

Metadata: <https://www.youtube.com/watch?v=FmEXAznwuOE>

Good work buddy, good work Jay, good work Eli, good work buddy, good work buddy, good work
Good work buddy, good work Barney, good work, good work, good work buddy, good work, good
work buddy, good work good stuff buddy, good work, good work buddy, good work good stuff
buddy, didn't see ya, didn't see ya buddy good work, good work Franky, good work buddy, good
stuff good work, good work, good work buddy, good stuff buddy good work buddy, good work good
work buddy, good work buddy, good stuff ok guys, one of the most obvious and important
differences between submission grappling and wrestling is the lack of shoes the shoes have an
effect in wrestling rather similar to a gi when you're doing stand up throws they provide a certain
amount of friction and a handle on your opponent if you wrestle without shoes, single legs become a
lot more difficult to finish when a black pundit has shoes and socks, you can use that in many ways
to get very very strong grips on your opponent now with no shoes whatsoever, it's very very easy for
opponents in single leg situations just to post on the head and shoulders, turn the knee down to the
mat and just lift his leg out and he's gone this is probably the single most common form of defense
to a single legged submission grappler and there's a reason why, because it's fucking good, it works
extremely well so anytime I go in on a leg and he just starts turning, posting, how many times have
you seen this? he kicks out and the guy's left empty handed, he's off in the distance here I got a
single leg, got nothing to show for it, very very frustrating experience has shown that there's some
mechanical things you can do to make it more difficult for the guy to do this there's not a movement
which actually stops this from happening this move is a very very popular move for a reason
because it works so damn well ultimately the best counter to it is not a mechanical move at all, it's
anticipation you have to see, you can see clearly what your opponent has to do to get the move to
work and as soon as you see those conditions in place, go into his back so we're going to do a drill
now, we go in on our training partner's leg, we come up off the floor and he starts posting on our
hidden shoulders, the mechanical element I'm going to encourage you guys to do is this go above
the knee, don't walk here below the knee, that's so easy if my hands are locked above the knee and
he goes to turn out, it's difficult if my hands are below the knee, there's literally no resistance so one
hand above the knee, second hand here, to the shoelace as he goes to kick out, I just hold the
shoelace, it's not much of a grip so I'm going to hold the guy forever, but it won't slow him down and
you want to figure out the way in which it slows him down what it does, it limits him to one foot if he's
got two feet on the floor, he can run right away, but with one foot he can only hop now at this point,
the next big problem is posting on you I take my hand and as he goes to kick out, I follow and I
catch the hip as he continues to run, I lose the foot, I run to the opposite side we never run to the
same side we were on now your opponent can throw on a whizzer, you're both running forward I'm
going to get thrown a douche martini every time so the law is, shoelace, opposite hip, run to the
opposite side repeat it, shoelace, opposite hip, run to the opposite side so we come in on the leg,
we get a good bite on the leg this guy's got street smarts, we come up and he's starting to turn away
above the knee, shoelace, he goes to run, opposite hip, opposite side that kills the whizzer if I run
on the same side, you're both running forward, that's when you get absolutely scarred you can be
thrown very, very easily so the drill once again, submission grab with no shoes boom, we come in
on the leg, we come up off the floor, it's looking good oh no, he's turning out, catch, opposite side
throw him here, put his hands on the mat, and now we're ready to score let's give it a shot you're not
going to sell anything with a mustache actually maybe you'll go to a different market it's different
though if you have a little bit of goatee and a sash you walk in a hard sash, you just look like a dick I
was for a few days, but I was in Portland, so I had to fit in Portland, you're a hipster, so I think it's a
little different out there if you look more hipster than Gordon, Gordon just looks like an asshole you
can't really pull the hipster look off, I don't think to be fair, if you walked around Brooklyn like that,
you'd get away with it actually yeah, you probably would he's a little too big and muscular, I think

