

JOE THE INTERN / WORDS BY JOE JACKSON PHOTOGRAPHY BY CHRISTIAN KNIGHT


"This isn't a pool session, punk! Get up!"

INTERN ASSIGNMENT: SPAR WITH JAY KINCAID

Since retiring from freestyle last year, 2003 world freestyle champ Jay Kincaid has devoted all of his strength and athletic skill into Brazilian Jiu-jitsu. Last spring, Kincaid directed that training at Joe the Intern

THE FIGHTERS

"ALL DAY" JAY KINCAID

Age: 32

Height: 6-foot

Weight: 200 pounds

Hometown: Eugene, Oregon

Style: Brazilian Jiu-Jitsu

In two years, the former high school wrestler and weightlifting champ has progressed through three belts in a gym where most fighters need two years to get past their first. On Tuesdays he practices striking with professional International Fight League pros and his instructor, Gary Grate, who last year won the black belt division of the Grappler's Quest, the largest submission-wrestling tournament in the world. Grate regularly chides Kincaid for not competing in tournaments.

JOE "THE INTERN" JACKSON

Age: 25

Height: 5-foot-11

Weight: 166 pounds

Hometown: Oak Park, California

Style: Mixed

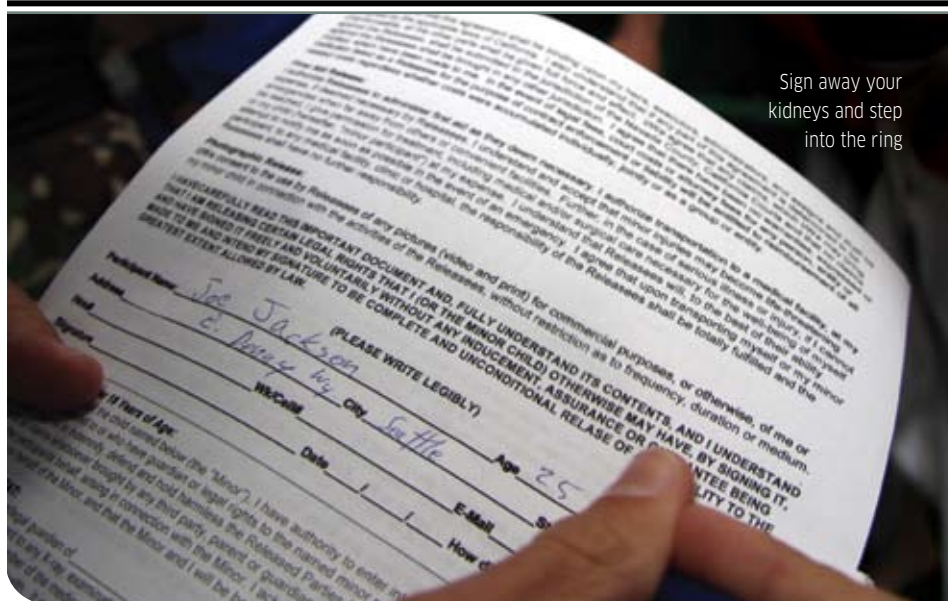
The Class III kayaker studied Tae Kwon Do under Master Kim in Morristown, New Jersey, at the age of 7, culminating in a second-place finish in the tug-of-war event at his first Tae Kwon Do tournament. In 2007, "The Intern" took one free Krav-Maga Israeli street-fighting lesson.

THE HYPE

Fight offer (e-mailed to All Day Jay's wife Lisa Beckstead): "Joe still wants to kick Jay's ass. Jay better watch out. We'll be down there for the Reno River Festival."

All Day Jay's response: "I don't know why this dude has an issue with me, and to be honest I don't really care. I am not hard to find. I'll be at the River Fest all week long. If Joe really wants to scrap we can do it at my gym, or do it on the street. I train with dudes every day that fight professionally for a living. For real, if someone picks a fight with me on the street I will put them in the hospital, and that is no joke."

