

Metadata: <https://www.youtube.com/watch?v=t6m3jQT8CBo>

Hey guys, I want to talk to you about connection. The term connection gets thrown around a lot in Jiu Jitsu. The problem is, it's such a vague term, very few people really understand what connection is. So, in this course, I really want to give you a deep dive and a deep understanding of what connection in Jiu Jitsu is. There's many different forms of connection. That's the problem. There's connection to your training partner, connection within your own body, and connection to the ground. And besides that, there's the ability to disconnect, or to kill connection, which is crucial if we want to be able to counter our opponent's techniques. So I hope you enjoy this course. I hope you get a ton of value out of it, and I really hope that it helps you to develop a deeper understanding of one of the most fundamental elements of Jiu Jitsu, connection.