though he's a little just too jacked to be a fucking hipster he needs an American flag bandana on each little electric bike thing he rides that'd be great that's so funny how long have you been out in the East Coast for? nearly two years, by time going by fast planning to come out for a year and just never left what was it that brought you over? well a combination, one, the training here is amazing like John, the guys training out here, it's a cool learning mood to do too and I also like New York City, I was kind of sick of I was sick of San Francisco, I wanted a change I've been in California my whole life and I've kind of wanted to come to the East Coast a little bit I plan on going back there for sure are you from Stockton as well? right near there, yeah, that same 209 area and you're going to be fighting as well, or grappling, sorry in Idaho who's that with? I'm not sure the name of the show, it's a team tournament thing, Craig Jones is my team I don't know too much about it I just know it's the 16th and UFC Fight Pass what's up guys, Gordon Ryan here the number one No Gi ranked grappler in the world pound for pound just finished training up here at Henzo's I had this awful mustache for this interview so I'm going to look back at this in like 5 years and be like, oh my god, what was I doing but you know, we're here with this new sponsor I have Future Kimonos, so this guy dropped yesterday, so I'm excited about that and we're just here for ADCC camp so we're finishing up our 4th 4th or 5th week of the 12 week camp so it's not fun, but hopefully it all pays off and I've gotten too high sparring Nick Diaz a few times that sucks it doesn't really affect any fever, does it? it's not bad, actually sparring high is not that bad, it just sucks in the beginning because you get really high and you've got to go spar and you're like, oh shit, I'm about to spar and once you get going, it's not too bad grappling is not that same like fear when you're about to fight, you know, all of a sudden you've got your headgear on, you put the gloves on, you're standing in the cage and you're like, wait, I've got to fight this guy right now do you use any CBD supplements? yeah, I do actually, yeah, CBD after training sometimes, so I've got a company, Bloom Farm I've got a company in California, Bloom Farm we do THC and CBD but I use more of the CBD what's the company called again? Bloom Farm it's a few states, but it's really big in California man, other than of course there's Jiu Jitsu techniques there's the there's all the amazing details that he teaches, but there are other things that he doesn't talk about, but you just see from what he does like for example, loyalty he's been with HENZO's his whole life, he's been in New York his whole life and he has a million reasons to leave, he doesn't leave you know what I mean, and then he doesn't talk a lot about what he does notice how everybody's noticing what he does but he never really talks about it, he gives credit to other people so those are things that you can kind of pick up from him also, his work ethic you know, he won't sleep he'll go corner somebody, the next day, 7.30am he's here meanwhile, somebody who slept 8 hours wakes up a little sore, he'll stay home so, things like that things like that, and you can see it translate to some of the students you can see the work ethic, you can see you know, you can see them helping others you know, some of them talk a lot you can see some of our teammates some of them are humble, you don't see or hear them talk too much so, you know, that's the things I feel like John has taught us the most, definitely loyalty I don't think I'll ever switch teams, no matter what happens you know, like even, you know, nothing's perfect there are things you like and you don't like in a place and I don't think it'll ever be to the point where I'll want to switch or leave these guys for sure, that's from it comes from John, obviously and from also, from TriStarPoop for us you know, you stick with your lineage injuries are part of the sport, but I'm going to say this around 50-70% of the worst injuries I see in this sport are entirely avoidable, okay we're all mature enough to understand that there's some injuries that are unavoidable it's things that are just going to happen it's part of your education but there's also some injuries more than a few, that you see where there was just no need for it to happen and sadly, some of these are often the worst kind of injuries over the years I've observed there are a small subset of moves or movements which contribute about 80-90% of the catastrophic avoidable injuries you see in a gym plenty of the time, okay let's quickly run through these and why I ban them in the academy, so that you guys can, if you

