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SPEAKERS

Edroy Odem, Darren Fuji

- E** Edroy Odem 00:05
From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now here's your host Scot McKay.
- D** Darren Fuji 00:18
Hello again gentlemen and welcome to yet another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter at Scot McKay on parler real Scot McKay on Instagram Scot McKay on YouTube, the website as always is mountain top podcast calm. And I also invite you to join us if you haven't already on Facebook, in the growing group for men of character, which is the mountain top summit. With me today is a fellow Oji as it were from the old pickup artists days old school men's dating advice used to go by the name DJ Fuji. Yeah, you probably heard of him before from back in the day. Nowadays, you can call him Darren fugi and he is starting a brand new venture called become sharp, the title of which I already like, and I want to welcome him. DJ Darren Fuji. Welcome, man. Thank you, man. It's good to be here. Yeah, man. You know, it's funny because I've known of you. And you said likewise for years, and we've never really sat down and had a conversation before. And I don't know how that slipped through the cracks, but better late than never. Right? Yeah, definitely. Definitely. And you came up with a really excellent topic. just out of the blue. I asked you, Hey, you know, what do you got going on? That's exciting to you. What are your soap boxes as it were

nowadays, and one of the ones that you threw down was discipline and work ethic, especially as it relates to attracting and relating to women. And I'm going to go ahead and let you riff on why that's important to you and see where this goes. Yeah, so there's two main, I guess, ideas behind the idea of discipline or work ethic and one is that for most of the guys that we coach, they're kind of they're coming to us because they're struggling. And when you're struggling, you're behind the power curve naturally, as in, we see dating is very much a skill set. And it's a lot of social skills are called skills for a reason because you develop them or you maybe haven't developed them. And so if you're behind the power curve, you're essentially below average in terms of social skill set, you need to exhibit a very great deal of discipline and work ethic, just to get to even and potentially to get above average, and to be in essentially to be able to, to have the kind of dating life that you want. And so a lot of people don't see dating as a skill set. And so the idea of working hard for it seems foreign, like why do I have to work hard for it? Can't I just be me? And I would say, you know, if you're like me, you're I'm a five foot four asian guy. And if I was on the basketball court, you couldn't say Hey, why are you working so hard to play basketball, just be you like, I can be me and I'm gonna suck at basketball. Like I'm not a naturally talented basketball player, and I'm short. So skill set a skill set, and when you don't have that skill set, you have to work hard for it. So that's how you That's one way in which discipline work ethic comes in. The second is that women are attracted to men that have drive and ambition. And a big part of that is discipline and work ethic. And so a lot of that idea comes from my training my background as a Marine Sergeant. And so obviously, we are all about discipline, we're all about work ethic. And before that I was a black belt. Before that, I was, uh, you know, I did martial arts and stuff. And, and so discipline has always been a big part of kind of my life and what I've been about, and it's really what has allowed me to succeed, in spite of the fact that at its core, I'm a five foot four asian guy. He's not classically good looking, trying to be competitive in this dating pool. And if anyone has is in this spot, they know how difficult that can be. And the discipline, the work ethic, are really what allowed me to be competitive and to be successful in that arena. Yeah, you know, there isn't an easy button. And yeah, that's going to come as a complete utter shock to just about any guy who's consumed mainstream dating Advice. And I would lump into what I call mainstream, much to the chagrin of many, the old pickup artist stuff. Because it was all about the easy button. Here are the three simple words you whisper in any woman's ear and then you get laid. And it's like, you don't have to look good. You don't have to have any money. You can smell funny and have bad teeth and women are just going to spread their legs anyway. Right and it sells like hotcakes. Because of the promise that I don't have to change. I don't have to do anything. I don't have to have any real skills. These women who were inherently disrespecting, by the way with this premise, are just going to be tricked into liking me, right? Meanwhile, women go figure turn out to be actual real human beings and they're not so easily fooled and they have their own desires. They have their own goals that come from a relationship. yet. Similarly, in the

