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### Colt Cabana's Extreme Comedy

The Clown Prince of Ring of Honor Wrestling talks to IGN about his stand-up comedy, joking about the WWE and Bryan Danielson on NXT.

by [Matt Fowler](#) [READ MY BLOG](#)

**March 4, 2010** - For those of you who don't watch ROH on Mondays on HDNet, you should definitely check it out. Ring of Honor wrestling puts on a high-impact, no-frills show that's sure to amaze you with high-flying, high-risk wrestling moves that you've never seen before. The news of TNA moving to Monday nights to compete with the WWE next week sure doesn't bode well for ROH's 10pm show, but these triple-tough indie stars have never gone down without a fight. Guys like CM Punk, Samoa Joe and WWE *NXT*'s "rookie" [Bryan Danielson](#) all brutally left their mark and made their name in ROH.

Another reason to check out ROH each week is Colt Cabana ([@DrColtCabana](#)) – the hilarious and talented Clown Prince of the independent wrestling scene. The former ROH Tag Team Champion (with CM Punk), and former "blink and you'll miss him" WWE *Smackdown* star [Scotty Goldman](#), continues to wage war in ROH against the likes of Prince Nana's "Embassy" as well as former ECW Champion Steve Corino and the turncoat Kevin Steen. But there's another side to this grappler that you can see if you go check out his stand-up routine as part of the travelling Total Extreme Comedy act ([TotalExtremeComedy.com](#)) which also features the comedy stylings of former World Champion [Mick Foley](#). Last summer, TXC invaded Los Angeles and did an edgy comedy gig on the eve of *SummerSlam*. This year they plan on heading to the Gammage Auditorium on the Campus of Arizona State University for *Wrestlemania-Eve*. We here at IGN TV had a chance to talk to Colt Cabana about his foray into stand-up comedy, his jokes about the WWE and his thoughts on former ROH star Bryan Danielson representing on WWE's *NXT*.

#### IGN TV: What made you decide to try your hand at stand-up comedy?

**Colt Cabana:** Well, as a wrestler I've always been a very comedic wrestler, and that's always been part of my shtick. I made that decision early on in my career. Because when I started out in the indies there were a lot of tough guys. And the Japan style was very popular at the time. So these guys were just beating the crap out of each other and everybody was kind of the same. And if one guy was really good at something then everyone else just became an imitation. And my forte in life was being the comedic Jewish kid and so I decided to transition that into wrestling. So I figured out who my character was in wrestling and I've been doing that for a while now. You know when I started, for the first three or four years, I was just a plain wrestler's wrestler. Eventually I saw that that wasn't what I wanted to do and I took the opportunity to do something different and if I could use this comedy in the ring then it would help me stand out a bit more. And it did, and it added something to all the matches.



- Total Extreme Comedy.

Colt Cabana, making with the funny.

IGN: Are there any similarities to holding the attention of a wrestling crowd and

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**making an audience laugh in a comedy room?**

**Cabana:** I think wrestling and a comedy room are similar in the fact that people, when they go to a match or go to a comedy club, they want to see people that they recognize. And so they get to see people other than me too. They go to see people that they're fans of. So we've got other guys on the show too for wrestling fans. They're not necessarily better than me, but they're different so you get a variety. It's also the same because people pay to see it and it can't be something that people see every day. You have to give them something that's worth them spending their hard earned money.

**IGN: Are the crowds that go and see your shows mostly wrestling fans? Or are they people who might not be familiar with the business and just want comedy?**

**Cabana:** I think it's the best of both worlds. My fans have always known that I've been a very underground cult comedic wrestling guy for a while. So my fans come, and I have a have a lot of fans that are coming to watch not only my stand-up but also my improv in Chicago. And on another hand, a lot of this is based on me not being the main event, so these wrestling fans come to see Mick (Foley) and all of a sudden they get to see me do twenty minutes of comedy too. And then I get to tell them that I was WWE's Scotty Goldman and then they get the familiar "oh my god, this guy was a WWE guy" and they're able to laugh with me about my time there. So it's the best of both worlds. It's also another way for me to meet my fans who have been supporting me for the last decade.

**IGN: You're kind of outspoken in your act about other wrestlers. Is that something that you decided to do purposefully, or does it just come out?**

**Cabana:** It's interesting. I actually got some advice the other night about maybe not doing a bit about one of the wrestlers because he was somebody who might have some influence in the industry or whatever. But you have to remember that it's just a comedy show. And if you can't laugh at yourself, or if you can't take some jokes at a comedy show then whatever, you know. And I don't necessarily make fun of the WWE. I make fun of myself and how horrible my character was in the WWE. But I don't do it crying. I make a joke out of it. Just to make people laugh. That's funny to me, you know. It's not funny to my wallet or anything, but of course everyone dreams of going on to be like Hulk Hogan and selling out arenas. But that's not the normal situation. You know I remember a lot of the guys that I grew up with - the Barry Horowitz's and Buck Quartermain's. Those guys were always kind of the butt of the joke. But it was all good. Because it was fine to laugh at them. That's what they did.

