



Cypress Hill

B-Real

Interview By: Jennifer Swift
Photos By: Chris Staab

One of the biggest legends in hip-hop sits down with former Ms. Tapout Jennifer Swift to discuss his career, his music, and his love for the sport of mixed martial art

Hi B-REAL, THANKS FOR HAVING US IN YOUR STUDIO!
B-REAL: NO PROBLEM!

WE HEAR THAT YOU USED TO STUDY MARTIAL ARTS?
I TRAINED IN SHOTOKAN FOR ABOUT 5 - 6 YEARS. BUT WITH THE TOURING SCHEDULE IT WAS HARDER TO GET INTO THE DOJO. I'D HAVE TO TRAIN ON THE ROAD, BUT I WAS TRAINING 5 DAYS A WEEK BACK THEN.

HAVE YOU EVER THOUGHT ABOUT GETTING BACK INTO IT?
THE SCHEDULE I HAVE HERE IN THE STUDIO IS PRETTY DEMANDING, SO IT'S HARD TO MAKE TIME. I DEFINITELY GET THE URGE EVERY NOW AND THEN. YOU GET INSPIRED BY THE DUDES ON THE ULTIMATE FIGHTER? MMA IS SO PROMINENT NOW. IT'S DEFINITELY AN INSPIRATION.

HAVE YOU EVER ATTENDED ANY OF THE LIVE UFC EVENTS?
YEAH, THE LAST ONE I ATTENDED WAS LYOTO MACHIDA VS RASHAD EVENS. THAT WAS A GREAT FIGHT? ME AND MY PARTNERS WERE ROOTING FOR LYOTO BECAUSE LYOTO'S MAIN STYLE IS SHOTOKAN.

YOU SAID THAT YOU ALSO WATCH THE ULTIMATE FIGHTER?
DEFINITELY WATCH THE ULTIMATE FIGHTER!
THE COOL THING ABOUT THAT IS YOU'RE SEEING DUDES THAT ARE UP AND COMING FIGHTERS, AND THIS IS THEIR CHANCE TO MAKE A NAME. MAKE IT OR BREAK IT... IT'S COMPELLING.

WHAT DO YOU THINK OF THE TWO COACHES, KOSCHECK AND GSP?
I THINK THEY'RE GREAT. I MEAN, THEY HAVE THE ANIMOSITY... THEY HAVE THEIR RIVALRY... AND NOW THEY ARE ABOUT TO GET IT ON AGAIN!

SO WHO WOULD YOUR PICK BE? KOSCHECK OR ST. PIERRE?
I LIKE KOSCHECK, BUT I CAN ALSO APPRECIATE HOW ADVANCED ST. PIERRE IS ABOVE MOST THE PEOPLE IN THAT WEIGHT CLASS. HIS SKILL LEVEL, HIS TRAINING, EVEN HIS CARDIO IS ALL TOP-NOTCH. IT'S GOING TO TAKE SOME TIME TO SEE IF KOSCHECK CAN KNOCK ST. PIERRE OFF AND WE'LL SEE IF KOSCHECK CAN DO IT.



WE JUST WITNESSED CAIN VELAZQUEZ BECOME THE FIRST HISPANIC HEAVYWEIGHT CHAMPION. WHAT DO YOU THINK ABOUT THAT?

HE HAD A LOT OF SUPPORT BY THE LATINO COMMUNITY HERE IN L.A. A LOT OF MEXICAN-AMERICAN FOLKS HAVE BEEN WAITING FOR A HEAVYWEIGHT CHAMPION OF SOME SORT, AND IT JUST HAPPENED TO BE IN MMA. IT VALIDATES US. IT SAYS WE CAN GET IN THERE AND PUT IT DOWN WITH THE BEST OF 'EM. I THINK HE'S A SPECIAL DUDE, YOU KNOW? HE IS A WELL-ROUNDED FIGHTER. HE DESERVED THAT SHOT, AND HE WORKED HARD FOR IT. WE SHOULD CONGRATULATE HIM, AND CELEBRATE HIM.

OTHER THAN CAIN, WHAT FIGHTERS DO YOU FEEL REPRESENT THE HISPANIC COMMUNITY?

I THINK DIEGO SANCHEZ REPRESENTS PRETTY WELL, AND EVEN ROGER HUERTA BEFORE HE WENT ON HIS LITTLE DOWN SLIDE. GUYS LIKE THAT. THEY COME IN PROUD AND THEY DON'T TALK SMACK. THEY ARE ALWAYS TRYING TO BE CLASSY, EVEN WHEN THEY LOSE.

IF YOU HAD TO PICK ONE FIGHTER, WHO WOULD BE YOUR FAVORITE?

MMM... IF I HAD TO PICK? IT WOULD BE CUNG LE. HE IS A HARD ASS. HIM AND ANDERSON SILVA. THOSE ARE MY FAVORITES.

IF YOU WERE A FIGHTER, WHAT SONG WOULD YOU WALKOUT TO?

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I WOULD WALK OUT TO PANTERA, RESPECT

IF YOU COULD STEP IN THE CAGE WITH ANOTHER WELL-KNOWN RAPPER... WHO WOULD IT BE?

(laughing) I DON'T HAVE BEEF WITH ANY RAPPERS ANYMORE. IF YOU WOULD HAVE ASKED ME A FEW YEARS AGO, I WOULD HAVE SAID ICE CUBE CUZ WE HAD PROBLEMS FOR A SECOND. BUT ME AND CUBE ARE FRIENDS NOW AND I HAVEN'T HAD BEEF WITH ANYBODY IN YEARS.

WHAT ABOUT 2 RAPPERS YOU WOULD WANT TO SEE GO AT IT IN THE CAGE?

HOW ABOUT MC HAMMER AND JAY-Z (laughing) THAT COULD BE A FUN ONE.

LAST QUESTION... DO YOU HAVE ANY NEW ALBUMS OUT, OR ANYTHING THAT YOU WOULD LIKE TO LET US KNOW BEFORE WE GO?

WE PUT OUT OUR "RISE UP" ALBUM THIS PAST APRIL AND WE JUST FINISHED TOURING. SO WE'RE SORT OF IN "RELAX MODE." BUT, PEOPLE CAN ALWAYS CHECK US OUT ON B-REAL TV.

Watch for B-Real and crew at breal.tv Monday-Friday at 4:20 P.M.

