

Metadata: <https://www.youtube.com/watch?v=J82-3hqah4o>

Hey guys, Bernardo Ferreira here, huge honor for me, guys today I'm making this video for the Youtuber MG87BJJ, he wrote a question on my on my youtube asking like hey Bernardo I'm a new beginner in Jiu Jitsu, and I have hip problems. What advice do you have for a 32 year old Beginner who has hip problems, so I'm gonna extend his question here And I'm gonna give an advice here for a 32 year old who has any type of injury, right? So guys I truly believe that one of the beauties of Jiu Jitsu is that you can always adapt Anything you have when you are doing Jiu Jitsu. I'm gonna give some examples here for example Let's imagine that you play soccer or you play Soccer is the best example because you're gonna use your feet So let's imagine that you play soccer and you have your feet injured very bad Maybe a chronic injury or something like that that it's even hard for you to run So it's gonna be almost impossible for you to play soccer right because you can barely use your feet So how are you gonna kick the ball? How are you gonna run? So I think one of the beauties of Jiu Jitsu is that Jiu Jitsu you use your entire body Anytime you're rolling but you use our entire body not like a Soccer for example, that is probably you use 80% of your feet and 20% the rest of your body No Jiu Jitsu, you probably use your hands just as much as you use your feet You use your arm just as much as you use your knee. You use your neck just as much as you use your fingers So what that means that means that if you hurt one finger if you hurt your hip If you hurt your knee, you can always find a way to roll Then you use less your knee and you use more or the leg then you don't use your hip as much Maybe you play more on top. You don't play that much on bar and You can always find a way to adapt. I think that's like the beauty of Jiu Jitsu I don't know how many times in my career I have hurt like my right knee and I would train pretty much doing half moves to the other side to make sure I didn't need to use my knee or maybe I would hurt this finger and I would put Tape and put these two fingers together now Or maybe I would hurt this shoulder and then I would use less this arm and play more with my left arm So you can always adapt. I think that's the beauty of Jiu Jitsu that not too many sports are like that For example, if you play tennis and you hurt this shoulder hurt this arm, you might need to stop and wait So the advice that I would do here for you if you are 32 years old You just started Jiu Jitsu and you have hip problems Every time you learn a new move try to understand that move and then try to select more the moves That it's not gonna hurt your hip, right? So if you realize that playing on bar is very bad for you try to play more on top Right try to build your game around playing on top and even when you are on board try to figure out What's the type of guard that you can play and they of course like check it out with your doctor as well See if you can actually do Jiu Jitsu Don't take Bernardo's advice and go deep in Jiu Jitsu without checking your doctor. But But that's kind of my advice. That's how I did in my career every time I would hurt something I would always try to adapt my body to use less this part of my body and more the other parts of my body and It has always worked for me was very very very few times in my life that I had to stop completely stop Jiu Jitsu and Even those phases because I remember one time I hurt my ribs very bad very very bad So I had to stay out of Jiu Jitsu for like almost three months But I realized that After one month, I could start playing only on top. The problem was when I was on board So I would literally make a deal with my training partner If you get a sweep or anything like that, we stop and we start again and I was just playing on top 100% on top if you would sweep me or if Anything happen if you take me now or anything like that, we would stop and we start with Bernardo on top again So we can always adapt we can always find a way many times I would if I got some bad injury I would not roll. I would just do the drills Maybe like in a higher speed and just watching just watching the rolls So I would always figure out a way and this is very different from the other sports as you just saw there are many sports That if you hurt that part of your body that you need It's 80% of the game and you you literally cannot just keep playing, you know, you gotta stop until you get better So try to take advantage of all that in Jiu-Jitsu and At the same time be responsible. Don't don't go crazy. And I hope that helps 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 BJJ fanatics.com use the promo code youtube faria to get 10% off any instructional video improve your jiu-jitsu faster