**IGN: I still remember the call "Horowitz Wins! Horowitz Wins!"**

**Cabana:** Of course, man. And it was memorable because of who he was and what he represented. He never won so it was a big deal. But I'm having a blast doing the comedy. Maybe it's even a form of therapy for me or something. Who knows? But I'm just having so much fun, and it's really just harmless comedy. You know, I take little jabs at **Batista** and **Randy Orton** and maybe they might not ultimately realize the comedy in it, but I'm sorry. I guess they can take it however they want.

More from Colt Cabana, including his thoughts about WWE's *NXT*, on [Page 2...](#)

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**IGN: Is it really a form of therapy for you? Do you feel like you're getting things off your chest, or exorcising some demons?**

**Cabana:** I don't know if I'm exorcising demons really, but I think I just find it very gratifying because I make the audience laugh. Because they enjoy my stories. And that's what makes me feel good. Maybe they realize that I'm okay with my time in the WWE that it's okay to laugh at it and say "let's move on from there." I'm just a positive person, really. I try to see everything in a positive light. I think that when people see that I'm not bitter about things that it's what makes me feel good.



Cabana seeks a way out. - ROH

**IGN: What's it been like to have Jim Cornette in ROH?**

**Cabana:** Jim Cornette is one of the greatest minds in wrestling I think ROH is doing really well. It was doing really well with Adam (Pearce) too. And it's awesome because I'm a big fan of alternative comedy and I don't like the safe, bland comedy scene and Jim Cornette's almost like the epitome of alternative wrestling. You know he's really old school and I loved Smokey Mountain, and he's gotten in there and just tried to make everyone do their best work. He's not trying to change the system around, he's just adding to it. And it's great to have his knowledge and his presence.

**IGN: Do you keep up with the WWE and TNA? Do you watch the other promotions?**

**Cabana:** Oh sure. I try to keep up with it all. First and foremost I am a professional wrestling fan. I love wrestling. Obviously it doesn't quite seem as cool as it was when I was a kid, but maybe that's because I've been in the business for ten, eleven years now. And that might be unfortunate, but this what I do for a living. I keep up with it and watch all the products. Including international stuff and whatever I can watch.

**IGN: I'm curious, were you able to catch the first episode of the WWE's new show NXT?**

**Cabana:** I watched the last 20 minutes. I don't have Syfy, but I watched it on the Internet and I loved it. Finally something different and fresh on TV from the WWE that we haven't seen. They've been running the same program for eight or nine years and sending out the same feeling every week. And as great as they all are, you know, everyone's a star there and everyone's great, but it's just so formulaic. This was something completely different. I was completely drawn in. It was something

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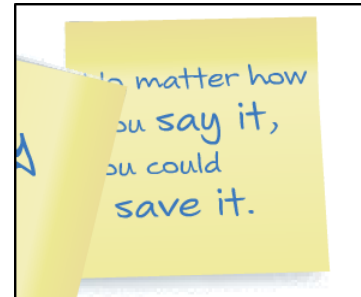


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different. Thank you, WWE. I think they're on the right track. And I'm going to continue to try and watch. And maybe because a lot of those guys were my friends from Florida Championship Wrestling. And of course, [Bryan \(Danielson\)](#) - I've known him for eleven years. We've got a documentary coming out and you know I've travelled the roads with him a ton. So of course I'm rotting for Bryan.



**IGN: Can you tell me more about the documentary?**

**Cabana:** Yeah, it's called Wrestling Road Diaries. And when I got released, and before he got signed we did ten days of nine shows and seminars and we taped the whole thing. It's going to be out soon in 2010 and you can find out more at [WrestlingRoadDiaries.com](#). And there's a couple of [trailers on YouTube](#). We just show the life of the professional wrestler inside and outside the ring. And what we go through as non-famous, yet quasi-"D List" celebrity cult famous independent wrestlers. It's an interesting take because we're infamous. We're not famous, but we're not common either.

**IGN: I thought it was fascinating to Bryan get to be on NXT as, essentially, himself and that the announcers actually acknowledged Internet fans.**

**Cabana:** I mean they changed his name, but at least they acknowledged that there was such thing as the Internet. As if people aren't on the Internet? It's the World Wide Web. It's all over. And you can make millions of dollars just by clicking a mouse on the Internet so you can't be ignorant to the fact that there is an Internet. It's not 1972 anymore. So for them to talk about it is great. Because it's real life stuff. You've got a guy like Bryan who's lived in Mexico, lived in England, lived in Japan and wrestled all over the world and have wrestled probably seventeen times the matches as The Miz has. So I think it's great that they've letting him go out there and carry his reputation with him. And that they're telling the truth. You know the truth will set you free.

Check out Colt Cabana ([@DrColtCabana](#)) at [ROHWrestling.com](#), [TotalExtremeComedy.com](#) and [ComedySportzChicago.com](#).

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