seth rises as I'm on my knee and pulls me in, gives me the buckle bomb, but I explode out finally hitting the lariat, catching him off guard.

Both beaten down, I fight to rise first. I let out a war scream and snatch Seth into the powerbomb. I give him my own Buckle Bomb, and he sells towards me out on his feet, I grab him again, pull him in and lift him up for the Elgin Bomb but Seth floats through grabbing the arms on the way down, Seth hits me with the Pedigree. Seth sells back to the corner with urgency, trying to make it to my feet even though no one is home, Seth charges and hit's the stomp. 1-2-3.but I'm coming up first and ready for the powerbomb, I set him up and as I pick him up, he lands directly on his feet into the pedigree, and then hits the Curb Stomp 1-2-3.

35. Describe in detail what a shine is.

Answer- The shine comes after the initial circle, lockup, and establishing heel and baby face, as well as setting a tone with attribute or style differences. The goal is to get the crowd steadily behind the baby face, so that during the heat they want to see the baby face return to being on the offensive. This should not be just baby face offense; you need some dips which are tiny momentum changes in the heel's favor but quickly turned back to the baby face's favor until the heel turns the momentum around decisively for the heel to control the offense.

35 a) Give an example of a shine.

Example – Myself vs Chad Gable

We would circle, and going into the lock-up Gable would duck under the lock-up to a waist lock. I would drop my hips, so he couldn't lift me, I would trap his left arm with my left arm, breaking his grip with my right hand, and drag him off while I stay standing. Gable takes a moment to eye me up and down again, we go in for the lockup, and this time, he goes for an ankle pick. Gable lifts my leg, but I keep my balance, using both hands I shove him off to the corner. I start to crowd the corner, he tries to get away left I trap him, he tries to the right I trap him. Gable kicks me in the left knee he then grabs a headlock and tries to headlock takeover me. I block the attempt. I pick Gable back up to his feet and shove him into the ropes and he comes back with a tackle, but I won't go down, Gable kicks me in the knee again and yells SHOOSH Gable takes off to the ropes and as he's coming off the ropes I meet him with a shoulder tackle to his left shoulder, Gable bumps. I grab Gable by the left arm as he sells up holding his shoulder, give it a wrench he sells, I pull Gable in for a short shoulder tackle, and he sells to his knees. I arm wringer him and throw him into the corner shoulder first. I leave him to sell, and as he's trying to get away, I grab him for a shoulder breaker, but Gable slips out the back door and attempts a second German Suplex, I reverse into my own waist lock, and Gable back kicks my left knee and then double leg takedowns me. I draw my legs back and push him off, Gable sells this to the apron, and I go to get him, but he hot shots me in the ropes Gable gets in and goes for a Suplex, I block by putting a knee down and immediately take him over with my own Suplex. Gable now selling into the center of the ropes, I charge in with a jumping forearm, and pull Gable into a body slam near the ropes, I then step out of the ring and onto the apron and land a slingshot splash. 1-2 kick out. Now I'm ready to lock him in for the powerbomb, Otis sees this from the floor and pulls Gable to the floor. I hit a through-the-bottom and middle-rope dropkick to Gable. I stand face to face with Otis. Gable spins me and swings, I duck and land a forearm. I throw Gable back in, referee follows him. I go to get through the ropes leaving my left leg open on the apron, Otis chop blocks me from the floor which sells me into the ring back facing Gable for him to hit his German there and try to win early, then he changes gears after the kick out.

36. Describe in detail what a cutoff is.

Answer – The cut-off is the end of the baby face's offense so that the heel can look dominant as the baby face is put in peril so that the fans can get behind the baby face.

Example – The baby face has the heel lined up for a move, but the heel evades and grabs a waist lock, the baby face charges the ropes and ducks so that the heel lands on the floor. The baby face goes for a dive, but the heel rolls in, and the baby face lands on the apron, the heel then charges but the baby face gives the heel the shoulder to the gut. The heel bent selling to. The knee starts to come up bent over and the baby face attempts a sunset flip, but the heel catches the baby face with a Powerslam to begin the heat. This also gives you the dive to hit later, a short part of the story, and a breadcrumb for the audience don't think you always need to cheat to take over into the heat since there will most likely be a comeback. Leave the cheating for when we can use it as a great near-fall/false finish near the end of the match for a better reaction.

37. What is a gear change? Describe in detail.

Answer – The gear change is when the momentum has changed, or the urgency has changed for the wrestlers. They need to show emotions through their body, facial expression, and movement to help show the gear change to the audience.