women's dating world, you hear Hey, here are three obsession phrases you can whisper in a man's ear and get them to give you their credit card. Never watch porn again. Right. So the whole world is obsessed with this easy button. Yeah, we don't even want to take the time to relate to each other anymore. I can just like your Facebook, post here and there and I've done my social dues with you. You and I are still friends. People will go to four year degrees get doctorates for the sake of their career. They'll even go practice hitting golf balls on the golf range, and spend lots of money on guitar lessons or painting lessons. But indeed, Darren, when it comes to getting better with women, they're thinking, hey, why can I just be myself? And then they exaggerated when being themselves doesn't work? Yeah, you mentioned something else. There's a lot to talk about here. You talked about how you could go on a basketball court, but you're still this short guy, and boy, can I relate to that you get when I basically see I die on lots of things, even literally, right? Now, as much as I practice, and I've actually used this exact example on this very show. I am never going to be the backup point guard for the San Antonio Spurs, my beloved spurs, it isn't going to happen. I'm never going to be good enough for that. Yet when it comes to attracting women, what most guys fail to realize is due to the way women process attraction, our ability to attract those women, especially the ones we would love to attract who you know whether you want to say they look cute with us, or they would be a good partner for us, whatever. It is much more within our grasp in terms of learning actual real world skills to become more attractive than it say is for a woman who's unfortunately not very physically attractive to get a guy. Would you agree with that?



06:40

Absolutely. Absolutely. And it's, it's almost unfortunate in that sense, because, you know, biologically men are very visual, and we're just evolutionarily we're hardwired in a certain way. And when I coach women, it's difficult because sometimes they'll ask me, hey, why is it that, you know, as a woman, you know, men are just looking visually But as a guy, women are looking for, you know, all these different aspects and it's a more nuanced, multifaceted thing. And that is our evolution. That is our biology. And there are obviously exceptions. That's a generalization, but in a general sense, there is some sort of I would venture to say privilege in the sense that as a guy, there is a lot of, there's a lot of ceiling height, there's a lot of what you can do. I'm a five foot four asian guy. And you know, I'm in the best relationship most of my life and all that happens when I walk around is people assume I'm rich, right? Or people just assume there's something wrong like I paid for her. That is, you know, granted, I've worked for that. But that is a kind of a testament to the, to what you can do with that work ethic. That discipline.

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Darren Fuji 07:45

Yeah, I remember early on I used to get emails asking if Emily was a paid actress. Yes. Just impossible. I mean, you are Come on, really. And then I'd get all the shot in Florida, from guys who probably are part of the red pill movement now. say Oh, she He's gonna break up with you and take your entire fortune, whatever that means. And break your heart. One guy said famously and very laughably to my own wife when I showed it to her that she was gonna run off with some member of Motley Crue. And like, that's not even her type of guy, far from it. And it's funny because that kind of email, those kind of, quote unquote well wishers wishing me well at all. They kind of stopped writing about 10 years ago. And you and I were talking about the MiG tau movement and the red pill guys, and how they don't really find a lot of pleasure in either your material or mine. You know, for my part, they kind of need me not to exist, because first of all, my life was absolutely ruined by my first wife. So by all appearances, by anyone's estimation, I would have every right in the world to not like women and to swear them off. But instead of swearing at women, I swear to myself, I was going to get better with women and not act like a victim and do what I could to be a better man attract better women next time around, and I am now with the greatest woman I've ever met. Also, like you just said, and go figure, it's because I took the time like you to figure out what it was going to take to be more attractive to be the kind of man women want to understand women visa v the world telling us that's impossible, you can't even begin to do that. And then going out making it happen over the course of several years. And that sounds to me like that's what your journeys been to is putting your nose to the grindstone, figuring this stuff out, and while a lot pays off,

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09:39

yeah, I'm a big fan of just the idea of personal responsibility when things don't go right. And sometimes they won't. Sometimes it's just luck of the draw. You can either choose to be a victim or you can choose to do something about it. I was just listening to Jordan Peterson talks about I I don't know if it's a New Testament or the Old Testament, but he basically said whenever they went wrong for the Jews, they had the opportunity to be a victim, or the opportunity to look at it and say, What did we do wrong? And even if you didn't do anything wrong, even theoretically, you did everything right, it still didn't work out. There's great power in giving yourself agency by saying, What did I do? What could I have done better? And it's not a bad thing of putting yourself down. And it's, it's a very big thing on kind of what we work on with our guys is this idea of, hey, when something doesn't go, right, you look to what you could do better, because that agency is so so important. Because if you rob yourself of that, then you're always going to be a victim.



