

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

We just did the seated brick fall, now I'm gonna do the standing brick fall, which is exactly the same, okay, but we're starting from standing, all right? So I'm gonna show you guys some tricks on when going to the ground, you won't hit yourself really bad, okay? You must be asking yourself, oh, what if I'm doing this on the street? Of course I'm gonna get hurt. Yeah, the impact is gonna be harder on the ground, but you're not gonna hurt yourself. It's better than falling really bad without knowing, hitting the head on the ground, okay? So it doesn't matter, I'm on the mats here, but if I need on the street, I'm sure I'm gonna do the same, okay? So we start from standing like this, I have my legs apart, okay? First thing, I wanna jump and close my legs, all right? So I'm gonna jump, close my legs, and I'm just gonna squat down, sit very close to my, the closer the better. If I sit far away, I can hurt my back, it's not gonna be good, all right? So I'm here, legs apart, I jump, close my legs, sit very close, remember, don't touch my hands until my back reaches the ground, all right? So one more time, I'm here, same as sitting, chin on the chest, hands crossing the chest, I jump, close, squat down, boom, hit the mat. Same thing here, jump, chin on the chest. Okay guys, this one you can practice two, 15, 20 times, you can have your friends on your side, I hope you like it. Thank you.