38. How many emotions should you feel during a gear change?

- a) 2.
- b) 1.
- c) 4. Correct.
- d) 0

39. What are the emotions of a gear change?

Answer - Pain, relief, anger, rage

40. Put the emotions of a gear change in order.

Answer – Pain (selling), relief (facial expression), anger (body language and facial expression), Rage (be controlled, almost like you're happy you have rage).

41. Do you feel like you can express these emotions, through your body language and facial expressions?

- a) yes. Correct.
- b) so/so.
- c) not sure.
- d) possibly.

42. In detail explain your answer to question #42

Answer – I believe in myself when I wrestle, meaning to me I'm in a fight for my life. It's win or my son doesn't eat, so the emotions are easy for me to extract and show them so that people can see and understand them. I feel as though, I can bring those feelings out like the wrestling match is real, if I take myself in the ring and wrestling seriously. Yes, I have fun doing it, and yes, I love it but to make the audience believe it, I must believe it first.

43. Describe a hope spot in detail.

Answer – A hope spot, is the hope that the baby face will return to offense and heighten his likeliness of winning the match. It's in a way, a false comeback as it's the hope that the comeback will begin. Also referred to as showing life.

44. a) Give me an example of a hope spot.

Answer – There are many examples, but I will give 3 two that are shorter, and the one which is longer and more detailed for a longer match. 1. Heel is about to pick up the babyface from his knees as the heel knows the babyface does not have enough damage to be defeated yet. The baby face shoves the heel away, and the heel comes back but this time the baby face hits the heel in the stomach, then the heel runs the baby face into the corner to take back control. (Showing life for baby face, heel registers.) 2. The baby's face is selling up in the corner, the heel charges but the baby moves, and the heel hits the corner. Baby Face is trying to create distance, but the heel is right there after registering and slightly selling the turnbuckle. The heel grabs the baby face by the head almost in a Suplex position and the baby face small packages the heel, kick out but the baby face is still selling so the heel can get right back on offense. 3. The heel has a chin lock on the babyface, and the babyface begins to make their way up giving the heel one shot to the stomach. Slight register, as the heel goes to tighten the babyface hits the heel again, the heel can't let that happen the heel releases and goes

to swing at the babyface, but the babyface blocks and gives the heel a chin breaker. The baby face still reeling from the heat starts making their way to the corner, the heel selling the chin lock now angry charges, but the babyface gets a boot up. Heel sells back, shakes it off, and charges again, the baby face ducks and gives the heel a schoolboy. The heel kicks out, and the baby face's momentum puts them on the apron. The heel starts to feel angrier and goes to grab the babyface, but the babyface gives the heel an Enziguri from the apron. The baby face goes to climb the top rope, but the heel is grabbing the babyfaces foot still on the second rope. The baby face kicks the heel off, and finally, the baby face is on the top rope, the baby face jumps, but the heel evades and catches the babyface in a German Suplex to take back control.

45. Describe in detail what a turnaround is.

Answer – A turnaround, is when you change from heat into the comeback without a full stop or semi restart like a double down.

45. a) Give me an example of a turnaround.

Example – For instance, if you refer to the answer to question #44 a) the last example, #3 if instead of the heel evaded the jump from the top rope and had the baby face hit a double axe handle smash or cross body which the baby face would not cover directly instead use that as the starting point of the comeback.

46. Describe in detail what a double down is.

Answer – The double down is a full stop in the action, allowing both wrestlers to recoup and begin the comeback. The momentum changes back to the babyface, then slowly looks like the heel will continue to be in control. The babyface more damaged than the heel, finally hits a larger-scale move to stop the heel from being on offense, allowing the baby face time to recoup enough to take over the offense.

46.a) Give me an example of a double down.

Example – The heel is in control and body slams the babyface near the corner to drop an elbow drop of the second rope. The baby face narrowly moves out of the way, so the heel crashes down to the mat. The baby face is still feeling the effects of the heat, the heel ends up coming to their feet first and grabs a waist lock on the babyface. The babyface resists and ends up reversing into their own waist lock on the heel. The heel elbows the baby face to get free, the baby face sells their back to the corner. The heel grabs a Suplex, and goes to Suplex the baby face, but the baby face floats behind, and the heel goes to turn back towards the baby face and the baby face grabs the heels head and performs a Tornado DDT for the double down. The impact of slamming the mat back first, compounded with the heat allows the babyface to sell not forgetting the elbow they received from the waist lock position either. The force of the tornado DDT gives the heel reason to sell long enough for the double down.

