

Season One

Retrospective: Stephen "Wonderboy" Thompson

Stephen "Wonderboy" Thompson looks back on beginning his martial arts career at an early age, being in a martial arts family and speaks on his bouts in the UFC against Dan Stittgen, Robert Whittaker, Patrick Cote, Jake Ellenberger and Johny Hendricks in this episode of Retrospective.

Retrospective: Rory MacDonald - Facing Nate Diaz, Robbie Lawler, BJ Penn and More

Former UFC welterweight contender Rory MacDonald reflects on his first bouts in the UFC, bouncing back from his first loss vs. Carlos Condit, moving to Montreal to train with Georges St-Pierre and TriStar, facing Nate Diaz, B.J. Penn, Robbie Lawler and more in Retrospective.

Retrospective: Miesha Tate - Thoughts on Holly Holm, Ronda Rousey and More

Former UFC women's bantamweight champion Miesha Tate reflects on her rise in women's MMA, winning the women's bantamweight title in Strikeforce and UFC from Marloes Coenen and Holly Holm, her rivalry with Ronda Rousey, coaching on The Ultimate Fighter, plus more.

Retrospective: Johny Hendricks

Former UFC welterweight champion Johny Hendricks opens up about joining the UFC and winning over Amir Sadollah, Jon Fitch, Martin Kampmann, Carlos Condit, suffering his first loss and more. Hendricks goes through his thoughts and reactions about his welterweight title loss against George St-Pierre at UFC 167 in this Retrospective episode.

Retrospective: Anthony "Showtime" Pettis -

Anthony "Showtime" Pettis speaks candidly about his UFC career, starting from the WEC, landing the "Showtime Kick", joining the UFC to win the lightweight title and looking back at his fights with Benson Henderson, Rafael dos Anjos, Donald Cerrone, Gilbert Melendez and more. Check out the of Retrospective.

Retrospective: Tommy Dreamer - Part 1 -

Hardcore wrestling legend Tommy Dreamer speaks on growing up in New York in the 70s, being a fan of professional wrestling, meeting Bob Backlund, Johnny Rodz giving him his first chance, his family seeing him wrestle live, working with Paul Heyman, getting signed to ECW alongside Tazz, The Sandman 'caning' incident and more stories from ECW.

Retrospective: Tommy Dreamer - Part 2 -

Hardcore wrestling legend Tommy Dreamer reflects on the times at ECW; the 'sex, drugs and rock & roll' of wrestling, the first invasion of ECW into WWE, beginning House of Hardcore, his family and twin daughters with Beulah McGillicutty, plus more in part 2 of Retrospective.

Retrospective: Ian "Vampiro" Hodgkinson -

Lucha Underground's Vampiro reflects on his time in WCW, seeing CM Punk in the UFC, being in the same room as professional kickboxers, shoot-fighting training, working with Vince Russo, not going to WWE, the creative behind the Vampiro character, working with The Misfits and Dr. Death Steve Williams. Vampiro also opens up about the connection between Japanese MMA culture, professional wrestling, training with Mexican boxers such as Marco Antonio Barrera Johnny Tapia, the lineage of the Mexican wrestling culture, and much more in this episode of Retrospective.

Retrospective: Patrick Cote -

Former UFC middleweight contender Patrick Cote speaks on his journey through the early days of MMA, competing in Stephane Patry's TKO MMA, making it to the UFC debuting against Tito Ortiz, competing on The Ultimate Fighter 4, coaching TUF Nations, a title shot against Anderson Silva, plus discussing his bouts against Stephen "Wonderboy" Thompson, Kyle Noke, Ricardo Almeida, Drew McFedries, and more.

Retrospective: Eric Young -

Eric Young speaks on his journey from small-town Ontario, finding out that the wrestling industry for him, indy bookings, signing with TNA and moving to Tennessee, maintaining his spot on the roster, winning the TNA World Heavyweight Championship and the respect of the locker room, funny stories with Abyss, plus more on Retrospective.

Retrospective: Anthony "Santino Marella" Carelli - Part 1 -

Anthony "Santino Marella" Carelli discusses his journey to the WWE, starting with traditional martial arts before transitioning over to professional wrestling, taking mixed martial arts bouts, his altercation with Jim Cornette, getting called up to the main roster and more.

Retrospective: Anthony "Santino Marella" Carelli - Part 2 -

Former WWE Superstar Anthony "Santino Marella" Carelli speaks on his time in the WWE, winning the WWE Intercontinental Title; "celebrating" his victory at the hotel bar with wrestling legends, developing his character and more in the second part of Retrospective.

Season Two

Retrospective: Brendan Schaub - Part 1

Brendan Schaub talks about getting involved in MMA, entering The Ultimate Fighter 10 competition, speaking sincerely about his fights after making it to the UFC, teammate Shane Carwin, fighting Mirko Cro Cop more in part 1 of Retrospective.

Retrospective: Brendan Schaub - Part 2

Brendan Schaub speaks on exiting the fight game as a fighter, having the tough talk with Joe Rogan about his future, entering the entertainment business in comedy, and more on part 2 of Retrospective.

Retrospective: Bobby Lashley - Part 1

Bobby Lashley speaks on coming up as an amateur wrestler and making it into the professional wrestling business with the WWE, making his mark in MMA, losing a fight, joining IMPACT, plus more in part 1 of Retrospective.

