

Metadata: <https://www.youtube.com/watch?v=Z2zyy0cu7dA>

Good work buddy, good work Jay, good work Eli, good work buddy, good work buddy, good work buddy, good work, good work, good luck everywhere, luck, luck, good luck everywhere, good job okay guys, one of the most obvious and important differences between submission grappling and wrestling is the lack of shoes, okay, 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, the moment you wrestle without shoes, single legs become a lot more difficult to finish okay, when the black partner 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, just lift his leg out and he's gone, this is probably the single most common form of defense to a single leg in submission grappling, there's a reason why, because it's fucking good, okay, it works extremely well, so anytime I go in on the leg and he just starts turning, posting, how many times you've 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, okay, 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, but there's not a movement which actually stops this movement, okay, this move is a very very popular move for a reason, 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, okay, 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, 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, okay, so one hand above the knee, second hand here to the shoelaces, as he goes to kick out, I just hold the shoelace, it's not much of a grip, it's not going to hold a guy forever, but it will 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, okay, if he's got two feet on the floor, he can run right away, but with one foot, he can only hop, okay, 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 touch 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 are both running forward, I'm going to get thrown with each marking every time, so the law is shoelace, opposite hip, run to the opposite side, repeated, run to the opposite side, okay, so we come in on the leg, we get a good fight on the leg, but 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, okay, 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, I know he's tuning out, catch, opposite side, from here, put his hands on the mat and now we're ready to score, okay, 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 like a little bit of goatee and a sash, just rocking a hard stash, it's like, you just look like a dick. It 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 Portland, Portland just looks like an asshole, you can't really pull the hipster look off, I don't think. To be fair, if you walk around Brooklyn like that, you'd get away with it. Actually, yeah, you're probably right, it's a little too big and muscular, I think though. He's like a little just too jacked to be a fucking hipster. He needs an American flag bandana on each little electric black 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. Yeah, time goes by fast, I planned to come out for like a year and just, you know, never left. What was it that brought you over? A little combination, one, the training here is amazing, like John, the guy that's training out here, which was a cool learning mood to do too, and I also like New York City, I was kind of sick of San Francisco wanted to change. I've been in California my whole life and I just kind of wanted to come to the East Coast a little bit, I plan on going back there for sure. Were 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? Yep. I'm not sure the name of the show, it's that team tournament thing, Craig Jones and my team, I don't know too much about it. It just goes to 16th and UFC Fight Pass. What's up guys, Gordon Ryan here, the number one no de-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 five 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 fourth or fifth 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, you get really high, then you gotta go spar, and you're like, oh shit, I'm about to spar. And once you get going, it's not too bad. Grappling's not that same, like, fear. Yeah. But when you're about to fight, you know, all of a sudden, you got your headgear on, you put the gloves on, you're standing in the cage, you start locking, and you're like, wait, I gotta fight this guy right now? Do you use any of the CBD stuff? Yeah, I do actually, yeah, CBD after training sometimes. I actually got a company, Bloom Farm, which, you know, I got a company on California, Bloom Farm, which, you know, we do THC and CBD, but I use more of the CBD. What's the company called again? Bloom Farm. Bloom Farm. Yeah, it's a few states, but it's really big in California. Man, other than, of course, there's jiu-jitsu techniques, there's all the amazing details that he teaches, but there are other things that he doesn't talk about, but you just see it 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. He 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 30 a.m., he's here. Meanwhile, somebody who slept eight 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. Obviously, some of our teammates, some of them are humble. You don't see, 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. That's from, comes from John, obviously. And from also from TriStar people for us, you know, you stick with your, with your lineage. Injuries are part of the sport, but I'm going to say this. Around 50 to 70 percent 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. There's things that are just going to happen. It's part of doing your, 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 to 90 percent of the catastrophic avoidable injuries you see in a gym at any given time. Okay. Let's quickly run through these and why I banned 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 to 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's stationary, the other guy jumps in and it seems pretty safe, right? You just jump on him and out there you're sped up. 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 stories start. 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 hook look like 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. 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, 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 this 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 armbars. 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, Kanegizama. Okay. This is unacceptable because you are jumping onto your opponent's body. Okay. You can still hit leg locks. For example, you can slide into Ashi Garami. You started standing. You're 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 armbars, no flying triangles, but you can fall to the ground and then go directly to submission holds. Okay. The second biggest culprit is poorly performed Tani Atashi's. Okay. When we lock the body lock on a training partner and he's got a wizard in here, so often you see people go to perform a Tani Atashi takedown by sitting down to their buttocks and reaching for the far foot and trying to trip them back to show you Tani Atashi. 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. There's, 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 duration 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 Tani Atashi. 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 Tani Atashi 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 Kosarigate 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. Okay. So Tani Atashi, 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 abs. If you're in doubt, you're not sure what I mean by this, just don't do the move. There's other things 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. Okay. You have to take into account where you are on the mat relative to your training partners. You cannot just, every day, guys, you tie up, 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 for being in your space. You're the asshole. Okay. 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. Okay. But the rule of thumb is simple. If you go into their space, you're the fucking invader, so you move the fuck out. Okay. If there's any dispute, the one with the higher rank wins. Okay. 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. Okay. It's a simple tiebreaker. It's not, as I knew it, with high ranking, it's just the way to break a tie. Okay. And if we can avoid these three things, then 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. Okay. So if we have a mat return, and you lift the guy off the floor, the lifter is responsible for the safety of the other guy. Don't drop people on their heads. Don't spike people on their necks, things like this. 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 those, you do jiu-jitsu long enough, you're going to get injured, just the way it is. But it's sad that people get injured by things that you never needed to have. Those are the ones that should be kind of sad. So if we can avoid those, it's a big, big step. Make sense, everybody? Okay, fellas. Teamed up now with our training partners. First round, mounted position.