

Metadata: <https://www.youtube.com/watch?v=ilgGUi78Flo>

okay guys i'm here today with john denner huge honor for me brian and guys today john is just shooting the second part of the jujitsu the ageless jujitsu series that he is doing that's all about jujitsu for old guys and this part is all about the top game right john that's correct nogi yes um the series is divided into uh four compartments the first is uh the first two are first was bottom game now top game then we'll go into the key videos again top and bottom that's the division so um uh in this video we continue this idea that we started in the first we start to investigate what is it that older athletes or people that just come from no athletic background they don't have to be old they might just be someone who just has no athletic background they're starting jujitsu and now they've got to go against people who are athletic and they're struggling and they find themselves less explosive than their opponent slower the opponents have better cardiovascular endurance etc etc and they're struggling to win and our question is how do you take people like this and give them a game plan not only just on the map but for a training program in general that pushes them in a direction where they can be very competitive against younger fitter stronger more athletic opponents um that's the central insight that we're working with now in this uh section we look at top game and uh again the general answer the program that we're trying to push is we want to maximize body contact advantageous body contact with our opponents so that there's so much connection between you and your opponent that it just slows the match down and creates situations in top where you can start using body weight to pin frustrate and hold younger fitter opponents for long periods of time and push them into areas where they start making mistakes to set up uh submission holds as always we're trying to funnel the action towards close body contact and as always from neutral position there is no position which offers more advantageous body contact than half guard top so we're trying to get a passing game which funnels everything towards half guard top position and from there it's my earnest belief that older or less athletic opponents sorry players can overcome and pass even tough athletic guards provided they can get these positions if you can get chest to chest on a younger fitter athlete than yourself you have an excellent chance of passing if you can just follow some of the prerequisites that we point out in this video once we get there we talk about the power of pinning one of the great ways for older less athletic people to tire frustrate and subdue more athletic opponents is to pin them for extended periods of time so we have a long section on just how to hold someone down how to immobilize them and if they're more powerful and explosive than you how to use mobility and go from one pin to another in combinations to hold people down for extended periods of time and exhaust and frustrate them i say this a lot to my students it doesn't matter if the opponent is twice as fit as you if you make him work four times harder than you he can be fitter than you that's okay but if you make him work four times harder than you you can exhaust even someone who's twice as fit as you are in a relatively short period of time it all comes down to relative work rate who's working harder obviously all things being equal it's unlikely that a 55 year old man will be as fit as a 20 year old athlete it's not likely to happen it's i guess possible in some extreme cases but it's generally not the case but if you make that 20 year old work four times harder than you for 10 minutes yeah i agree he's going to be exhausted and you'll be fine so that's the general tactic create maximum body contact funnel everything towards half guard top focus on half guard top as the premier passing position for older or less athletic people and go into pins use the pins to cook people over time so that you use time as a weapon you use the things that older athletes are known for tactics and patience wisdom and patience use your grappling wisdom to slow it down tire and frustrate and then ultimately take them into submissions i'm actually um rather excited to talk about some of the submissions we talk uh we teach in this video but because i've never actually taught them on video before um one of them will be the american lock uh which america and i've never taught that on video before so i'm excited to do that things like the north south strangle i've never taught that on video before so these are uh submissions which take almost

no risk because uh one of the themes of this video is for older or less athletic people when you go for submissions you want to favor submissions that don't compromise your position now some of the best submissions for younger athletes involve throwing your body off your opponent going into leg locks going into arm bars triangles etc etc now that's great uh if you've got the mobility for it but a lot of older athletes are reluctant to do this like hey i got mounted on this guy i don't want to take the risk of going for a triangle from here what if i fall off now i've got to go through the whole process again so we we focused in this video on submission holds that don't require you to um uh to dismount from your opponent so things like katakana the arm triangle from top position north south strangle you go for that if it doesn't work so there's no compromise to your position and uh so the emphasis on the video is on high percentage strangle holds and arm locks kimoras etc etc where you if you if it all goes wrong you don't lose your position and that way you can use as an older athlete position over time to exhaust people and as they exhaustion increases the resistance levels goes down that's when these submission holds start to work really well um there's some fun stuff in there for example uh i love teaching north south guillotines and this time i taught a variation that i always used to teach that i came up with many years ago called the east west guillotine so let's have a look at that now i'm curious to see that normally in a north south type situation when we come in and go on the attack we go straight on through lock and then pin our training partner's core right between our rib cage and and bicep and then from here we start the movement that takes us back into the north south position as we go through and connect our hands we perform a push-off that brings us down our chin goes lower than our training partner's shoulder and it's from here that we get the classic north south strangle um north south of course involves a pure belly down finish one thing i was uh known for was the idea of going further than this and instead of going belly down use a finish which ends perpendicular in a t position relative to our training partner so from that same situation we come in on our training partner and lock just like so and focus on taking our thumb all the way up to our belly button now this time as our opponent tries to put in defensive hands our whole thing is to get outside of our training partner's elbow if you're inside his elbows that's when they can start pushing up and causing problems here so it's important always from here we get our ear to our training partner's tricep and as we walk around instead of us coming down to a belly down position we're going to throw our head down to the floor and walk around to a position where we're perpendicular to our training partner's shoulders that's amazing and then from here right shoulder comes down and it almost doubles the strength of the strangle the key to these strangles in north south most people get wrong is they try to lift their hands to their shoulder like they would for a guillotine when in fact the emphasis is on bringing your shoulder down to your hand the exact opposite of what you would normally do the east west strangle because your hips are much higher gives you a much greater ability to drive your shoulder down to your wrist and create a very very strong form of contact so regardless of what our setup is when we walk up on our training partner everything starts the same and then from here we get outside of our training partner's elbows we get to our lock and we come up into position just like so and brian will tell you it creates a stranglehold you call this the northeast yeah east west because normally you're north south when you finish so it goes easily i've never seen this before we also go over my approach to the american lock which is quite different from conventional methods um you know it's a strange thing bernardo the american lock is probably the first lock you learn in jiu-jitsu your first day in class first class they teach you get mounted and do the american lock normally in jiu-jitsu the stuff they show you on the first day is the most important stuff it's the techniques you'll be using for the rest of your career elbow escapes bridge and roll things like this the american lock is very unsuccessful in competition very true you hardly ever see it i can't man it's been a long time since i think i can't even remember a world championship or adcc in american i can't even think of one on the top of my head um so that's strange normally those fundamental moves you learn in your early days are the moves