Darren Fuji 10:35

I think that's a fascinating juxtaposition of faith and responsibility. Yeah, because I think a lot of folks who really are rather cynical towards religion or the idea of there being a supreme being would say, you know, you're acting like a victim, inherently, by trusting in a higher being, to rescue you or to save you when you should just relax. on yourself and get the job done. Yet you're absolutely right. The redemption story of the Old Testament is a story of Israel messing up repenting, God saving them, God blessing them. And when they turn their back on God again, getting sent into Babylonian captivity. And even Of course, the central story of the New Testament, which is the redemption story of the Christ figure is based on Hey, you have a choice whether to accept or reject this blessing that's been handed to you by the Christian God, right. And it's up to you, you know, you have a choice that God doesn't force himself upon you. And that's something that people who haven't spent a lot of time really executing the scriptures or thinking about religion from a Judeo Christian sense really think about or grasp it unless they've really dug deep, but that is actually the truth of how the scriptures are structured is Mankind isn't merely a pawn of the Divine creator, we have agency. Yeah, yeah. And I think along with that Darren is the idea that, hey, we can't just sit around and wait for divine blessing without doing anything. You know, one of the A lot of times people think they're quoting scripture when they say God helps those who help themselves, when in reality that's not scriptural. That's not in the Bible anywhere. Yet at the same time, what do human beings do with this agency? Why is Christianity tied to having discipline and having a work ethic? It's a natural outpouring of gratitude towards being here and being given the gift of life that we should want to make the most of it yet somehow there and we live in a society now where everybody does want that easy button they want to do. They want to get as much from other people for doing as little as possible in return and it seems almost epidemic. I mean, you know, the millennials get a bad rap for this. But I think it's filtered up and down to the rest of society in general. Yeah, I



13:08

think that's what happens when, you know, everything becomes easy or everything becomes instant, you know, no one is required to have patience. No one's required to, you know, really, like so many things that you had to work for before now, just at your fingertips, and there's some great, you know, things about that is that the information that we're we have access to and, and, and, you know, with all the internet and all the opportunity, but there are drawbacks to that. And I think, you know, we're seeing that with people's lack of patience, people's lack of ability to delay gratification, and you know, that has very long reaching consequences and implications. So you know, we're going to be experiencing that over the next few decades, but we're already seeing kind of those

issues. We're already seeing those those problems and the people that overcome that that realize that shortcoming and they overcome that and they work for that. They're going to be the next rulers. They're going to be the people They're successful, as you know, as we move forward and the people that don't are going to be the victims that are going to be the people that fall by the wayside.

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Darren Fuji 14:07

And a nice byproduct of that is you'll experience so much more personal fulfillment from having made your own way in the world. Yeah, yeah, absolutely. You know, what's interesting is at the time we're recording this, we in the Western world perceive there to be a lot of strife, and a lot of unrest going on. And indeed, there is compared to what we're used to, that doesn't wipe out the fact that this is the absolute best time ever to be alive. You don't have to go and hunt and kill, right food. You have shelter. Most of us in the Western world, even as we bitch and complain about what we're missing. We have that freedom to bitch and complain without someone shooting us in the head summarily executing all of this for thinking that way, at least not yet. And we get to have a lot of fun. We get to do a lot of things that people just 20 years ago, weren't a Do the women are hotter and sexier later into their 40s and 50s than they ever were before. I mean, that alone is reason to rejoice. We're living longer, we're curing diseases, we look better, we feel healthier. By God, we even have the option to kill ourselves in various ways, you know, was kinky Friedman said, find what you love and let it kill you if that's drugs or alcohol or fast food, you have the freedom to do that. And yet people are still bitching and complaining and saying, Yeah, well, whatever I got quickly, it wasn't enough. I want more. Yeah, I want people to pay my way. This whole COVID-19 thing is great. The government just sends me a check and I get to stay home. Why in the world would I want to go back to school? I mean, I think it's great that my classes are all gonna be online, let my parents or let the let the student loan system pay the bill for the exact same amount of the tuition. I get to basically watch porn while I'm in college. Now this is freaking great. And I'll tell you where I'm most dismayed by what's going on. And I'm sure a lot of guys who are listening to what I'm saying or thinking, Hey, you know what there? That's kind of true. As things get easier, we get more complacent and then we complain more about what we don't yet have. Back when the lockdown started, which is now several months ago, I very happily and optimistically predicted that once we had been locked up, locked down quarantine for three months, four months, people were going to be champing at the bit so hard to get out there and be social again, that once the veil was lifted on all of this, and people could go out and even if the restaurants were open, 25%, etc, etc. People would just be absolutely thrilled to go out and socialize. The women would be perky and frisky and would want to come out and go out on dates with all sorts of guys and people would realize, hey, all of this dysfunction that had been caused by dating apps and other myriad

