

## Keebo Robinson

### BJJ Instructor for Team Tompkins

Where to find him:  
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**Robert Drysdale Brazilian Jiu-Jitsu**



Everyone knows Shawn Tompkins best as “The Coach” but among Tompkins’ best attributes is the willingness to find great help for his stable of fighters. Enter a veritable dark horse of an expert in the way of Keebo Robinson. While Robinson’s been one of the fight world’s best kept secrets, a recent submission win by Chris Horodecki may have everyone asking how the Canadians are upping their ground game. Considering the BJJ instruction is now coming from Keebo, who is Sergio Penha Black Belt, that question is firmly answered. Also of note, Robinson is close to the same size as the Team Tompkins fighters and is willing to be on the mats with each of them to give instruction on the go.

**AUTHORITY:** Please tell us a little about your background, your biographical info and how you came to be part of Team Tompkins.



**ROBINSON:** I was Born in Madera, California and started Judo when I was about nine. I practiced Judo on and off for about 10 years. I fractured my collar bone, and took some time off for about ten years. That’s when I discovered BJJ, and started training with Sergio Penha. I received my black belt from Sergio Penha. I trained with Chris when he was working for the IFL Grand Prix, and that sort of started my relationship with Shawn Tompkins. It’s been a blessing.

**AUTHORITY:** How long did it take you to get your black belt from Penha?

**ROBINSON:** About five years. I started a little late in the BJJ game, but I think the judo helped lay the foundation. Sergio is a great coach. I mean I trained a lot. I was training four to six days a week. I was really trying

to learn it, really trying to absorb it and make it part of my life.

**AUTHORITY:** So now that you’re working with professional fighters, how important has it been to adapt the BJJ game to the MMA world?

**ROBINSON:** There’s a difference. I’ve been able to see the difference. You can’t make a wrestler a BJJ guy, but you can teach him the things that are going to work on the ground in certain situations, and make that work for MMA. There are a lot of BJJ guys who try to turn MMA guys to BJJ guys, and that’s not going to work. I try to look and study the game from a different angle, and I think that I understand it really good. I try to look at things that work in MMA, but not try to turn them into a BJJ guy.

**AUTHORITY:** Every once in a while, you’ll see a trainer who doesn’t tap out to students, and refuses to give up position. However, it doesn’t bother you. How does this help the fighters?

**ROBINSON:** It comes down to technique; they have to be able to know how to work through positions. For the most part I think it’s real important for them to get that work, it doesn’t bother me to be put in bad positions. Sometimes I tell them, “You need to move this way.” He can see that, and it becomes more of a flow rather than one position at a time. And it helps me learn. These guys take my back all the time, so it helps me every day. When they get a position, I actually have to defend it so that I don’t get tapped out, and I don’t mind tapping out. We’ll start with training partners on our back, with them with mount, and then go.

**AUTHORITY:** A lot of people don’t train from bad positions, as in they won’t start out being mounted or in a partial triangle choke. How important is it to make sure your fighters train as if they’ve been caught?

**ROBINSON:** It’s very important. They need to know what it’s like to be in a rear naked choke and not panic. How to be in a triangle choke and defend it. Nobody plans for the worst, and I see that in a lot of MMA fights, people get in bad positions and don’t know what to do. If you train those bad positions enough, you’ll know what to do and not panic. We work on different things all the time.

**AUTHORITY:** It certainly helps the pro-MMAist that you prepare for combat. In your on case, you have invested a lot of your life into BJJ training. What do you see in the way of grappling competition?

**ROBINSON:** Yeah, I usually do three or four grappling tournaments a year. I want to just continue evolving. Hopefully that will make me a better teacher and coach. Hopefully whatever I continue to do I can pass on to other people. The day I stop wanting to learn is when I should probably just hang it up.

**AUTHORITY:** Any last words now that you have the podium?

**ROBINSON:** Yes, I wanted to give my appreciation to Shawn Tompkins and his team for giving me this opportunity.

## Scott Einstein Epstein

### MMA/BJJ Instructor under Eddie Bravo

Where to find him:  
10th Planet Jiu Jitsu, Burbank  
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I’m standing up and striking, though I know where I need to get better.