you'll be using throughout your career but the american lock is the exception it's a move you learn on your first day and yet you hardly ever see it being used at the highest levels um and i i do believe there are some limitations to the move which there's a reason why you don't see it so often but i do believe it's a better lock than most people believe it is and um i'm hoping to change people's mind about the american lock in this video and give some insights that'll make them more successful who knows maybe it'll come into fashion at some point yeah no no that's exciting oh joanne the one thing i was thinking here is like your best student gordon it's almost like the proof of what you were talking about because many times or most of the times he always chased the chest to chest passing getting the half grip and when he gets there he goes very slow it's almost like his low the other thing about gordon is that i believe his game if he chooses to compete into his 40s uh i don't know if he will but uh you know he's got problems with his stomach but if he's able to do it for a long time he will he's one of those guys who will be highly effective with his students who into his 40s and 50s because his game has no requirements for any kind of explosiveness or your flexibility he has decent flexibility folding his body forwards but that's the only flexibility he has and sometimes he uses speeds on match but he has that as a weapon kind of like doing losing passes and that but 80 percent of his passes are like using the vast majority of his passing is from chest to chest positions and as a result it tends to be a kind of guard passing which exhausts his opponents you often see them fatiguing through a match while preserving his own energy yeah and um uh people think oh man gordon must have the best cardiovascular fitness of any way he never gets tired but his opponents are always exhausted it has much more to do with work rate as opposed to working four times harder than he is in those situations um and that's really what we need to do with less athletic uh students in this video we want to say hey either age or your athletic background means you're compromised your opponents are more athletic you're going to do something you're going to have some set of tactics you can't fight them the same way they're fighting you and um once uh less athletic people understand that then they can become very very successful in defensive i'm sure you guys have all had the experience i mean there's some guys you walk into the gym there's some guys in their 40s and 50s who are still highly effective on the match they go with the youngest athletes they may not beat the champions of that era but they can give them one hell of a match and i had plenty of students who in their early 50s who can train with the best guys in the world give them a tremendous workout where it might go 20 30 minutes before there's a submission and i really wanted to help other people around the united states and around the world to to get into that what does it take to take someone who's not athletic who's getting older and make them very very competitive against even very skilled young opposition no and the everything you said especially for nogi because i think no he's training a lot right now and it's people see nogi like this is for young guys this is like for who is explosive who is athletic and it's not true like i think everybody can be successful i do the key game does slow a match down just because there is just more friction there's more handles to work with but you'll be pleasantly surprised to see how much you can slow down even a very explosive athlete if you know how to grip and you know how to position your body and if you can do these things from top position you can you can surprise very athletic people well joanne the other thing that caught my attention you mentioned about the katagatame the arm triangle from top it's it's classic like every single old person ever in jiu-jitsu they always try that and it's another position that gordon is like the best at it as well so it's kind of like the proof that uh he does very well and there's a few things you can do too it's one of those subtle moves that it looks like a move you could learn in five minutes um but form to get someone who's very very good get some details you need and i wanted to flesh those out in this video and show exactly what it takes to put away someone who knows how to defend the move yeah no that's awesome yeah so guys uh this is the second part of the ages of jiu-jitsu instructional series that john is doing all about top game for nogi and it's going to be a bgg fanatics very soon maybe by the time you're watching this

video it's already there so make sure to check that out and thanks so much john appreciate it thank you brian please help me out to grow my youtube channel just click subscribe and to watch more videos just click under see more videos i hope you enjoyed [bjj fanatics.com](http://bjjfanatics.com) use the promo code youtube faria to get 10% off any instructional video improve your jiu-jitsu faster