Retrospective: Bobby Lashley - Part 2

Bobby Lashley talks about his run with IMPACT Wrestling, negotiating professional wrestling and mixed martial arts contracts, working with Eric Young, Kurt Angle, Bobby Roode, and more on part 2 of Retrospective.

Retrospective: Gail Kim - Part 1

IMPACT Hall of Famer Gail Kim speaks on entering the wrestling business, working the independent scene earning a chance at WWE, moving on to IMPACT Wrestling, rivalry with Awesome Kong, and much more in part 1 Retrospective.

Retrospective: Gail Kim - Part 2

Gail Kim reflects on leaving WWE and joining IMPACT Wrestling, being an Asian female in the business, insecurities, working with new stars, working backstage, plus more in part 2 of Retrospective.

Retrospective: John Hennigan

John Hennigan, also known as Johnny IMPACT, speaks on his journey in the wrestling business, winning WWE Tough Enough competition and getting into the WWE, learning from CM Punk, The Miz and Joey Mercury, free agency, Mexican wrestling and much more on Retrospective.

Season Three

Retrospective: Alberto El Patron - Part 1

Mexican wrestling legend Alberto El Patron speaks on his come-up as a wrestler, the son of Mexican wrestling royalty, and much more on this episode of Retrospective.

Retrospective: Alberto El Patron - Part 2

Alberto El Patron speaks on transitioning to WWE, the next generation coming up, relationships in the locker room with other superstars, working with Bobby Lashley in IMPACT, and more on part 2 of Retrospective.

Retrospective: Valentina Shevchenko - Part 1

UFC women's flyweight champion Valentina Shevchenko reflects on her first bout against current UFC women's double champion Amanda Nunes, shooting in a Peruvian restaurant involving her coach Pavel Fedotov, plus wins over Holly Holm and Julianna Pena on part one of Retrospective.

Retrospective: Valentina Shevchenko - Part 2

UFC women's flyweight champion Valentina Shevchenko reflects on winning her first UFC title over Joanna Jedrzejczyk at UFC 231, her close loss to Amanda Nunes for the women's bantamweight title, dominating victory over Priscila Cachoeira, plus much more on part 2 of Retrospective.

Retrospective: Petey Williams

Canadian professional wrestler Petey Williams speaks on first entering a wrestling school, meeting Motor City Machine Guns and Rhyno, breaking in with Team Canada, insight on his title runs, plus much more on Retrospective.

Retrospective: Abyss

Chris Parks, better known as IMPACT wrestler Abyss, talks about earning a masters degree with dreams to enter the head office side of wrestling, taking a chance opportunity to become a wrestler, insight on memorable matches against Jeff Hardy, AJ Styles, Lethal Lockdown, Full Metal Mayhem and much more on Retrospective.

Retrospective: "Bazooka" Joseph Valtellini - Part 1

Former GLORY welterweight champion Joseph Valtellini speaks on earning his way into the organization, winning his way into stardom, in-depth thoughts during his fights, experience in GLORY 13 Tokyo tournament, plus more in part one of Retrospective.

Retrospective: "Bazooka" Joseph Valtellini - Part 2

Former GLORY welterweight champion Joseph Valtellini speaks on his rivalry with Nieky Holzken; first meeting him at GLORY 6, fighting at GLORY 13, winning the title over Marc de Bonte; going through the emotional moment, following concussions issues, and moving to the broadcast booth on part two of Retrospective.

Retrospective: Moose

Quinn "Moose" Ojinnaka speaks on a rough upbringing in Maryland, getting drafted to the NFL by the Atlanta Falcons; making money as a professional football player, then moving on to wrestling in 2012, plus more on his new career path flirting with WWE, stints in IMPACT and Ring of Honor.

Retrospective: Brian Cage

Brian Cage speaks on first finding out about professional wrestling, getting his first break with the late Chris Canyon, bouncing around the independent circuit until solidifying places in PWG and Lucha Underground, politics in the locker room WWE, return to IMPACT, plus more on Retrospective.

Retrospective: Simon Marcus - Part 1

Former GLORY middleweight champion Simon "The One" Marcus speaks on finding the sport of Muay Thai, entering GLORY, debuting at GLORY 20 Dubai middleweight contender tournament, winning the middleweight belt after stopping rival Artem Levin, losing the strap and returning to prominence on part 1 of Retrospective.

Retrospective: Simon Marcus - Part 2

Simon "The One" Marcus speaks on learning from Muay Thai great Buakaw Banchamek, opening The One Muay Thai and Fitness, facing Alex Pereira, taking support to the ring during his fights, plus more on Retrospective.

Season Four

Retrospective: Rob Van Dam - Part 1

ECW legend Rob Van Dam speaks on getting into kickboxing before beginning his wrestling training with The Sheik and Sabu; being brought up in a 'stiff' environment, sharing the ECW locker room with The Dudleys, Taz, Dudley Boyz, plus much more in part one of Retrospective.

Retrospective: Rob Van Dam - Part 2

ECW legend Rob Van Dam speaks on first entering IMPACT Wrestling, defeating Sting in his debut, chemistry with Jerry Lynn, more tales from his runs in IMPACT, plus his thoughts on being in the wrestling business for close to 30 years on part two of Retrospective.