

Metadata: <https://www.youtube.com/watch?v=wFoT99VC5hE>

Okay, so I'm feeling pretty good. I can definitely tell I'm going to be sore, which is a good thing, but so far I haven't hurt myself and that's my goal. So next, let's do some open guard, okay? And the decisions of what we do that I'm making right now are based off respecting my back and nothing's going to be like inverted. I'm probably not going to do anything inverted for at least another like three months, okay? It depends like what is your injury, you know? Is it your knee injury? Like whatever it is, you work around your injury and you respect your injury, you know what I'm saying? Especially if you're just practicing techniques, it's so much easier to do that, you know? Like try to protect an injury rolling live with somebody, you end up telling the person, hey dog, can you watch out for my knee? And now this person didn't come here to roll to watch out for your knee, they came to roll to roll. That's your fault being in there with them when you're hurt. You should be, you know, if you're hurt, you should be doing what we're doing here, just having a nice fun jiu-jitsu based workout, getting the cardio, you know what I'm saying? Not doing anything too intense, making sure your partner stays at a mellow pace, making sure it's a partner that you trust. I said that a few times, I'll repeat it a lot too. It should be somebody that you trust that you do this with because jiu-jitsu is combat, dude. This is fighting, you know? Fighting can hurt you even just practicing shit, okay? So you got to be careful. I'm being extra careful right now. So Zach, go ahead and go up, stand up right here in front of my open guard and just right about this angle and go ahead and just pass with a knee slice right here into a side mount. Good, do it again. I'm just going to get used to feeling somebody pass on me again. Even that, just get used to feeling that. Go ahead, put weight on me, no big deal. Okay, a little slower, not so much weight on me and I'm telling him how to make calibrations. I'm guiding him. I'm like, do it a little slower, a little more of this, maybe a little faster and squeeze me a little more next time and I'm just staying in my elbows in. Good, one more time. Now I'm going to do my little slip where I slip my underhook as he does his move. Boom, that's good for me. Let's do that again. That's a movement, that's a jiu-jitsu movement that has a lot of benefit. It's minimal, it's not hurting me, it's repetition. This is great, I'm going to wait for it. Boom, boom, have him repeat. Thank you. Good, boom, boom, good. Okay, stand up. I'm going to sit up and do some single legs because that feels like it wouldn't hurt me too much and it's something that is pretty standard, pretty common and like used so often. Okay, so I'm just going to sit up here real tight, single leg, that's good for me. I'm not going to get all crazy with it. Two, maybe I'll do ten before I even move on to step two. Three, notice I'm just keeping my head positioning, I'm thinking about a few things. Five, I'm keeping my elbow tight, I'm grabbing the thigh. Six, I'm keeping a strong base back here. Seven, I'm not putting my head down, I'm keeping my head up as I do this. Eight, nine, I'm getting a little ab workout. Let's see if I can do it without so much like swing. Eleven, a little slower, a little lower, a little tighter. Twelve, thirteen, fourteen. I'm getting a great workout out of this. Now again, remember like not injured Jeff, I would have picked this single up, run the pipe, passed the guard, back flipped into side mount, rolled into a darts choke, switch to a triangle and transition to his back, then hit a rear naked choke, and then let go of it unaccessibly and roll into a knee bar and just added all kinds of junk that need to be there, doesn't need to be there. I'm not there yet though, all right. I'm happy being a fourth degree black belt who used to do all kinds of flying submissions and used to do jumping heel hooks and could do donkey guard and could do all this shit. I'm happy being that guy who's just sitting up on singles right now. This is fun for me. I enjoy this shit. Let me do the inside, inside single. Inside single, inside single. Is this challenging for me? The way that it's challenging for me is because I want to go faster and do more. That's what's challenging for me is having to be like, Jeff, chill, respect your injury. When you're coming back from an injury, you literally, and you're doing this, you literally have to tell yourself every like two minutes, dude, constantly check yourself like, chill, chill. Don't get all crazy. You might even have to tell him to chill often. It's a constant check yourself and people don't like doing that shit. You guys get lazy