47. Can you confidently say you know when to use a double down, and when to use a cut-off?

a) yes. Correct. – Match time, placement on the card and how many others of each will there be used on the card within other matches are the firmest dictators. Can't forget the story of the match either!

b) no.

48. Describe a comeback in detail.

Answer – The comeback is the full change of momentum back into the baby face's offense following the double down or turn around, this is the first step in moving towards the finish. Often referred to as the finishing stretch. Depending on the outline you utilize, to get the story across that you're in the position to tell.

48. a) Give me an example of a comeback.

Example – Both the heel and baby face are coming to their feet following the double down, the heel throws a strike, but the baby face ducks and hits their own strike, the heel swings again while progressively selling more, the baby face still selling ducks and lands another of their own strike. Now the heel is angry and doesn't know what to do so tries to change levels and throws a kick, the babyface is starting to regain energy although still selling catches the kick. The baby face spins the heel around and back elbows the heel, the heel bumps and gets back up, the baby face hits a drop kick which

the heel bumps and sells to the corner, using the ropes in the corner to get to their feet, the baby face charges with a clothesline and hits it. The babyface then turns it into an attempt at a Suplex but the heel blocks and gives the babyface a knee. The heel sells the comeback, then goes to throw the baby face over the top rope, but the baby face reverses it and throws the heel over the top rope and hits a dive. The baby face sells but is feeling more energized and the adrenaline is in effect so while selling but looking more in control with their facial expression throws the heel back into the ring, climbs the top rope, and hits a missile dropkick for the cover, 1-2 and kick out.

49. Can you describe a dip in detail? If so, please explain in detail, using an example as a reference.

Answer – The dip is a slight change of momentum to your opponent, usually back to the heel during a shine or comeback, but only momentarily until the baby face regains control of the offense.

Example - The heel sells to the corner following the beginning of the comeback, using the ropes in the corner to get to their feet, the babyface charges with a clothesline and hits it. The baby ace then turns it into an attempt at a Suplex but the heel blocks and gives the baby face a knee. The heel sells the comeback, then goes to throw the baby face over the top rope, but the baby face reverses it and throws the heel over the top rope and hits a dive. – the dip is the blocking of the Suplex, kneeing the babyface and attempting to throw the baby face to the floor, but the baby face reverses it.

50. Can you describe a false finish in detail? If so, please explain in detail, using an example as a reference.

Answer – A False finish, is the cover of an opponent that looks like it could be the finish of the match but results in a kick-out rather than a conclusion to the match. The goal is to have the audience react as if it could have been the finish. Placement, believability, and what comes before and after the move play the biggest part in making a pinfall attempt a false finish.

Example – I'm going to use one of my favorite false finishes of all time.

Triple H vs. The Undertaker Hell in a Cell WrestleMania 28. Triple H gives The Undertaker the Tombstone Piledriver and folds The Undertaker's arms over his own chest like The Undertaker had done to his opponents so many

times. Adding insult to injury Triple H mocks The Undertaker by rolling his eyes back and sticking his tongue out like The Undertaker. The Undertaker kicks out, and the look on Triple H's face and his slow backpedal back to the corner and look of disbelief is by far one of the greatest moments I've seen in wrestling.

CHAPTER VI

SAVED

On August 17th, 2021, I was saved by my wife, Rachel Tallerico. She made me realize I AM a good man. I AM her Husband. When I couldn't lead, she did. She made me realize I had to start from scratch.

I started having Dojo matches in front of friends and family on July 17th, 2002.

I debuted as Michael Elgin on November 19th, 2004.

Michael Elgin had Fallen from Grace.

With a burning desire, a new beginning was about to begin.

On March 14th. All the issues that had prevented me from Doing what I love (Pro Wrestling) had been cleared, and I sent a message to my dream job.

March 17th, 2023, a car accident put my ability to provide for the thing I love the most (Jax) in question.

On April 2nd, 2023, Michael Elgin was crucified for all his sins.

On April 3rd, 2023, Michael Rōnin was created.

On April 5th, I was reborn.

I AM Aaron Frobel

This is a promo I wrote if I am able to recover and return to pro wrestling.

I will feed my family, if your table is empty, I will be in a position where my table has a spot for you. Just ask, and I'll answer.

This will be my re-introduction to Pro Wrestling.

I wrote this promo; I bought a video camera and I have the production of it all set and mapped out. But I won't film and release it until my future is certain. I hope you get to see it, but if not. I hope you'll read it.

Promo idea

“What will it take for you to understand?