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Sign away your kidneys and step into the ring

REACTION

The Intern skips lunch.

After a slight clarification—“Jay,” writes Beckstead, “he was joking. He’s Joe the Intern!”—All Day Jay agrees to a friendly match: “I should have known you were messing with me. Dude, that kind of stuff fires me up!”

STRATEGY

The Intern’s Goal: Earn respect.

Associate editor Christian Knight’s suggestion: Punch him in the face with all my might right out of the gate.

Problem with Christian’s suggestion: Jay tells me he’s not planning on “striking.” But, I can certainly punch him in the face, especially, he says, since I have never punched anyone in the face before.

My plan: Don’t surrender. Don’t tap out.

Problem with my strategy: Beckstead tells me her husband has no mercy for idiots who try to demonstrate their courage by refusing to tap out. “He’ll choke you out,” she tells me.

“Out?”

“Till you’re unconscious.”

Revised Goal: Keep teeth and nose in tact.

All Day Jay’s Goal: Have fun. Convince The Intern he’s about to die. “Well, Christian signed up Joe the Intern for a little scrap, so he had better be training like Rocky, and he had better sign up for a couple more free Karate classes.”

THE FIGHT

The framed poster on the wall of the entrance to the Charles Grace Jiu-Jitsu Academy of Reno is terrifying. In it, owner and instructor Gary Grate is straddling some poor supine soul, about to crush his face with a clenched and bulging arm, which he’s raised in the air, like a sledgehammer. Grate introduces himself to me, then blasts *Welcome to the Jungle* as I step onto the blue mat.

In about 15 different matches, not one lasting more than 20 seconds, Jay chucked me around like a cat toying with an injured lizard, using moves such as arm bars, omaplatas, triangle chokes, and rear-naked chokes. The only concept my brain understood was to keep breathing and maintain blood flow. The helplessness was comparable to the rag-dolling I’ve endured when a 14-foot ocean wave has sucked me over its falls, or when I’ve found myself in the bowels of a hungry ledge hole that was starving for my paddle and body. Thankfully, Jay was more merciful than Mama Nature. All I had to do was tap his arm when I wanted to breath again.

RESULTS

All Day Jay Kincaid: 15 (or so)

Joe the Intern Jackson: 0

Rumors of The Intern taking a shot at the title after a year of training in Seattle are in the mills.

Email your assignments for *Joe the Intern* to joe@paddlermagazine.com

MEDIA

BOOK REVIEWS

Time is too scarce to waste it reading bad books. Read this to find out which stories are worth it

Going Vertical: The Life of an Extreme Kayaker

By: Tao Berman with Pam Withers
Menasha Ridge Press; \$16.95

This ghostwritten autobiography of Tao Berman’s life follows the professional kayaker from his childhood to the present. The story highlights some of his more defining kayaking and business feats and offers a hearty dose of his personal opinions on redefining limits.

- Scout Hard
- Read and Run
- Just Portage



Descending the Dragon: My Journey Down the Coast of Vietnam

By: Jon Bowermaster;
Photography by Rob Howard
National Geographic Books; \$21.95

Paddle 800 miles along Vietnam’s Northern Coast with Bowermaster and share his frustrations with bureaucracies, astonishment at the natural beauty, and genuine curiosity of the culture that surrounds him. His personal account coupled with Howard’s striking portraits of this vibrant land will satiate the most discerning of vicarious international travelers.

- Scout Hard
- Read and Run
- Just Portage



Over the Rivers: An Aerial View of Geology

By: Michael Collier; Mikaya Press; \$34.95

Collier combines a keen photographer’s eye with his background as a geologist, science writer, and oarsman on the Grand Canyon to deliver this well-rounded, informative book. The vast aerial views of North American Rivers make *Over the Rivers* worthy to rest on a fine mahogany coffee table, but the explanations of the science behind the beauty make this hardbound worth lugging on the bus.

- Scout Hard
- Read and Run
- Just Portage