ways have caused us to think we're socializing, when we're really not. People are going to wake the hell up and go, I want real people. I want real socializing again. And terror. To my dismay, I think the women are all at home with their cats. And they're all at home with Pornhub. And it's become even more of an entrenched habit than it was before.



17:19

Yeah, I'm seeing the same thing. Easy button. Part of it is, at least for us, you know, in California, it never really got to safe, right? We never really like got into control to the point where everyone could relax and it was a vaccine. So that's coming later. But yeah, I think, you know, we're looking at a generation now of everything, being easy, everything being essentially antisocial, like the new generation of both men and women are terrified talk on the phone. But the idea of calling and making a reservation terrifies kids. And when I say kids, I don't mean you know, 10 year old I mean people in their 20s and it's just because they there wasn't that requirement when they're growing up and Unless you had parents that really, really forced that, you know, you have a generation of kids that are used to texting and not used to being in real life conversations and we're seeing the repercussions of that.

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Darren Fuji 18:11

You know, I'm reminded of the old John Hughes movie from the 80s called *The Breakfast Club* and the premise there if you've never seen the movie before, it's one of those classic at movies with Molly Ringwald in it, you know, Molly Ringwald, and Allie Sheedy, all of them. And they're all holed up in Saturday morning detention together and the kids couldn't be any different from each other. Yeah. And the dorky kid who's played by an actor named Anthony Michael Hall, who was always the dorky kid, if you've seen *16 Candles*, he was the dorky kid in that movie also is bragging or crowing or whatever about how he's in chess club. And the other kid one of the girls is like, yeah, that's, that's not being social. And you know, the guy who's like the cool guy who's little rough around the edges is like Well, come on now. It's kind of social, demented, and sad, but social. And I think one of the catchphrases from the movie for all of us who are in high school at the time. And that's what I'm reminded of people think they're being social, but it's just demented and sad. And I'll give you an example. I don't want to throw anybody under the bus. But someone introduced me to a potential guest for the show who was a millennial expert. Hmm. And when you look at their website, it was like, Hey, you know, there's this mythical representation of millennials as being entitled and lazy, and not making much effort to be social, blah, blah, blah. And I promise I'm not making this up. Shortly after the introduction was made out when I say shortly, I mean, like a day and a half. I got an email. I mean, listen, now let me preface this by saying I'm not an ivory tower kind of guy. Right?

