

Metadata: <https://www.youtube.com/watch?v=PZtO46VFUew>

Hey guys, Borário Faria here. Guys, I'm making this video today to talk about one topic in Jiu-Jitsu that people always ask me and that's the purpose of my YouTube channel NBJJ Fanatics, is to bring you guys the best Jiu-Jitsu techniques and the best tips. I would love to talk with you guys about that today. If strength and conditioning is important or not for Jiu-Jitsu, for the Jiu-Jitsu practitioner. So guys, this is one question that I think it's very broad and I'm gonna try to explain here a little more. So, it depends. I have seen a lot of people in Jiu-Jitsu that they don't need strength and conditioning. I think one great... they never need it in their career and I think one great example about that is Marcelo Garcia. When he was winning every single tournament in his life, he wouldn't do strength and conditioning. He would just do Jiu-Jitsu morning and night and that's it. So, in my case, strength and conditioning was a big help in my career and I think like one of the most important things for you would be to try all type of strength and conditioning and see which one works the best for you. So, that's kind of what I did in my life, in my career, for example, my Jiu-Jitsu career. So, I did kettlebell workouts, I did just like lifting weights, I did Olympic weightlifting, I did all type of strength and conditioning programs that you can imagine and then little by little I started to find the one that worked the best for me. So, I remember there was a time, for example, that kettlebell was the one that worked the best, but then I met my physical conditioning coach, Kevin Peretti, KP, which I had the pleasure to work with and I started doing functional training and he would periodize the training for my goals. So, that was the best strength and conditioning program that I found in my career, was to have someone around me who is very, very knowledgeable, which was KP and working like as a personal trainer on top of me. That made a huge difference between like just working out by myself, then when I start having a professional like person working with me on that. So, in your case, for example, I don't know if you do Jiu-Jitsu just as a hobby or if you do Jiu-Jitsu professionally, but I do believe that some sort of strength and conditioning is important. One, to give you some extra conditioning, extra strength and two, to avoid injuries. So, I was very lucky when I met KP, Kevin Peretti, because he was both strength and conditioning coach and physiotherapist. So, he would work out with me towards my goals and also towards my injuries. So, that was very interesting because once I started working with him, I pretty much stopped getting injured and that made a huge difference because if you get less injury, you can train more Jiu-Jitsu and if you can train more Jiu-Jitsu, you get better in Jiu-Jitsu. So, my tip here, it's like if you are the type of person who hates strength and conditioning, like if going to the gym is the worst part of your day, I would say don't do it. Just do Jiu-Jitsu maybe once a day or three times per week according if you're scared or if you're doing professionally, do twice a day, three times per day, but don't do conditioning and it is what it is. I think when you do something that you're happy doing, you perform way better. So, if you hate strength and conditioning, it is possible to win the Jiu-Jitsu tournaments without strength and conditioning. I have seen that. I have seen like Mateus Junius, for example, from Marcelo, he was not the type of guy who would lift too much weight as well. It was pretty much only Jiu-Jitsu, the same way as Marcelo. So, I have seen both cases. The majority of the champions that I met in my career, they used to do strength and conditioning. So, if I had to, if I could give an option, I would give you the option to do both and again, even if you do Jiu-Jitsu as a hobby, I think strength and conditioning would help you a lot to prevent injuries and to give you that extra gas, let's say like that, the extra gas to make sure you can perform even better. But that's kind of my opinion and in my career, as I said, I tested everything. I tested all type of strength and conditioning, just going to the gym and lifting weight, working out with Kira Bell, doing Olympic weightlifting, working out with functional training, with personal training, which was KP, that was the best one that worked for me. I think sometimes we underestimate how important it is to have someone pushing your limits and when you are working out by yourself, even though if you are very disciplined, you can always kind of let it go and if there is someone pushing you, pushing you, pushing you, pushing you, you

reach limits that you don't even believe that you could reach. So, I just want to make this video to you guys because that's something that people always ask me, like how should I work out, what should I do off the mat and this and that. So, I think that can help you guys a lot and even like understanding this like gap that every single Jiu-Jitsu practitioner has, we even built a new website right now, call it Effective Strength and Conditioning, that the goal is to bring the best strength and conditioning coach in the world to teach their programs in the website. So, make sure to check that out as well, [effectivestrengthandconditioning.com](http://effectivestrengthandconditioning.com) and also check out BJJ Fanatics because we have our courses over there as well, Jiu-Jitsu and conditioning. So, I hope you guys enjoy it guys and I'm gonna keep trying to bring to you guys the best tips and Jiu-Jitsu techniques. 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. BJJ Fanatics.com use the promo code YouTubeFaria to get 10% off any instructional video. Improve your Jiu-Jitsu faster!