

Metadata: <https://www.youtube.com/watch?v=YRq3Xxcr-Vc>

Okay guys, we're here today with Scott G, huge honor for me. Guys, Scott is the strength and conditioning coach of the judo national team here in U.S., here in Massachusetts with Jimmy Pedro and Travis Stevens. And today he's gonna teach us here like, how to be healthy on the mat, if you do jiu-jitsu or judo or whatever, right Scott? Absolutely. Yeah, so. So super simple, right? Whenever we get injured, whenever we wanna figure out if something's not working the way it should, we have to do a shotgun assessment, that's what we call it. So we kind of go over every joint in the body and see if it's working the way it should. And if it's not, then we have to fix it, but that's afterwards. So easy way to tell what we're gonna do is just with the arm, we go behind the head on both sides. Let me try to do it. Yeah, we can go on knees and you go arm behind the head as far as you can. And then, and Bernard said shoulder surgeries, elbow surgery. Elbow surgery, yeah. And then switch sides. Yep, same thing. And it should both be the same. And then we do, yep. You should be able to get that hand to the mid-back and then underneath. And it's very, that's very interesting because I just had my elbow surgery, but for example, was on this elbow and I can do this with this arm. Before the surgery, my elbow would just come into like here, wouldn't go down. You actually let it recover and gave a rest. And so same thing, we go toe touch for the hips and the low back. So you should be able to touch the toes pretty easily. That's the biggest one. If you don't have that, you will have back pain. Oh, my stretching, my stretching's not there. So there are a couple of easy ways to fix that. But the biggest thing is just working on that toe touch, squeezing something between the knees you can do and pushing the hips back towards the wall. Okay. And then same idea. We're looking for pain, hands together, reach as far as you can behind your head. Yeah. And just make sure watching your hands as you go back and just bending back as far as you can. And if you don't have any pain there, you're pretty much good. And then the most important probably for jiu-jitsu players is palms forward and we rotate as far as we can to both sides. So one side because people play guard in jiu-jitsu. So his right side turns way further than his left side. Super normal. We have to make sure that we even that out or you will have back problems. You'll have shoulder problems on the side that you turn too far to. And that bleeds all the way down to the wrist, the elbow, the neck. So there's some really, really simple ways to do it. One of the easiest ways to restore rotation, we'll just talk about rotation real quick, is with the hip. We just do a huge circle and try to get that shin parallel to the mat and just hang out there as far as you can back and forth. Yeah. And so usually when we don't have rotation, it's because the stabilizers aren't allowing the spine to rotate and that all starts with the hip. So we go against the wall if you need a little bit of extra support, we just rep these out over and over and over again until the lateral hip is strong. Yeah. And it's that mid range. So you go up as high as you can, we open the hip and then we rotate through there trying to keep that hip against the wall. And set feet to the other side. Yeah. And you'll notice one side's worse than the other, especially if you're a jiu-jitsu player or a judo player on Newaza, same idea. Everyone has one side. Wrestlers are a little bit different that usually ends up hurting your neck. So. Anything specific to the neck, that's one of my problems. Yes. So real easy way people mess up their necks is everyone thinks that they need to stretch the back of the neck. This is the biggest misconception with necks. We need a curvature in the back of the neck. Okay. There needs to be a curve. So, and the best way to fix your neck is passively. So if you take a towel and roll it up until the back of your head's just barely touching the ground and then just hang out there for 20 minutes and just let the neck rest in that position. You don't want to crank on the neck. You don't want to pull the neck. You need to have that curvature. Then you can start doing things like the iron neck. You can start doing the band stretches, but you need that curvature first. So you have a towel. You fold it in half long ways. And then you roll it up and that's usually the right size. Okay. And then you put behind your neck. Behind your neck, just to restore the curvature and then just hang out. And then you lay down and just stay there. And just stay there. Okay. And then from there, you can take your

jujitsu belt, go behind the head and just hold passively. Okay. Going forward and backwards. You sound like the old Gracie videos. Okay, yeah, yeah, yeah, yeah. But you have to have that curvature first. People skip that step and then you have real bad neck damage and you can herniate discs even. So. Okay. That's easiest with the neck. There's some neck traction stuff. I would stay away from that. It's a real easy way to herniate something. Okay. If a therapist goes, hey, what is traction in your neck? They probably don't understand that you landed on your head a lot. Okay. And Scott, so we were talking here about like, if you, how to identify the injury and if you have the injury, how to fix the injury. Come back. But what about how to prevent injuries? Yes. So injury prevention, like we talked about here, knowing that you have the same range on both sides is gonna stop you from being injured. Okay. Which is the shotgun assessment, if we go through it consistently and you check before you train. All right, I can touch my toes. Okay. I know how to get myself to touch my toes and I never am not able to touch my toes. Your chance of injury goes down a ton. Okay, okay. The other few things that are good for injury prevention are plyometrics. So like jumping, landing. It's a lot of stuff that Jiu-Jitsu guys don't do as much as other sports, dry land, like jumping over hurdles, just being able to land in a solid position, back and forth, box jumps. So would advise that as a warmup for Jiu-Jitsu? Yeah, I would have that as a supplement to Jiu-Jitsu. In wrestling, we kind of have people lie down, you jump back and forth over a lot. Lateral bounds, moving from side to side in the frontal plane is gonna be really, really important. A lot of us just go linear. Got it. And so getting all the stuff on, just like this, moving stuff on the side of the body. Got it. It's gonna make things stronger. All the stabilizers, right? That's right. These are the strong ones. These are the stabilizers. Got it. So the more we can do from side to side. Got it. Well, that's very interesting. You're filming an entire instruction all about that pretty much, right? All about like how to... From the very beginning, even if you're not injured, how to bulletproof your body. So that unless you get hit by a Mack truck, right, you're gonna be good. Yeah, no, that's awesome. No, and I think it's gonna be super helpful because I think like you're gonna teach so many stuff that maybe we are not dealing with that right now, but we can go backwards and watch it when we have that issue. And so that's amazing. Yeah, so guys, this clad is one of the best like mobility dash, like strength and conditioning coach mobility and therapist prevention in the fighting world. He works with the judo national team here in US. And I think like the judo guys probably get hurt a lot more than you need to get hurt because they're falling all wrong and that. And Travis as well, so. And Travis, especially. Oh, he's brilliant. So guys, Scott's instructions is gonna be at bggfanatics.com. So make sure to check that out. And maybe by the time you're watching, it's already there. So thanks so much, Scott. Thank you. 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. bggfanatics.com. Use the promo code YouTube Faria to get 10% off any instructional video. Improve your jujitsu faster.