

NBA Finals: Knicks vs. Spurs

Tuesday, June 2, 2026

New York Knicks

Karl-Anthony Towns

Media Day



Q. For you guys, it's so odd to go through this, but to have two nine-day breaks, what did you learn from the first one and what did you do to be able to handle it this week?

KARL-ANTHONY TOWNS: Yeah, we just made some tweaks to our approach and our practice schedule, and shout-out to the coaches being receptive hearing the players out. I think we had a great week.

Q. You spoke so much about getting here, losing in the Conference Finals a couple years and getting past that hurdle. Has it sunk in yet for you personally being on this stage and what this stage means?

KARL-ANTHONY TOWNS: I'm just focused on the task at hand, honestly. For me, I think after all the dust clears and this moment has come and gone, I'll be able to take that step back and really appreciate the season we had.

Q. When people talk about Victor Wembanyama, they mention about a created character in a video game. How do you prepare for a guy that's 7-4 and the challenge that lies ahead?

KARL-ANTHONY TOWNS: Obviously he's a special talent, and the NBA is blessed to have him and for him to be able to showcase his talent to the world. For us, we just have to have discipline in our game plan and execute at a high level.

Q. I know you're locked in trying to win this thing. I wonder when you walk around and see that logo that says "the Finals" and you're in the Finals what that means to you?

KARL-ANTHONY TOWNS: It means a lot, because for my career I've only been able to see that Finals logo on TV. So it means a lot to be the person that sees the logo on their jersey and has this opportunity.

The word "grateful" is all I can say. I'm grateful for the

opportunity. I'm grateful for the team I have here and the brothers I have, and honored to be wearing this jersey.

Q. I wanted to ask you what does this mean to you personally and your family back home and your core loved ones? How do you feel like this affects them and what this means to them?

KARL-ANTHONY TOWNS: That's a great question. It means a lot. It means a lot for my mother. When she emigrated from DR to New York, she saw Madison Square Garden for the first time and saw the energy the city has for Madison Square Garden and the Knicks. My mom, even to the day she passed, wasn't big on the NBA rules, but one thing she did know was that only the best of the best perform and play at Madison Square Garden.

To be able to have this moment in Knicks history where we're back here, where New York has been hungry to be back in this Finals, it means a lot. It means a lot to me, my loved ones, to be part of the Knicks history that's doing this.

You never know what life has for you. You never know if you'll get another opportunity. But just appreciating it and being grateful that you do get this opportunity is everything.

My life has taught me a lot of different things, but one of the biggest things it's always taught me is about the word grateful and just being grateful for all the good, all the bad that happens, and understanding that every single moment is a chance to grow.

Q. You know what it's like to be traded here and to have scrutiny and expectations. When Mikal Bridges was traded for all the picks, everything came up about underperforming, is he worth the picks, everything else. As a teammate when that criticism comes, whether you pay attention to it or not, how do you try to uplift your teammate in those moments when your team is struggling or he might be struggling?

KARL-ANTHONY TOWNS: I mean, we know the value he brings to our team. All the chatter outside of that locker room doesn't mean anything to us, and it shouldn't mean anything to him. Like you said, it's our job as teammates to



continue to uplift him, keep it positive and also remind him how great he is.

In the moments when Mikal had to show the world and Knicks fans how great he is, he's always shown up. Last year against Boston, this postseason run. He's shown the world why his value is so high and why we were the ones to see the value that he brings to a team.

Q. You've talked a lot about the adaptability you guys have had on the offensive end throughout the course of this season and in this playoff run. Facing a defense that is similarly versatile with Wemby in the back line but so many other defenders there, what do you make of the challenge that you're facing with that defense heading into the series, and does it feel like you've developed the answers to the test along the way?

KARL-ANTHONY TOWNS: I feel like all experience is going to help us in this moment. This is a culmination of what a life's work in basketball comes to, playing in an NBA Finals. All of us are going to have to tap into that reserve of experience, whether it's Jalen with winning in college and winning a national championship or with me personally with the failures I have in my career with not getting to the Finals or in college not winning it all. We've all got to tap into that experience we have, so we can put ourselves in the best chance and in the best position to win.

Q. How important is it for you to get involved early in the game?

KARL-ANTHONY TOWNS: I mean, it's just important just to impact winning. I learned that a long time ago on the Dominican national team when I wasn't playing and I was watching Al Horford and Francisco Garcia and them play in Venezuela. It's just more important for me to be aggressive in my playmaking, whether it's making the shot or making that right pass and getting our offense in a flow. For me, I just continue to do what's gotten us here and continue to believe in our team.

Q. Jeremy Sochan was a beloved member of the Spurs and then joining you guys midseason. I'm curious if he's told you anything about the city just being here for a few days, but also how to game plan against this Spurs team?

KARL-ANTHONY TOWNS: Well, he hasn't told us anything about the city because we've been locked into the work, staying in the hotel, watching a bunch of film, putting ourselves in the right mental space and physical space with teammates and stuff for Game 1.

On the second question, obviously he was here with the team. But to be honest, both of us, when we got to the Cup, were different teams than we are today. They've adjusted their offense and defense throughout the season, and we have, as well.

It's going to be a little unfamiliar for both teams come Game 1.

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