

Georges St-Pierre

Quotes

Mma, Fighting, Thinking, Art, People, Goal, Sports, Guy, Trying, Important, Hurt, Keys, Years, Games, Artist, Wrestling, Ufc, Two, Progress, Vacation

The danger is not to set your goal too high and fail to reach it. It's to set your goal too low and reach it

~Georges St-Pierre

The truth is that I didn't start as a winner. When I was a kid, I was just another reject. I started at the bottom. I think all winners do.

~Georges St-Pierre

Training to become champion is the toughest thing. The fight itself is just a test.

~Georges St-Pierre

Standing still is never a good option. Not in the ring, and not in life... When you stop moving, you're done.

~Georges St-Pierre

It all comes down to confidence: your body can do great things only if it believes it can accomplish them.

~Georges St-Pierre

I've trained myself to fight an army, so one guy will not defeat me.

~Georges St-Pierre

People who believe in themselves can accomplish almost anything... all begins with attitude.

~Georges St-Pierre

What happens when you accept and embrace your fear? Fear becomes your weapon.

~Georges St-Pierre

Some people learn to lose. Others lose and learn.

~Georges St-Pierre

Pick a goal, make a realistic plan to reach that goal, work through each step of the plan, and repeat.

~Georges St-Pierre

If you prepare your subconscious for highly stressful situations, you can create harmony with your fears. You can tame fear like a wild animal and use it to your advantage.

~Georges St-Pierre

Fights aren't won in the octagon, they're won in the months leading up to them, in a near-empty gym, in the lost hours of a day, whether I feel like it or not.

~Georges St-Pierre

It's easy to talk, it's harder to fight.

~Georges St-Pierre

My mentality is like a Samurai: They used to every day work on their technique to make themselves almost perfect. Because perfection is impossible, but every day, you get closer to perfection.

~Georges St-Pierre

It's not about how you are when things go well, what defines you is how you are when you fail from an obstacle.

~Georges St-Pierre

With training and self discipline; clear focus and confidence; problems can be overcome and even lead to unexpected gains

~Georges St-Pierre

Fear is the genesis of most of the good things that have occurred in my life. Fear is the beginning of every success I've lived.

~Georges St-Pierre

It's like life. The more knowledge you get, the more questions you ask. The smarter you get, the more you realize that everything can be possible.

~Georges St-Pierre

One of my favorite Japanese proverbs is "Fall down 7 times, stand up 8".

~Georges St-Pierre

If you look good, you feel good, and if you feel good, you do good.

~Georges St-Pierre

With discipline, belief, and the right knowledge, we become the best we can be.

~Georges St-Pierre

A guy that has more knowledge has the advantage.

~Georges St-Pierre

There is no luck in life, everything happens for a reason. Every little thing that you do... leads up to a bigger thing. And that's the story of my life.

~Georges St-Pierre

It's OK to get butterfly in your stomach; the key is to learn how to make them fly in formation.

~Georges St-Pierre

I'm the kind of guy who only makes a mistake once, never twice.

~Georges St-Pierre

Respect is the most important thing. Be respectful toward others and have respect for yourself.

~Georges St-Pierre

My goal is to share all my learning, all of my knowledge, so that other generations of martial arts will benefit.

~Georges St-Pierre

Power is different when you combined it with wisdom. Wisdom allows you to use less power to accomplish more tasks.

~Georges St-Pierre

You can spend your life watching other people win or beat your name into history.

~Georges St-Pierre

Every little thing you do leads up to a bigger thing.

~Georges St-Pierre

Once I got over my anger and rage from childhood, once I stopped feeling like a victim, I was able to open myself to great sources of learning.

~Georges St-Pierre

Don't be afraid to spend money to make money. That's one thing I've never been afraid of... to invest in myself.

~Georges St-Pierre

Fear can be a natural ally, a homemade power source... Staying in the present, fear can only help you.

