

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

Is it live Randy? Yep. Live? We're live. Cool. So guys we are live here on MySchool. We just finished a very long day of filming here with John. John is doing all his Fundamentals series, right? So today for example he finished filming the Heffler part of the series of the Fundamentals and also did a long part of the Klosger. And guys today we're gonna discuss, try to discuss here a little bit of how important is the Fundamentals of Jiu-Jitsu for every single BJJ practitioner. It doesn't matter if you are a beginner or if you're advanced. And what do you think about that John? We were just talking here and then I had the idea let's put it live. Let's let's. First off guys apologies I have a heavy cold so please excuse my voice. It's even worse than normal. But yeah we're just having a fascinating discussion about the nature of the Fundamentals in Jiu-Jitsu. One of the great cliches of the sport we all grew up with this idea that the Fundamentals are everything. So often you hear this you know without Fundamentals you'll never amount to anything. And we're very much in agreement with this. A student who lacks skills in the Fundamentals of the sport is always going to struggle. So often as a coach I see people who have very very talented in certain niche areas. They have you know for example this great leg locks or a great armbar, a great triangle. But weakness in the Fundamentals of the sport, weakness in things like their escapes etc etc means that they never really get an opportunity to use those moves and the skills that they have. As a general rule when you lose in Jiu-Jitsu in the majority of cases you lose along the lines of your weakest skill sets. So when you're weak in the Fundamentals I hate to say it but you tend to lose a lot because that gets exposed very quickly very easily. So there's a sense in which you have to first cover your weaknesses and learning the Fundamentals is a step number one in that right direction. But of course it's never enough just to not lose to an opponent. You want to go out and actively beat the opponent. You want to go out and take control of matches, take charge of them. And that too is a set of Fundamental skills. As a general rule we make a distinction between the Fundamentals and your Advanced skills. Most coaching curriculums are built around this Fundamental distinction. You've got your Fundamentals over here you learn when you first come into Jiu-Jitsu and you've got your Advanced skills you learn over here and often classes are divided along those lines. This creates, it's not wrong to do this, but there is a potential problem here. That potential problem is that many students carry within them a mistaken way of looking at the sport. They tend to see the Fundamentals as a phase that you must pass through. So they say, okay I'm a beginner, I'm a white belt so I've got to learn these Fundamentals and then as soon as that's over we're going to get into the exciting stuff. We're going to learn blue, purple, brown belt, black belt skills and then I'm going to forget all about my Fundamentals. You cannot have that mindset, okay. The Fundamentals are the bedrock, the foundation upon which your entire game is based. Indeed your ability to learn Advanced skills is directly proportional to how good you are at Fundamental skills. I'll give you an example. Bernardo Faria, six-time world champion. One of the greatest world champions of his era and at no point in your career did you ever make use of Ashi Garami based leg locks. You had very good half guard kneebar attack. You were very strong in that but Ashi Garami based leg locks was never really a part of your game. When we filmed the Enter the System leg lock DVD, within two days Bernardo was effortlessly hitting heel hooks on his training partners at the gym. Now why was it so? Typically I couldn't just grab a guy and say, hey two days later you're heel hooking black belts. It's not going to happen but for someone who already is strong in the Fundamentals, it's so easy for them to build additional skills on top of that and within two days he's heel hooking black belts. That's a direct result of the fact that he's strong in the Fundamentals. Someone who's strong in the Fundamentals is very very easy to teach new skills. Someone who's weak in the Fundamentals, it can be a nightmare. So just fast progress in the sport overall and the ability to add new skills as you develop over time, it all begins with the Fundamentals. So we've got to get away from this mindset that the Fundamentals is a phase that you pass through. No, you never pass through the

