

Metadata: <https://www.youtube.com/watch?v=oA-4h-t3OtE>

Okay guys, I'm here today with Jesse Salas, huge honor for me. Guys, Jesse is one of the best conditioning coaches and he's part of the foundation training. He's pretty much like the right-hand man of the person who founded the foundation training, which is the Dr. Eric Goodman. And guys, he works with some of the best athletes in the world. For example, the Huatolo brothers, he has worked with Hickson Gracie, he has done some work with Marcel Garcia as well. And you also work with the best surfers. I've had the privilege of working with a few of the top in the world and with their coaches directly on foundation training. We're seeing performance as well as a cleaning up of a lot of the chronic nagging injuries that come with repetitive motions of sport. And your goal is to reach for performance and fix injuries, correct? Yes, sir. And guys, Jesse is going to show us here almost like a little intro to the foundation training. So he's going to share one move here with you guys and I hope you guys enjoy it. Yeah, so in foundation training, Dr. Goodman has three principles here. It's going to be anchoring, decompression, and integration. We're going to do our best to coordinate all of them together. Let's bring our feet together. Let the big toes touch about a fist distance between the heels. And then we're going to unlock the knees and bend them enough so we can hug the thighs together. So we want to see, go just a little bit wider. What we want to see is the thighs wrap in to squeeze here. So we're hugging. What we're looking is that the hips are wrapping in and the glutes are relaxed. There's no squeezing of the butt. We're going to bring the hands out in front of the heart. We're going to squeeze the fingertips. We're going to bring our chest up. We're going to think about lifting the weight of our head off of our neck. So as he wraps it and hugs the thighs, he's going to think about spreading the heels apart. He's going to think about squeezing the fingertips so I can't pull them apart. The arms are wrapping in towards center, working like he's squeezing a sheet of paper. We want to get his lats integrated. We want these guys to dominate so we're not wearing our shoulders all the time. He's lifting the crown of his head and he's working now to breathe and expand the rib cage, keep it big, engage the abdominal. Our goal is 360 degrees expansion of the rib cage and we maintain it when we exhale. The thighs are wrapping in and hugging together. We're tractioning the pelvis, lifting, expanding. We can bend those elbows and arms. Bring the arms, bring the elbows up. Elevate your elbows now. Yes. Lift the weight of the head, chin in, neck long. Three more. Lift your lowest ribs. Don't let them come down and then let everything relax. Shake it all off and move around. So the goal, feel good. That goal is we're overriding this chronic breakdown that we see from modern lifestyle. So we're degrees of internal rotation of the hip joints. We hug the thighs, we traction the pelvis. We learn to expand and elevate the rib cage, engage the abdominal. That's our decompression. As you squeeze the fingertips, learn to integrate as many muscle changes as we can. We have all three principles. This was designed to address the leading cause of chronic pain. Athletes just started kind of taking to it going, I'm seeing this, I'm seeing this and it's become kind of a hidden secret for many. No, man. That's incredible. And when I was doing this move, for example, Jess, if I'm just standing here, there's tension on my heels. But there's not tension anywhere in my body. It seems almost like you want to create as many tensions as possible on every part of the human body by unfreeze for X amount of seconds, is that right? It's accurate. Our goal is to get you into the muscle chains so that you're out of the joints, that we're not collapsing on the joints. Doc even talks about this in the courses, primary stability versus secondary. Primary being muscles and tendons, the stuff that's elastic. Secondary being joints, bones, ligaments, and we're resting on them. So by tensioning up, my goal is not just getting as many, but countering that chronic breakdown. The spiraling out of the limbs, we want to bring them back up towards center, expand up and away from center, lifting. So we're realigning your posture. We're making space for better breathing, better digestion, better nerve communication, blood flow. When we think about this, I want you to think that you're opening up the soul to the sun, which is really important because what you have is called a solar plexus. It's a bundle of nerves

under here. When we're doing this and we collapse on it, that communicates to a lot of really important functions with breathing, with digestion. We want to get up and off of it so that can flow. The diaphragm can open well when we breathe, that we're not causing chronic pain, and we perform better, we think better, we feel better. No, that's incredible. And I love this type of training. It's so easy to tell someone, oh, go do physiotherapy or go to the gym and lift weight. And these things that you use the human body, and you can do from home, you can do before class, after class. That's the goal, is wake up, do a little bit. You know, make it as your morning check-in. You can do it at your office. Do it pre-jiu-jitsu. Do it post. Five minutes after, lengthen and tension your body back out, because in jiu-jitsu we're collapsing, we're tightening all in. Tension it back open so that you're aligned again, you're not just, ugh. And you have the best social proof ever, because both Ty and Kate were here filming, and every five words that they would say, one or two had foundation or Jesse. So they were always talking, no, no, because the foundation, the Jesse, and this and that. And then I went to their Instagram, and all I saw was pictures on the beach, and this and that. And another thing that was very interesting to me about this move as well that you showed is that who is watching over there in the camera is probably thinking that I'm just like this. They have no idea of how much effort is going and how much tension is going everywhere. Yeah, it's the hidden gem of this in recognizing that when we're in these positions, we're lengthening muscles and eccentric contractions, lengthening with tension, we've got isometric contractions going on, very specific positions. Then with our breathing, which is very specific, we're expanding the ribcage, working to maintain. That is a very challenging muscular process. So when you start piecing it all together at the start, it can be overwhelming, but the more and more you do it, the more it gets harder, because you learn to keep all these things on, but you get more from it every time. So guys, Jesse is the conditioning coach of both Rua Tolo brothers, they just had an amazing performance in the NECC, and he also has worked with Hickson Gracie, Marcelo Garcia, some of the best surfers in the world. So this is the guy, so make sure to check it out, he just showed an entire structure, all about the introduction to foundation training at [bgjfanatics.com](http://bgjfanatics.com) and [strongandfit.com](http://strongandfit.com), and maybe by the time you guys are watching, it's already there. So, thank you so much. Thank you for having me, brother. It's an honor. Appreciate 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.