~Georges St-Pierre

Humility is the first rule of martial arts. Either you learn humility quickly, or you leave because your ego can't handle losing repeatedly.

~Georges St-Pierre

A true master gives all his knowledge. But only when the student is ready.

~Georges St-Pierre

I've come up with my own cure for a closed mind: try it once, and see.

~Georges St-Pierre

Seeking knowledge is like opening doors. And I know the doors are everywhere.

~Georges St-Pierre

Thanks to his willingness to face me, my life takes shape, my path evolves.

~Georges St-Pierre

Respect your opponent, just make them respect you more.

~Georges St-Pierre

I'm not impressed by your performance.

~Georges St-Pierre

Always pursue your dreams and work hard at it.

~Georges St-Pierre

Growth is a long term game, and the crappy days are more important.

~Georges St-Pierre

A fight is 10% physical and 90% mental.

~Georges St-Pierre

When you prepare a list of improvements and you make them small and achievable, you won't just stick to them, you'll increase the chances that you'll keep moving forward.

~Georges St-Pierre

In fighting, in evolution, in life, efficiency is the key.

~Georges St-Pierre

I want to use every second of my life, every time that I have in my life, to make me a better fighter. That's why I'm a martial artist. For me, it's more than a job - it's a way of living

~Georges St-Pierre

If I'm disrespectful to my opponent, how can I respect myself?

~Georges St-Pierre

Train smart at all times and do your best to avoid injury. Training smart is more important than training hard.

~Georges St-Pierre

Nothing really frustrates me to the point of hatred. It's not the worth the energy.

~Georges St-Pierre

When you pay attention to detail, the big picture will take care of itself.

~Georges St-Pierre

Only way to eliminate the element of surprise is to know yourself and now your adversary.

~Georges St-Pierre

It's not always the strong that survive. It takes brains, guts, tolerance and forward thinking.

~Georges St-Pierre

You always recognize great champions... how they come back from a loss.

~Georges St-Pierre

It's not the most powerful animal that survives. It's the most efficient.

~Georges St-Pierre

I think it makes you stronger to admit that you're scared, because you're not scared to say that you're scared.

~Georges St-Pierre

I'm always at my best when I'm fighting a guy who insults me..questions my integrity; it lights more fire in me.

~Georges St-Pierre

No two journeys are alike. Nobody can pretend to know the journey another person takes to achieve his dreams.

~Georges St-Pierre

Your body can dictate your mind... As I'm walking to the Octagon and I act with confidence, my body take over my mind, and I become confident for real.

~Georges St-Pierre

The goal is to avoid mediocrity by being prepared to try something and either failing miserably or triumphing grandly.

~Georges St-Pierre

Make sure your approach is consistent and steady so that you can maintain the progress you're making as your journey continues.

~Georges St-Pierre

I'm so busy during my everyday, when I go on vacation I need to pull the plug like they say, and to do nothing.

~Georges St-Pierre

Set your goal and keep moving forward.

~Georges St-Pierre

I don't want things that I regret in life, and things that I have not done - and I don't want to at 80 years wake up, and tell myself: 'Oh I was on top of my shape and skills and I didn't do it.'

~Georges St-Pierre

Before each one of my fights, I make a point of saluting my opponent. I salute the other fighter out of respect, even though he is trying to take something from me.

~Georges St-Pierre

When great depths of unrelenting sorrow are punctuated by great peaks of joy and liberation, the result is delicious.

~Georges St-Pierre

The only way to ever truly get your confidence and swagger back, I've learned, is to fight for them.

~Georges St-Pierre

One of the lessons I learned in all those years practicing karate is that progress only comes in small incremental portions.

~Georges St-Pierre

Everyone is a threat, and anyone can be beat at any given moment. No one is invincible.

~Georges St-Pierre

Innovation is very important to me, especially professionally. The alternative, standing pat, leads to complacency, rigidity and eventually failure.