I hope the message I'm giving is received, not for myself.

I'm trying to save something we all love, I guess it all makes sense now.

Every relationship I've ever been in until now has been one-sided, I was always the SAVIOR.

I was saved, let me save you.

I'll lead the way.

We live in a world where People say they know a little bit about everything and a whole lot about nothing, while I know a lot about one thing, and a little bit about everything.

I'm not saying that when I'm gone, wrestling ceases to exist but when I'm gone, a slow death approaches.

We all have a path to choose. The 1 others have created for us, or the ones we forge for ourselves. The choice is ours.

When you think you're safe is precisely when you're most vulnerable.

The warrior within me refuses to follow.

My road was dark, dangerous, and lonely.

A fall from Grace allows the rise from a burning battle. My road was built by a king. The crown I wear isn't one size fits all.

Every night turns to day, calm follows every storm, and with him, by my side, I may not always win, but I will never surrender.

I prefer peace over war.

Thou have prepared thyself for battle. It is better to be a warrior within a garden, than a gardener within the war.

A war is upon us.

I shall enter prepared for death, whether it be my own or someone else's.

I AM Rōnin.

I AM the leader.

I shall never follow a man in battle, whom would sacrifice my life to win a war.

With honor.

With respect

With discipline.

This is the Next Era.

I loved you so much, that I forgot who I was.

I became the follower, I'm the leader.

It was UNREAL.

I knew how great it was.

But it's crazy unless it's from the horse's mouth.

We have 2 eyes, so when a voice betrays us, believe what you see, not what you hear. It will open your eyes.

I feel Unbreakable!

Even a warrior can break.

But when something breaks, we fix it, don't throw it away.

Sometimes what you hate the most, would give their life for yours.

Because you saved me, I'll save you.

Follow
Michael Rōnin.

1. FOLLOW
2. DO NOT RUSH
3. LISTEN
4. ASK QUESTION'S
5. ARE YOU READY TO LEAD

Patience is a virtue.

If you listen to me, I'll never ask you for a thing.

I'll answer anything you want to ask.
I'm the leader.
I shouldn't have to repeat myself.
You know I'd give my life to save yours.
You don't have to like me, but you will respect what I teach you.
I'll lead the way.

I AM Michael Rōnin.

The Next Era is upon us.

If it doesn't need to be said, don't say it.
Think before you act.
What you have may be easily taken away.
You should have listened.

I Am the Last Savior.

I tried to tell you.

But you didn't listen.

I AM PRO WRESTLING.

You may disagree, but I didn't ask you.

I AM THE SAVIOR.

The first time was for me.

This time is for you.

Watch with your eyes.

I AM MICHAEL RŌNIN.

When all systems fail.

I AM THE LEADER.

I tried to tell you, but you wouldn't listen.

I wanted you to lead, but you weren't ready.

I AM PRO WRESTLING.”

I wrote that, and you would think that I really love pro wrestling.

And I do. I love it so much, but it broke my heart.

I was honest about every word I spoke in every video I posted.

What follows is my message to you, my son.

And

To my Savior.

I was vulnerable, weak, and embarrassed.

I never knew how weak I was, I thought I was Superman.

I wasn't.

I was an angel with a broken wing.

When you soar with the eagles, you don't know how to act like a snake.

Once I healed, I became the leader.

When you can't lead, Son it's ok.

I will lead, no matter what anyone says about me, only hear it from the horse's mouth.

It's ok to cry, it's ok to be whatever you want to be. Some things are just best left unsaid.

I've been there, I've done that, and I paid a price.

But the only price I wouldn't pay, is you. My Son.

Jax Aaron Frobel, I love you with all my heart, if we ever have an argument, please know I was not trying to disrespect you, I was trying to reach you.

You weren't ready for that lesson, but it's ok, don't rush. Good things take time, when you're ready, you're ready. No rush, I appreciate it when you ask questions because you are my life, and I would give you mine. Please take what I give you because it's all I got. I've made mistakes, but I learned from them. I'm not dead, yet. Therefore, I haven't found anything that could kill me, yet. But I'm prepared to die for you at any moment, you are my son.

I AM YOUR FATHER.

I've said all that needs to be said.

I've also written everything that needs to be said.

Lost sleep, over the opinions of sheep.

That's the mind of a fool.

I have eyes in the back of my head.

You are me.

I AM YOU.

I've said all that needs to be said, but unless you find out for yourself.
You'll probably never believe me.

I didn't realize it at first either.

But he is me.

I AM HIM.

When I was wrong, I told you I was.