do get injured then it's an unavoidable mistake rather than something that didn't need to happen, let's have two athletes in the standing position, okay, first things first jumping guard, this is a big big no-no, there's always a danger when one guy goes to physically jump the guard you are throwing body weight onto your opponent in an uncontrolled fashion, when it's done like this, it all looks safe, okay, one guy is stationary, the other guy jumps in and it seems pretty safe, right, you just jump on how dangerous could that be, you see this all the time don't you, the problem starts when you go in line, and you've got two people moving, you've got a slippery floor, and you've got people changing angle as they get into a competitive situation and that's when the horror story starts, okay, you'll see people jump, and they jump where the guy was, the guy moves and where they land is completely different, it's usually right on top of an extended leg, or into an ankle, in directions that are just absolutely appalling, okay, these are injuries that make any heel hooker a fucking joke, okay, these are potentially career-ending injuries, so you're welcome to pull guard in my classes but you can't jump guard, okay okay, so demonstrate jumping no not in class, okay if you want to go to guard, you have to sit with your buttocks to the floor, this is 100% safe, okay, but no issues with this, as long as your buttocks go to the mat you're fine, but if your buttocks and hips go to your opponent's body, that's a problem because now you can land on someone that's badly hurt okay, our general rule for safety is this, the number one cause of catastrophic injury in the sport of Jiu-Jitsu is uncontrolled falling body weight that's so important I'm going to say that again, 90% of the worst injuries in the sport come from falling body weight in particular, uncontrolled falling body weight it's not the heel hooks that hurt you, it's not the arm bars, it's people landing on you in ways where you get fucked up that's what does it wrong, okay, so jumping on people is out so too with flying submissions, okay say for example Kaede-san unacceptable, because you are jumping onto your opponent's body okay, you can still hit leg locks for example, you can slide it towards your army if you started standing, you were like this is 100% safe, because you went onto the floor instead of onto your opponent so the general rule of thumb is you cannot jump onto your training partner, so no flying arm bars, no flying triangles, but you can fall to the ground and then go directly to submission pose, okay the second biggest culprit is poorly performed tiny itoshis, okay, when we lock the body lock on a training partner and he's got a whizzer in here, so often you see people go to perform a tiny itoshi takedown by sitting down to their buttocks and reaching for the far foot and trying to trip them back to show you tiny itoshi and done like this it looks okay, okay then you see people in the gym perform it clumsily and to spread your base, Frankie and you see what happens, he's going to sit on his knee and he's going to break the knee inwards, the knee doesn't bend that way you get a human being sitting on top of your leg, I've seen 95 pound women break 230 pound men's knees with this, okay so our rule of thumb is you cannot lock the body and sit to your ass this has an unacceptably high rate of injury and the injuries from here are fucking bad, why? because typically the guy's leg gets caught underneath and it can't move and so you just get a human being sit on the outside of your knee and the position is not supposed to go and you see terribly broken legs okay, so what's the safe way of doing it here's the rule of thumb for tiny itoshi if you are behind your opponent and your head is on his back now it's safe, there's no way you can hurt the guy so if your head is on his back you can hit tiny itoshi and there's literally no way you can hurt your opponent you can't land on his leg, it's physically impossible so this is safe, but if your head is in front of your opponent, usually because he has a wizard you must go to your knee, you must trip with kosarigata to your knee this is 100% safe and very effective you cannot sit to your buttocks okay, if you sit to the buttocks there's an unacceptably high risk of sitting onto your training partner's knee and breaking the knee injuries so tiny itoshi, the rule is simple if your ear is on his back, no problem do it, okay, if your ear is in front of his chest, you must hook and go to your knees, not to your ass if you're in doubt, you're not sure what I mean by this just don't do the move, there's other takedowns you can do okay the other probably the third most common reason why we see bad injuries in the gym has to do with the

situation where Oliver Andrew, you have two guys working out here on the ground and these guys here are standing and Frankie does a takedown and runs his opponent right into another group of people, okay, we see this all the time understand guys we have around 3,000 square feet of mat space and we often have anywhere from 80 to 100 students on the mats you have to take into account where you are on the mat relative to your training partner you cannot just every day guys, you tie up down on the floor if you roll into your training partners you go drive into your training partners don't just go into their space and then look at them like they're a pair of assholes being in your space, you're the asshole you went into their space so you stop and you move back where you came from don't just roll into people with no concern for their training space and then look at them like they're the problem but the rule of thumb is simple if you go into their space you're the fucking invader so you move the fuck out if there's any dispute the one with the higher rank wins so if you don't know who rolled into who because you both rolled at the same time and he's a black belt and you're a purple belt you move away, it's a simple tiebreaker as I knew it with higher ranking it's just a way to break a tie and if we can avoid these three things we can avoid a lot of unnecessary injuries understand always that the number one cause of injury is falling body weight so anytime you pick people up it's your responsibility to put them down safely so if we have a mat return and you lift a guy off the floor the lifter is responsible for the safety of the other guy don't put people on their heads don't spike people on their necks put them down with some safety in mind if you do simple things like this you can avoid the worst injuries and most importantly limit yourself to unavoidable injuries we all understand you do jiu jitsu long enough you're going to get injuries but it's sad that people get injured by things that you never needed to have those are the ones that you're sad about so we can avoid those it's a big big step everybody okay fellas teamed up now with our training partners first round mounted position