~Georges St-Pierre

You think I was born rich? I've worked really hard. You have no idea.

~Georges St-Pierre

This extends to all things, but you only learn it by losing a few times.

~Georges St-Pierre

Innovation is a discipline not a lottery... It comes from the combination of two elements within my control: hard work and openmindedness.

~Georges St-Pierre

It's bizarre, a punch in the face hurts less when you win than when you lose.

~Georges St-Pierre

If I come back and I lose, at least I know I did everything I should have done, I have no regrets, I'll be happy. I can die happy.

~Georges St-Pierre

I like to think I'm like water that adapts to its surroundings and eventually finds a way in.

~Georges St-Pierre

I'm a martial artist, and I don't train because I have a fight; I train because it's my lifestyle, and I'll train every day if I'm not hurt.

~Georges St-Pierre

Efficiency for me is an obsession..It not only helps me get stronger but makes things simpler.

~Georges St-Pierre

I see the world as a knowledge hardware story, and every day I'm just walking through the aisles.

~Georges St-Pierre

To fight a bigger guy you need to train with bigger guys and it takes a lot more on your body. And it's not your weight class.

~Georges St-Pierre

I am very honored and excited to be part of UFC 100, it's going to be the hardest challenge of my career so far and it's going to be pretty tough, I can't wait.

~Georges St-Pierre

Once fear enters your life - it will take you in one of two directions: empowerment or panic.

~Georges St-Pierre

I will repeat a technique until it is mastered, no matter when that will be. One certainty though: it will be.

~Georges St-Pierre

Watching myself fight, I realize the line between success and failure is so narrow, it's scary.

~Georges St-Pierre

I'm always scared when I fight. But that fear is what keeps me more alert and more focused. It's good to have fear.

~Georges St-Pierre

I will never blame a fighter if he doesn't fight me because he takes care of his own interest first, and prioritize the interests of his family first, that's completely normal.

~Georges St-Pierre

There's no honour fighting in the street, there is nothing to gain.

~Georges St-Pierre

When I go on vacation I just like to do nothing - just hang out at the beach, go eat the best restaurants, and do nothing.

~Georges St-Pierre

I'm an athlete, my job is not negotiating, it's not my field of expertise.

I'm an emotional guy - it's normal, a lot of athletes are, and we're very susceptible to get our ego cut because of that.

~Georges St-Pierre

People don't understand, yeah I'm alright as a wrestler, but I beat people in the takedown because of my distance control - because of my Karate. This is something I learned since I'm 7 years old.

~Georges St-Pierre

I was a big fan of Jean-Claude Van-Damme growing up, and I always wanted to be a martial artist 'cause of him.

~Georges St-Pierre

I am a public person and I have my private life. It's important for me that my private life stay private, that what I share with the people is my public personality.

~Georges St-Pierre

Innovation keeps me ahead of my competition. It means that my foes must adapt to me, not the other way around.

~Georges St-Pierre

A system that works for one person won't be perfect for another... Individuality is a major part of expanding knowledge.

~Georges St-Pierre

Kyokoshin I've done most, but I competed in Sports Karate also, that's my style that I come from, and mixed with the wrestling that's how I got the takedowns.

~Georges St-Pierre

Fighting is about knowledge, knowledge is a very important part of it.

~Georges St-Pierre

Nervous and scared is a good thing, it's your friend. You feel more on the edge, you feel like you're about to fall down the river, it's a good thing for me. I like that feeling.

~Georges St-Pierre

Innovation, born from true creativity, depends on movement.

~Georges St-Pierre

I fight with emotion, but I don't fight with anger. I could be angry, but I'm not going to fight with anger because when you fight with anger you can make mistakes.

~Georges St-Pierre

One of the important lessons I learned from my parents is always to respect authority figures like teachers.

~Georges St-Pierre

I bow to my opponent in praise and thanks. After the fight is a time for humility, acceptance and analysis, no matter the result.

~Georges St-Pierre

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