and you start just going, ah, fuck it. Let's roll. No, don't fuck it. Let's roll. Enjoy just sitting up on those single legs, dog. Have fun with that. Maybe in like two weeks, you know what I'm saying? But right now, this is my first one back. I'm not getting crazy. I'm not getting crazy. I respect myself. I want to do jujitsu into my fucking nineties. I want to do this for a long time. Not every session is going to be a hardcore rolling session. That's insane to think that that's going to be like that. I'm having a great time. If you're following along at home and you're doing this with a partner, that's a good thing to do. You know, if you're not doing that, rewind this tape, watch it again with a partner and follow and copy this stuff. You know, um, if you're, if you're trying to lose weight, okay, this is a great way to lose weight, dude. You'll burn so many calories doing that rather than just like sit ups. Oh, you'd have to like 10 of those. You're like bored and you're over it. I'm doing jujitsu and doing sit ups at the same time. Wonderful. Let me get that far side. Ooh, that's fun. Look at the butt screw. I have to add into that. I'd scoot in there. Look at that. This one, I don't need a butt screw. Let me, this one, I add the butt screw. Boom. Let me see. Outside, inside, inside, outside, inside, inside, outside, inside, inside, a little too fast. Let me slow it down. Make sure I'm technically sound. Nice and tight. Don't leave a lot of space. Stay smooth. Don't be choppy. Be fluid. Breathe if you have to. Control your breathing. Breathe in through your nose. That's good. Let me do some, uh, the only he was standing in front of me. I'm just going to enter. I'm just going to do some enters. One, stand back in front of me. Two, let me try that other side. Three, four. You see the little sit-ups you have to do to make this happen? This is great. I haven't done this in six months, dude. I'm going to be so sore, but good. Reverse Delaheeva. Delaheeva. Reverse Delaheeva. Now this feels good on my spine. Now that I just found one that feels great in fact, and I feel like I can keep doing this at a faster pace than almost every other move. I wouldn't have discovered that. Like you have to do trial and error. I just discovered this right now as I'm talking to you during this class right now, that switching between reverse Delaheeva and regular Delaheeva is giving me a killer ab workout and I'm feeling like almost zero pressure on my injury right now. So this is one that I would just give a lot of attention to because it's not hurting me. I'm getting a good flow. I'm getting used to my Delaheeva attacks again. Okay. And again, you know, if you want to set like a timer and be like, ah, three minutes of that shit, I would encourage that for you. You know, I'm just choosing like random. I didn't write any of this down. You know, a lot of my workouts, a lot of my jiu-jitsu workouts are like that. You just kind of make it up as you go along. I choose different positions that I'm used to and then drill in them. Open guard. I like open guard, dude. I use open guard for sitting up on singles. So this is what I'm doing. And all I need is him to just stand there. Okay. Which can become boring. So I'm very thankful to my training partners. I'll probably buy him lunch later. We'll see. Maybe a beer. I don't know. Maybe some clam chowder. I don't know, but all I know is he's been a good partner. I'm getting my ab workout in. I haven't worked out six months. I'm happy to get back to my jiu-jitsu workout. This is fun for me. Not crazy. Would I want to roll? Absolutely. Do I want to roll? I sure as hell do. Am I ready for it? Nope. Does that mean I'm going to keep working out? I'm absolutely still going to keep working out. I don't stop. I don't stop just because I'm injured. I work around my injury. I respect my injury. Okay. And I'm doing right now as much jiu-jitsu as I can. And I know that's good. You can obviously, I know there's a lot of you guys out there that are hurt and want to get back to jiu-jitsu. And I hope that this video can help you just kind of like see what the way I do it. All right. I'm not doing any crazy jiu-jitsu. I don't think I've shown anything particularly like revolutionary here. You know what I'm saying? I haven't done anything here, but you know what I have done? Burn a lot of calories, got a good little exercise, and got in a lot, a lot, a lot, a lot of micro drills, repetitions on good jiu-jitsu moves. And you know, that's what I want. I want to work out. I love working out. I love doing jiu-jitsu. This is it. Okay. Hope you guys enjoyed that. Learn English for free [www.engvid.com](http://www.engvid.com)