Mma, Getting Back Up, Wrestling, Get Better, Ufc, Fighting, Loss, Art, Marine, School, Dad, Sports, Trying, Usa, Fall, Culture, Talking, Striving To Be The Best, Iowa, Worry

You really can't worry about stuff you can't control... You need to focus on getting where you need to be and not worry about what could have been and what should have been.

~Robbie Lawler

I don't need to do all the trash talking. I try to do it with my fists, my knees, and my feet.

~Robbie Lawler

It's all about getting better and controlling the things that you can control, which is getting better day to day.

~Robbie Lawler

Even in the losses, I always saw glimpses of something that kept me going.

~Robbie Lawler

I've been through a lot of ups and downs. Just willing to get back up and grind every day to try and get better.

~Robbie Lawler

I'm looking forward, that's all, I'm not looking backwards.

~Robbie Lawler

What I've learned from those losses... Priceless.

~Robbie Lawler

It's about falling down and getting back up.

~Robbie Lawler

It's all about... getting back up and getting back to work and striving to be the best you can be.

~Robbie Lawler

I did a lot of smoker fights and fought pretty much every week since Pat wouldn't let me fight until he was sure I was ready. I was also boxing and so I had 30 unofficial fights or more of those.

~Robbie Lawler

The sport in 2000 wasn't as big as it is now [in 2008].

~Robbie Lawler

I also watched boxing all the time and Tuesday Night Fights on USA and just kept hitting my heavy back in the garage.

~Robbie Lawler

A lot of military kids make a lot of moves but I only made the one, so it wasn't really an issue for me.

~Robbie Lawler

Get back up when you're knocked down.

~Robbie Lawler

I just try to keep getting better every day, and that's all I can do.

~Robbie Lawler

I got a little bit of the Marine mentality from my dad, I guess. You can't but help absorb the culture you're around.

~Robbie Lawler

I had never thought about being a professional fighter but meeting Pat [Militich] and the guys just pushed me in that direction.

~Robbie Lawler

I kept doing my own thing, working out with weights, wrestling, and doing other spots until I graduated from high school. Then I made a conscious decision to pursue MMA seriously and full time.

~Robbie Lawler

I lived in Iowa for pretty much the rest of my life, but I just moved to St. Louis and opened up a gym and MMA training center.

~Robbie Lawler

You don't really realize the effect those things have on you when you're growing up but then when you look back you can see how they molded you.

~Robbie Lawler

I'd always done martial arts I was always interested in fighting.

~Robbie Lawler

I did start wrestling after I moved to Iowa, I think in the seventh grade. It's really a part of the Iowa culture so it's hard not to do it if you like sports.

~Robbie Lawler

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