

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

Guys, today I'm replying to a question here from Mike Check. He's asking, like, we have a small school and I'm teaching class. How do I make it so that the most experienced guys and the newer guys get the most out of it without boring the experienced guys or losing the new guys? Okay, so what he means here is, like, he teaches in a small school and he probably has one class for everybody, for the new students and for the very experienced students. And he wants to know how should he do this to make sure that he's still giving, like, good techniques for the new guys but doesn't bother the experienced guys who have, like, another lab. Mike, the tip I would give here, I learned from Alliance, from my teacher Fabio Gugel and from the system that he's using in Alliance, I think you should break the class. I believe you should have a beginner class only for the new guys and you also should have, like, an advanced class for the more experienced guys. So, for example, there is a huge chance your class is, like, two hours or one hour and a half or whatever. I would try to break it down to one hour class only for beginners, one hour class only for the advanced class. So I'm giving you this tip but I don't even know if it's possible or not. Maybe you teach somewhere that you cannot even have this schedule. But that's what I would try to do if I could. I would try to break it down. One class only for the beginners, one class only for the advanced guys. In the beginner class, I would let the advanced guys come if they wanted. Because many times it happens, like, I see, like, all the time in the Alliance system that there is the fundamentals one class, that's the beginner class, and many times I see brown belts over there, I see black belts, I see purple belts, just because they want to remember the basics again. It's always good to refresh the basics, to refresh the foundation of Jiu-Jitsu. So, in your case, I would really try to break down this class. So, beginner class, advanced class. At Alliance, for example, we even have something in the middle. We have the fundamentals, intermediate, and advanced. So, fundamentals is a class for beginners until two stripes, and there is not even sparrings in this class. There's only techniques and drills in the end. Drills, for example, let's imagine we are doing, like, a Toriano pass. Let's imagine we learn in this class Toriano pass, arm bar, and how to open the closed guard. So, we would learn one technique by one, then in the end, I would pass my opponent with a Toriano pass, I would get him on, I would do the arm bar, he would do the arm bar escape, he would get on top, I would recover the guard, he would stand up, pass my guard, get him on, get the arm bar, and we would rotate this. So, it would be, like, a rotation of moves that we learned in the class. So, there is no sparrings in the fundamentals class. In the beginners class, no sparrings. Just make sure your students learn Jiu-Jitsu first, and then they start doing sparrings, after they get two stripes. So, it would be something like two to three months doing the fundamentals class without sparrings. Then, they would go to the advanced class or an intermediate class, if you have it, and then they would start doing sparrings, little by little. But what's really important here is that, by the time they start doing sparrings, they already learn Jiu-Jitsu, they know what they are doing, and this is going to avoid them to have injuries, this is going to make them enjoy the journey even more, because one thing I see happening a lot is, like, the guy just joined Jiu-Jitsu school, first day they teach them, like, a triangle, and then they don't even know what's triangle, and it's weird for them, like, those two legs closing over his head, and then it makes it hard for them to understand what's Jiu-Jitsu. And then after one week, they put them to do sparrings, they don't know anything yet, and then the guy tries to smash him, he gets hurt, and then he thinks, like, ah, Jiu-Jitsu is not nice, I'm going to stop Jiu-Jitsu. So, that's not the goal. We want to make sure he learns Jiu-Jitsu, he learns the basic techniques, he understands what's passing the guard, what's getting him on, what's trying to get a submission, if someone taps you, you gotta tap, you should always avoid people to pass your guard, the way you're going to avoid passing the guard is doing this, doing that, and then when they start doing sparrings after two or three months, it's much more fun, because they will roll with someone, and they know what the guy is trying to do, they know, like, oh, this guy is trying to pass

my guard, oh, this guy is trying to get my back to try to choke me. If they don't understand Jiu-Jitsu, Jiu-Jitsu is not fun, you know, the guy is going to try to pass your guard, and they don't even know what's that, what he's trying to do, he's going to your back, trying to put above hooks, you don't know what means above hooks, so, that's why I think it's a really good option to break the classes down, beginners, advanced, if you can, beginners, intermediate, advanced. And, yeah, that's it, so that's what I would try to do, I don't even know if you are able to do that or not, because I don't know how is, where do you teach, how is this, if you can have a bigger schedule, but that should be the goal, to make your school keep growing, and soon it's not going to be a small school anymore, it's going to be a medium school, and then one day a big school. So, I hope it has helped you. Osu!