

QA

What is your earliest memory of watching a massive sporting event?

"I remember crowding around a small TV at one of my dad's army buddy's houses to watch Mike Tyson knock the hell out of someone and I can remember thinking Mike Tyson was like, super-powered. That was during the same era that WWE/WWF was around with Hulk Hogan. Actually, if you check out my blog at mayhemmiller.com there's a good memory of me meeting Hulk Hogan when I was 10 years old. That's one of the youngest memories I have."

Outside of MMA what sports do you watch now?

"I really got into basketball this season and, you know, those guys are amazing athletes. To be that huge and that coordinated is really amazing. I got into it 'cos I was in Boston during the NBA play-offs filming a movie in which I had green hair, so I really represented the Celtics at the time and got caught up in that fever."

What is the most memorable moment from your career so far?

"Probably beating Kazushi Sakuraba [submission victory in the first round last September at Dream 16 in Japan], although he was a legend in the sport. I really looked up to that guy."

And the worst moment in your career?

"I beat a guy named Shawn Taylor in Hawaii and choked him out, but he wouldn't tap and he went to sleep. He was such a tough dude and wouldn't quit and I beat the guy good. Maybe it was coincidence but the guy had a drug problem after that... later, he killed himself. It was about a year after that he hung himself from a bridge. They were replaying that fight on local TV and I took a lot of guilt from that, I know he had problems, drug problems, mental problems but I couldn't understand how a guy who was so tough and fought so hard and wouldn't quit against me, could quit on life like that. It stuck in my brain and I'd just won a title fight. It got me really down too. I couldn't believe it and it sent me on a downward spiral for a while in my life."

You're known as a joker and entertainer but is there a serious side to Jason Miller?

"Absolutely. You have to have a serious side. I don't view myself as a smart guy, but I'm smart enough to know that I'm not that smart. The more you see the less you know."

Does that mean you keep learning?

"Mike, my damn dad, used to ask me once a day, 'What did you learn today?' and if I didn't have anything he'd make me go learn something. I used to hate it, but now I appreciate it and I go off sometimes and research something. It's a good thing to pass onto your kids."

Are your siblings involved in sports?

"I've got a little sister, Megan, but she's not little. She was the top-ranked player in her roller derby league at one time and now she runs a kickboxing gym, which is funny because for years she looked at me like I was crazy for doing MMA. It bodes well for my family because my dad boxed and everyone is pretty aggressive and we need an outlet for that aggression. So hitting a bag or sparring is right up their alley."

Is there one piece of advice that's stayed with you in your MMA career, that you use as a mantra?

"When I was 17 or 18 years old I'd spar with a boxer, a big, black guy with gold teeth called Bubu and one time I was in the gym and I could tell he was so stressed. He gave me one piece of advice that was well put, but I didn't really follow enough when I was younger. It was, 'Stay away from bitches.' At the time, I was like, 'What Bubu? But I like girls,' and he was insistent. 'Man, just trust me, stay away from bitches,' he said. As I got older I found out that almost every story there is that ends with trouble began with a woman. So I kind of got what he meant."

If you could go back in time to watch any sporting event in history what would it be and why?

"Come on, that's an easy one. Why wouldn't I want to sit next to Caesar and watch gladiators fight off freaking lions? I'd actually like to go back and watch pankration matches. To know there was an era of guys throwing rocks and punching each other, it's amazing, it's barbaric but that was a long time ago so of course it's barbaric, but it was advanced at the time."

"What did you learn today?"

Jason's dad, Mike