And just about everybody I've ever met. met who had real notoriety I corresponded with them back and forth. When people are trying to make it as if you're hearing from the assistant to their assistant for public relations, you know, it's probably them on the end of their own computer. Okay, try look like they're important. A friend of mine calls it the illusion of Empire, right? So I get an email from this person's assistant saying, we need to lock this down in the next 24 to 48 hours. Come on, let's make it happen. And I just didn't answer it. But in my mind, I laughed out loud because I don't think this guy even realizes he's acting exactly the way he's saying it's mythical that millennial guys at and he's like, you just did that very thing to me. You just emailed a guy you don't even know who would theoretically give you a platform to talk to 30,000 guys and sell your book to, and you're making this assumption arrogantly that I'm gonna have you on the show. And by the way, you need to fit my schedule. We're not going to do this thing. I was just Like, you know how to play that, you know? And I wondered aloud to my wife, I said, Do these people not even realize the reality of what that perception actually entails? I mean, clearly in my mind, they're thinking that this idea of being entitled and arrogant and presumptuous and lazy. Is that some other level than what they're acting at, you know, and I couldn't help but also think lest I start sounding too uppity or arrogant myself here. I wonder what the world war two generation thinks of me and you, Darren, as we're sitting here talking about Oh, yeah, discipline and work ethic. I bet you those nine year old codgers ago. You mofos don't know the first thing about discipline and work ethic and you know what, I bet they're right. You know, I think, as we progress in society, as the years have rolled on, I think we're all thinking, you know, we're basically one step below Jocko Willink, when in reality we're about 40 steps below our own grandpa



22:00

Yeah, it's funny, you mentioned that I was talking to my dad recently. And I was asking him like that 70 something. And I was asking him, you know, as bad as our generation is my generation and the one after that, and when after that, it looks like everything's kind of imploding and everything. And there's all these issues. How does that look, from your perspective? Like, are we any worse, from your perspective, than I'm sure you were for my grandparents generation. And my dad actually said something interesting. He said, You know, my father was the greatest generation, it was that generation, the world war two generation, and he was in the Army during World War Two. And he said, he looked to us to the boomers, and in exactly the same way that your generation looks to me, and exactly the same way that you will look at say, Gen Y, Gen Z, or whatever. And he said, it's, it feels much worse for your situation, but it's probably no different than every succeeding generation. But if you compare, you know, obviously, Gen Z to the boomers, there's going to be a variable Big difference. Just like if you can pick if you go back 100 years, 200

years, you're going to see warriors, you're going to see, you know, you're going to see a very, very big gap between between the two. But the flip side, though, is that progressively, we have a lot more say independence of freedoms and a lot of advantages that have happened over the years, scientifically and otherwise as well. So, you know, it's a mixed bag.

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Darren Fuji 23:22

Sure, you know, yet, from the human perspective, the more things change, the more they stay the same.



23:28

Right? Yeah.

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Darren Fuji 23:30

So tell me Darren, how are these guys gonna bridge the gap? If a guy is saying himself, yeah, you know what, I think I could get an easy advantage over other guys out there by actually rolling up my sleeves, getting some discipline into my life and getting to work on myself and how attractive I am to women. Where would you tell them to start because I know from learning how to surf and learning how to play guitar, and other things that have admittedly caused modicum of effort at least to get started with a lot of time We're most likely to throw up our hands and quit during those first few days or weeks of frustration. What are some good solid first steps guys can take to build this work ethic and increase our discipline and actually maybe feel good about it and see some results.



24:13

I'm gonna take a page actually from Jordan Peterson again, he talks a lot about you have to essentially lower your standards. And what that means is not lower your dreams have a means to get started. So many people want to get started with some big accomplishment. And they don't, their ego gets in the way and they want to have some big success that they can celebrate on day one. He said that's not how it works. Like any skill, if you think about it is developed by making very, very small incremental successes or achievements and then doing that consistently. So in the gym, you don't start off not being able to bench the bar and throwing 300 pounds on it and then dropping it through your chest. You do that by going a little bit more difficult than what you can do. And consistently ratcheting that up. So I think when it comes to is especially bad when it comes to dating

