

Metadata: <https://www.youtube.com/watch?v=A9wyYrhGw0w>

So, the problem, understanding the bridge and how to bridge properly. Vincent's going to show you the typical bridge that you're going to see, that you're going to learn, and I'm going to show you some of the problems with it. Every time he bridges, he's bringing this elbow up. He's trying to be explosive, and he's bringing an arm up. Now what happens when you have someone on top of you, bridge to this side, that arm comes up, boom, I can attack the arm. Yes it's explosive, but the arm becomes available for me to attack. So we need to learn to bridge while keeping our hands down, pushing below our belly button, keeping our head on the mat, and bridging simultaneously. This is difficult. Now notice when he bridges side to side, he's pushing with his hand, below his belly button, above his pelvis, imagine you're pushing someone down. You're not trying to lift them off of you, you're trying to push them down. He's looking over his shoulder, and he's keeping his head on the mat when he changes side to side. The other piece, structurally, now he has a foot on the ground, he drops his knee, his knee's on the ground, his head's looking back, that gives him a good arch, his hands are pushing down, his arms are as straight as they can be, so he has his head, his shoulder, his knee, and his toes. Now he's going to rotate to the other side. He really doesn't let his hips drop to the mat very much. This is how we want to practice our bridging. If we're warming up our bridging before we even get into our shrimp drill, this is how we want to bridge in jujitsu. We need to keep our hands down, expose it from having your elbows up, stop trying to push out, we want to push down, and we're going to isolate the hips, and we're going to get into that a little bit later. But again, back on the bridge, hands pushed down, looks over the shoulder, drops the knee to the shoulder, to the head, there's a lot of balance, there's a lot of structure here. This is what we're going to do.