

Metadata: <https://www.youtube.com/watch?v=EGON90yeHE8>

Ok guys, we are here today with Javier Mendes, a kickboxing world champion, the best MMA coach in the planet, and also the founder of AKA the best MMA gym in the planet. So thank you so much for being here. Yeah, thank you for having me. Javier, I am very curious to hear the story about the relaxation principle that you taught Javier. Yeah, ok, well you know, the funny thing about the relaxation principle, when Javier first came to me and he first started sparring, I am watching Javier sparring and he is destroying everybody. And I am telling him to relax, relax, and as I tell him to relax, he is going harder on these guys, and I am going, man, this guy, I think he will be great, I think he will be great, but man, he just doesn't listen. So about two times later he comes out of the fight, you know, he learns English better, he is starting to speak English, he goes, coach, you know, when you used to tell me relax, I go, yeah, I don't understand, because I thought you meant go harder. That's why I say relax, he goes harder, I say relax, he goes harder, and I am going, no, this guy doesn't have it. So it's a translation, so he didn't understand, so he shared this with his father, so when his father and I would meet, his father would always go, relax, relax, relax, and I didn't really understand what the two meant until I finally realized, ah, it's because that's how we bridge the gap with each other, relax, relax, relax, yeah. No, that's awesome, no, that's awesome. Oh, hi there, and your whole instruction was all about footwork for MMA and for striking. Yes. So can you show us like one of our favorite moves regarding footwork? Well, it's really simple and basic, you know, it's like if a person is standing still, just stand like so, right, and then what I have him do is bring the right leg back, bring it back, slightly twist, because when this leg is here, here, you just lift for leg checks, you don't have to do anything, you just lift. This foot here is facing forward, it's not like boxing, where in boxing you do this with the shoulder protection, okay, we do this one here because if we're going to leg check, we can't go from here, it's too much, but if we're here, all we do is just turn the shoulder inside like this, that's it, and you're comfortable. Okay, and very simple thing I would say, whatever foot is closest to the direction you want to move, that's the foot that moves first, so if I'm going to go forward, this leg is going to go, I push out the ball of the foot, and the direction this one goes up here, like say six inches, this one back here, six inches, my balance is still the same. This way if I want to do a wrestling takedown or I want to follow with a kick, I'm not like so and so, right, I'm right here, I'm balanced, I can move, I can do anything, so you notice when I automatically go to my right, there I am, I go left, there I am, and look at my foot, it's never going here, it's there, so basically that's real simple, it's real simple dynamics, it's just principles of proper positioning, and that's it. Yeah, and if you thought I did, for example, position yourself might be one of the most important things. It is, it is, it is, it is, you have to combine everything, positioning is number one, number one, without that, you're going to be working harder, you know, you can never say, oh you'll never be a champion if you do everything incorrectly, that's wrong, there's people that do things wrong all the time as you know James, and they're still champions, but they don't do things correctly, but that doesn't mean we should all do things incorrectly. We should all do things correctly, and then if we change, we change, but keep it correct, keep it the proper way, and then let them adapt how they want to adapt and how they can use it to their brain and to their mental, you know. Well, Javier, last question, so I think everybody looked up a lot to you, because you had the best guys, you're the best coach, I think, no doubts about it, and you started this gym at like the age of 5, so what was the secret, what made you who you are, like for everybody who's trying to become a coach too, what is the... I don't know what the secret was, other than I can say I love what I do, so if there's a secret, it's love what you do, and love doing it everyday, and still to this day, I love what I do, and I love doing it everyday. So guys, we just showed the entire structure we have here, all about his footwork for striking MMA, and it's gonna be at dynamicstriking.com and btjfanatics.com, so make sure to check that out, and maybe by the time you're watching, it's already there, so thanks so much, appreciate it, thank you. bjjfanatics.com Use the promo code YOUTUBEFARIA to get 10%

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