and interacting with women and relationships, if you're not good at it the same way that I was years and years ago, I was the kid who, you know, in high school, I'd never held a girl's hand. Even in college. I never held a girl's hand, much less kiss much less had sex or anything. I was the dork of the dorks. The only reason I didn't get picked on is because I had a martial arts background. But I was so dorky that despite a martial arts, and a varsity wrestling background, people still didn't want to have anything to do with me. So coming from that perspective, where even with that background, even with being a Marine, and people I just couldn't get a date I couldn't anything. And it was because I lacked social skills it was because I lacked a lot of the the basic conversational skills that we take for granted a lot of times if you just happen to have them naturally organically. I didn't have that opportunity. I was at home studying and I was at home playing video games and programming computer And doing those things. And that gave me a great career. But it also came at the expense of any kind of social life. And so the way I did that is by buckling down. And really using that discipline, that work ethic that I got from the Marine Corps and realizing, hey, this is a skill. And like every other skill that I've ever learned, even at a disadvantage, the way I learned the skill, is by going through figuring out where I'm bad or where I need to get better or where I need to improve. And then incrementally improving, challenging myself, not giving up. And also looking for help looking for mentors, looking for coaches looking for people that will assist me on that journey. And a lot of people think, Oh, you know, if you had a boxing book on your coffee table, and they're like, oh, you're learning to box, that's awesome. But if you had a book about social skills on your coffee table, everyone all of a sudden looks down at you all of a sudden, it's everyone's like, Why Why are you doing that? And it's because at its core, society is still not accepted that social skills, despite their name, are skills and that actually acceptance that, hey, these are skills and I'm going to work on them, despite Other people may be looking down on them or other people not agreeing. That's what's going to separate the men from the boys, the people that succeed from those that just kind of wallow by the wayside and play the victim mentality and then never get anywhere.

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Darren Fuji 27:17

Or you could just call it NLP and make it all scientific. And, yes, you're smart and erudite, for study. That kind of brings us back full circle. Indeed, a lot of guys think that they can and should practice all these other things in life. Yet, when it comes to getting the women they want in their life being more attractive. They just decided to wing it. And indeed, we've talked at length on this very show about that idea of small successes leading to big successes. And it's just like you said, You can't walk into the gym as a skinny kid and say, I want to be the next Lou Ferrigno or Arnold Schwarzenegger and then expect to succeed because you're never going to have anything you can celebrate and You're at the very top. Yes. I like you have gotten emails from guys who have never talked to a woman in

their entire life saying how do I stop a supermodel on the street in New York while she's walking? 10? I said, like, I don't know, I've never tried that before. But why don't we start with the cute little gal who sits next to you in psych? 101 that'd be a good place I start and they're like, Why be too easy? Well, then go do it. So right. I think for a lot of guys, a little goes a long way. I love the advice of making a goal that's reachable, you know, smart goals. Everybody's heard of those before. But that idea of setting a baby step that you can feel good about reaching and letting that be a stepping stone to something bigger. Hey, before you know it, you're gonna have the women in your life you really wanted and it will have been a series of small steps that you could celebrate along the way. Love it. And I'd also love to send these guys to your website, which is called become sharp and to do that these guys can go to mountaintop podcast dot Calm front slash Fuji just like Mount Fuji FP j is a cool name. Their food is a cool mountain. Have you ever been? Have you seen it? I have not actually. No, you need you need to go. You need to go and stay until there's a clear day where you can see the thing. Yeah, excellent. It's just big fun. And when you guys go to mountaintop podcast conference slash Fuji, and check out become sharp, you'll see everything that Darren's up to including his brand new brand. And if you've known Darren from way back in the day, prepare to be surprised at the direction he's taking and the new innovative things he's come up with. Darren, what a pleasure. I'm glad we finally got a chance to connect. And thank you so much for being on.



29:41

Yeah, thank you very much, Scott, likewise, and I appreciate the opportunity and getting to connect and talk shop.



Darren Fuji 29:49

Yeah, I think we're coming from the right place. We're two guys who have been in the depths before when it comes to not really being all that great with women. And we've seen the light at the end of the tunnel emerged from it and found ourselves to Wow, it's really bright out here. After all, it's a great place to be. And I know you're a kindred spirit in that regard. And I appreciate it immensely. So guys, have you gone to mountain top podcast calm yet? One things I don't talk about enough is how you can download free reports including one on how to get your sticking point solved with women. And that's what I want to focus on talking about today. It is a complete book that you can use as a reference guide. And it's got a table of contents, all you do is look up the sticking point that you have and read a clear, balanced solution to getting it handled in your life. As always, you can talk to me for free for 25 minutes anytime you want. And want to go through sticking point solved. See what that book does for you. And if you have anything that's still kind of a sticking point, sign up to talk to me using the red button in the upper

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Edroy Odem 31:29

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