**AUTHORITY:** How important is it for you to work with some guys and mold them into the next generation of 10th Planet?

**EPSTEIN:** I don’t really pay much attention, I don’t trust people. But once I see that they really want to learn, I

start to learn their name and take interest in them. It’s happened to many times, they pay me for private lessons but then they leave. I can’t really invest myself in people like that too much, but I’m here to help everyone. That’s what I’m here for. I want all these guys to be animals; I want all these guys to compete. I want to have a whole army of guys.


**AUTHORITY:** Can you tell us a little bit about your role as a manager?

**EPSTEIN:** Managing isn’t really a job, just something I kind of do to help. I remember this one promoter not getting things done, and I have a big mouth so I got in peoples faces and said “This is what we do, this is how we do it. If his opponent doesn’t show up he gets half his money.” Right now, I’m really just focusing on one person, Jessica Pene. She’s in Bellator, she’s an animal. 6-0, that’s a tough girl and someone who is serious about it. But it’s a very tough job. If you don’t have a UFC champion under you, they don’t want to talk to you.

**AUTHORITY:** How much has it helped you out as a fighter to know some of the things that go on backstage?

**EPSTEIN:** I have a lot of street smarts, I grew up in Queens. So I think I have a lot of those instincts. I know how to negotiate; I will always set my standards high in all aspects when it comes to dealing with promoters, sponsors, whoever it is.

**AUTHORITY:** For those of us that won’t be able to make our way to you, please tell us a little bit about the DVD coming out.

**EPSTEIN:** It’s probably going to be called 10th Planet All-Stars. Instead of focusing on all me, I’m taking a couple of the guys from 10th Planet and having them do some techniques. It’s going to be mostly me though. I’m directing it and editing it, it will be done in HD. There will be angles from above, and behind, and from under. It will be beautiful. Even if I show the worst techniques in the world, it will look awesome. 



A rare MMA fighter that is also a direct understudy of one of the most innovative BJJ practitioners in history, Eddie Bravo, Epstein is known as a world class grappling artist in his own right. This is most readily apparent throughout all of his fights where he remains undefeated with all of his wins coming via submission. In his career, “Einstein” has also done the extra credit work of undertaking the duties of trainer, cornerman, and manager—his most recent project is Bellator female fighter Jessica Pene. Taking a his own approach to some of the 10th Planet system, Epstein is also known for putting Bravo’s style in a format that others can more readily use, notably less flexible individuals, as he will show in a upcoming instructional series, 10th Planet All Stars (a first of its kind instructional being filmed in HD and using swooping camera shots to capture the fine detail of every technique).

**AUTHORITY:** For those that don’t know you there’s a lot to catch up on. You’ve been doing a lot of competition. You’ve been helping out Eddie in terms of instruction. Can you fill us in on your background?

**EPSTEIN:** I’ve been with Eddie since the day he started his own gym. I was the first of five or ten guys that were there. What he did was unique; I had never seen anything like it. Within a few months, I was competing a lot in BJJ. Being with Eddie made me hungry for it. I was winning a lot. I was winning eight out of ten tournaments in my division. To start out with, it wasn’t so much Eddie’s stuff that I was winning with, but I believed in the system. As I evolved and learned more and more of his technique, I threw out what I was doing and started doing what he was doing...and I sucked. But then I started getting back to winning, and realized that I was on to something. Within a few months after that, he asked me if I could teach class when he wasn’t around. I skyrocketed on how good I got from teaching, and I can still get a lot better. His techniques have become second nature, just from teaching his stuff so much. I started getting into MMA, because people around me were doing it. Eventually I decided to fight, and did a couple. I’m 4-0, all with submissions. It’s pretty much been all Eddie’s stuff in those fights.

**AUTHORITY:** How have you incorporated things like kickboxing into your game?

**EPSTEIN:** I still want to be a good boxer or kick boxer. You kind of get good at one thing and want to stay with it, but I’ve been training my striking a lot since my first fight. I would rather just knee someone in the face and put them out, but I don’t want to break my hand throwing punches either. The probability of me getting knocked out is if