But when I know something, I'll tell you.

If I don't know it, I'll ask questions.

We all make mistakes.

It's what we learn from it.

That's what I AM

It gets dark.

It gets lonely.

Night becomes day.

Love conquers all.

2 is better than 1, that's why we have 2 ears and 1 mouth.

It's twice as important to listen, as it is to talk.

When we ask questions.

We find answers.

Together we're stronger, but it takes a village.

A master of 1, does not listen.

He tells.

A master of all will teach you everything you need to know.

A master will ask of you nothing, he wouldn't ask of himself.

Slow down, I'm trying to catch up.

I don't know everything you know, but I want you to inform me when I ask questions.

If you don't have the answers, together we can find them.

It took me a while, but when I failed to answer, I asked you for your answer.

I AM patient.

I AM at peace.

I AM your father.

I will teach you everything you need to know.

I'll ask questions if you have the answers.

Even if you don't, I want your opinion.

I love you. Anything you need just ask.

Sometimes you don't get what you want.

But my job is to make sure you have everything you need.

Without discipline, there is no honor, without honor there is no boundary.
Without boundary, without boundaries, there are no lines drawn.
Without lines, we must stand by our word.

You must not break your word.

I wouldn't.

When I said I would give my life for yours, I would. I will.

Whatever you need, you'll have.

When I ask, please pick me up.

You're the answer.

I AM YOUR FATHER.

Without you.

There is no me.

I want you to become a leader.

I hope you listen.

Either way, you'll learn.

I don't have all the answers, but I'll never stop asking questions.

Son, I love you with all my heart, every day I missed was a battle.

They took their best shot, but they missed.

The crown is heavy, but you're built for this.

I WAS.

The crown is still here, but 2 are better than one.

You are me.

I AM YOU.

Nothing in this world can change the fact.

I AM your father.

The story isn't over, I just wanted to tell you.

When you do everything, you ever wanted.

I hope you're proud.

I AM.

I AM a Master.

I AM a novice.

I AM a teacher.

I AM a student.

Every lesson taught.

Can be a lesson learned.

Be true to your word.

Never teach anyone everything you know.

Not everything you love loves you.

Love conquers all.

I hope you love me as I love you.

You're the only thing I couldn't live with you.

I AM YOUR FATHER.

I only want what's best for you.

No matter what.

What's best for me, is what's best for you.

So, when I turn to you, save me.

If you believe in me.

I believe in you.

I hope it's your time to receive it.

I've given all I have to give, but I keep learning.

Tomorrow is a new day.

When they challenge you.

Be prepared.

With honor

With discipline

With knowledge.

Strengthen the body.

To ease the mind.

When you're ready, you'll know, as I do.

Until then, follow my lead.

When it's your turn, I'll step down.

The crown is heavy, but I can bear the weight.
Until you're ready.

I hope you read this and smile, I know I AM.

Love Unconditionally,

Father.

Son.

Husband.

Your dad,

Aaron Michael William Fobel.

Amen.

CONCLUSION

I felt like the pain and suffering, the fear, the losses, and my emotions were punishment for things I didn't do.

Even when not at fault, you must be willing to learn.

The pain and suffering of not wrestling taught me, that nothing in life comes easy. Never stop working. Never stop trying.

The fear taught me we're all human, even when we feel larger than life. Respect what you have, it can be taken away.

The losses taught me, all good things come to an end. Enjoy it while it lasts.

The punishment taught me, even when it's unjust, to listen to others. We may not understand everything, so ask questions.

If we stop learning, we stop growing.

I have learned, and I have grown. I can't wait to show you what I've become.

This book was written By Aaron Frobel
Son,
Father,
Husband,
Pro Wrestler,
Actor,
Writer,
Producer,
Master,
Novice,
Teacher,
Student,
and owner of From The Horse's MOUTH LLC.

CHAPTER VII

Jax, are you ready to lead?

Ask yourself these questions.

1. Follow.

Do not be afraid to follow, a good leader realizes his follower's strengths, as well as their strengths.

2. Do Not Rush.

Things take time, nothing worthwhile comes easy.

3. Listen

In a perfect world, everyone would know everything, but we don't. Listen to others, but most importantly listen to yourself. You are your own master; thoughts can become reality as long as you believe in yourself.

4. Ask Questions.

Knowledge is power, the more you know, the more you can do. The more you can do the more you can provide. Money doesn't buy happiness, but it does buy freedom. Freedom to do what you love, because if you do what you love, you'll never work a day in your life.

5. Are you ready to lead?

I AM!

