

Metadata: <https://www.youtube.com/watch?v=wDSd5Qy8Kac>

In this section we're gonna talk about Babybridge. It's a it's a weird history with this because I've seen examples of it like I don't know during the six years or something so there was a Voodoo Jake video with Hickson Gracie and when you talk about the bridge and there was a Pedro Sauer very like side control clip I think if you put on YouTube you find he was explaining this concept of bridging and then I think last for me the last drop or last straw was a Wim de Butters class in Club Turtles in action in club turtles camps when he did a mirroring principle like class and he used the baby bridge as a position and they looked very solid and I was like I really I was really bothered by it because I was a more the guy that usually you know crunched more and then now it's actually weird because I'm you know baby reaching also often and he's crunching more often so Wim is very one of the few instructors I tend to agree the most and we have usually interesting conversations about things and and it's I really enjoy that so and I guess in this section I try to not my interpretation but kind of how I use it and how it adds to it and and and then also I think Wim did a DVDs with fanatics and baby bridge was one of them so I'm really happy that that because they was named by him first a shoulder escape because one it was you move hip and then it you move shoulder but then I think it also was a Björni Baldursson of Mjöltnir who said like that's what my kid does or something that's how kids turn over and they're kind of bridging also because that's the first thing they learn how to lead with the head and then go on a belly and kind of like I think that I don't know where the name came probably it's easy to say like maybe Björni yes so so that's what we call a baby bridge and it's just a catchy name and I think it's just fun to play with play around with and all of this power that actually the names like we said it's it's bad to have like simple different names all over so so maybe in the future we we find actually something that unifies them and makes sense and also what the baby which is is the last position before you flat so that's that's really really important that and there seem to be a dude two games that I usually present when I roll there's like a running man turtle panda and then hulking and a baby which because hulking baby which is more back to the mind and the running man and turtle and the panda are more like upright and then let's say chest to the map so you can categorize those systems again this DVD is about you know running man hulking and baby rich and it is kind of like a side control ish game and already turtle and panda is more like I you know other so you can try to categorize those things differently depends what your goal so and it is a bit of a bridge so I'm trying to make you two people bridge better also I guess and it's surprising how many places you can find this move and I'm very happy that we could define that because we have defined that the shrimp and other end wasn't defined so to speak and now we have that move so it's easy to teach definitely for coaches I think it will be wonderful too and so let's start