

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

Ok guys, huge honor for me, today I'm gonna reply to a question from Jay, his youtuber name is just the letter J and he asked me a great question, he was like, bro I'm 46 years old, I'm a white belt and I'm fit, I have good health but even though I feel all my opponents are stronger than me, so all his trained partners or opponents are stronger than him so what's my advice for him about that? So Jay, I think I have some kind of advice here, so many times we hear that Jiu Jitsu is the sport made for the weaker to beat the stronger I agree with that if the weaker has a better technique or some skill better than the stronger guy I truly believe that if you and your opponent have exactly the same technique, exactly the same skill, exactly the same talent and exactly the same conditioning, but this guy is much stronger than you, of course he's gonna have a big advantage because everything is exactly the same, but he's much stronger than you So what I would tell you is, as you feel weaker than your trained partners or weaker than your opponents you gotta try to compensate that somehow, I'm gonna give you here some options to compensate that One is techniques, you can have a better technique than him and then you can overcome his strength with your better technique So that's one option Another option, speed, maybe he's stronger than you, but you can be faster than him and once you are faster than him, you can apply your techniques better than him you can be able to overcome his strength with your speed, so speed is the second one Another option that I'm gonna give you here, conditioning, that has happened in my career a lot I used to compete as a super heavy and many times I would start a match and I would feel my opponent way stronger than me but much, much stronger than me and then I would grind him out, grind him out, grind him out and after like 3, 4, 5 minutes I would feel him much weaker than me, just because I made him tired and now his strength doesn't mean much anymore so I think if you have a better conditioning, you can overcome his strength but only having a better conditioning is not gonna help, right? so you gotta have a better conditioning and great attacks to keep attacking, attacking, attacking, attacking to make him tired so that comes to my mind like right away, I would say those 3 options you can have a better technique than him, you can have more speed than him or you can have a better conditioning than him and make him tired faster than you get tired and now his strength... if his strength was everything, those guys who compete for the strongest man in the world they would all start Jiu Jitsu and beat us, right? because they would just need to learn the technique so it's not only about strength, I think it's about technique is the main thing then comes strength, then comes conditioning, then comes speed, then comes... so there's a lot of factors, it's not only technique and strength, it's not only those 2 so if I was you, I would be focused in one of those 3 options this is what I... I didn't even stop to think, this is just what comes from my mind and I'm trying to share with you probably there are more options that I'm not remembering here but I would say technique, then I would say speed and then I would say conditioning one of those 3, you gotta have more than that guy who is stronger than you and I know a lot of guys in Jiu Jitsu that they're not big, they're not strong but sometimes they're so fast or they're so athletic, they're so well conditioned or they have such an amazing technique that doesn't matter their size and they still win against the bigger guys and against the stronger guys so if I was on your shoes, I would think about those 3 options over here and see which one applies the best for you so I hope it helped you Jay and I think that's about it 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