Fundamentals. The idea is this, when you go to make progress over time in Jiu Jitsu, there's two ways you do it. You must refine the existing skills that you already have, usually Fundamentals because that's what you start with. So with regards to Fundamentals, there's going to be a process of refinement for the rest of your time in Jiu Jitsu. As long as you're doing Jiu Jitsu, you must be looking to actively refine and improve the Fundamental skills you already have. Then there's the addition of new and more advanced skills. So the way I see students making progress is in two different directions. There's refinement of existing skills and there's the addition of new skills. Typically the addition of new skills concerns more advanced technique. So in the case of Bernard Faria, he added Ashigarabi-based heel hooks to his already substantial skill set and it was easy for him to do so because he was strong with the Fundamentals. But that doesn't mean that he just stops learning with regards to his Fundamentals. Even now, having been in the sport for a long time, both of us spend the majority of our training and research time getting better at the small improvements with regards to Fundamentals. To be honest with you, I get more joy even now at 53 having been in the sport a very long time with a small improvement in, say for example, my elbow escape than I would in discovering a new leg lock, even though one is supposedly a far more advanced skill. I know I'm going to use that elbow escape movement or refinement a lot more than I'm going to use that new leg lock. And so I get excited about the Fundamentals when there's improvement there. I'm going to use that every single day as opposed to a new and exotic move that I might use once every few months or every few weeks. So always make sure, let's make sure that we don't walk around with that attitude that the Fundamentals is something you just do for a short time, it's kind of boring, you have to do it, it's a phase you have to pass through and then you get on to the exciting stuff. No, that's not the way it works. The Fundamentals are where the majority of your attention has to be for the entirety of your career. And always there's this act of continual refinement of the Fundamentals over time. Right now you might have a good elbow escape but we're not interested in you having a good elbow escape. We want you to have a great elbow escape and when you get a great elbow escape, we want you to have an excellent elbow escape. When you get to an excellent elbow escape, we want you to have the best goddamn elbow escape in the academy and maybe one day in the world. Okay, that's the goal. Constant refinement over time and it never never stops. There's never that end of the Fundamentals where, okay, I've mastered the Fundamentals and now it's time for my advance. No, you never master the Fundamentals. There's refinement over time. That's the way that you want to think about Fundamentals training. Yeah, and Joe, you just mentioned like how can you get better on the elbow escape, get better, get better, get better, get better and I think at some point it started to happen that you can even start putting together two Fundamentals techniques, right? Because while you were saying that, for example, one of my favorite escapes from the mold is mixing up the bridge, the hoop, with the elbow escape. So I use two of the most basic Fundamentals escapes we have and I put them together and it works like really well. Yeah, let's do some demonstrations here. The concepts that underlie the techniques, they're the true bedrock. The techniques are built on top of those. For example, no one could perform an elbow escape if they couldn't first perform the basic body movement of shrimping. They couldn't perform an uber if they couldn't first perform the basic body movement of bridging. Here, I'm mounted on top of Bernardo. Let's bring the cane in this direction. If Bernardo just went for an elbow escape and just went right from here, there's many things I can do to frustrate him. I can turn my knee inwards. I can shift my body weight and when he goes to finish that elbow escape, it's awfully, awfully difficult. But Bernardo's point is that he can start by off balance me with an uber, for example. I react to it. Now suddenly, the elbow escape is so easy for him and the combination of two basic moves works incredibly well for him. Let's look at Bernardo. Run through some details on this. I noticed you're doing this when you're training with these students. You're very good at this. Just run the people through. Same thing? You just talk to them and say what you think. Yeah, so

guys, let's bring the camera on this side so you can see. For example, many times I try to do the elbow escape and it just doesn't work, right? Let's see how I can stop it. When he goes in, he's trying to get inside position with the elbows. When I turn my knee inwards, I frustrate his inside position. When I put my weight on the right knee by taking my left knee off the floor, now I bring the camera back. It brings all the focus of my weight onto my right knee. When he tries to move it, it's a very difficult thing to do. And in the same time, many times I try to do the bridge as well and it doesn't work. For example, I control this arm from Jordan and he puts the other arm over there or he moves his weight and there is no way to do it. So one example here of combining two of the fundamentals. I can try to do the bridge and then the bridge didn't work and now I go to the elbow escape and I bring my leg in, that kind of stuff, and I recover the guard. So exactly what John was mentioning in the beginning, like how you can make one position better, better, better, better, and then you can even put them together and that kind of stuff. It's fascinating. I think like a side control, same thing, like with John's side control, right? I could try to just recover the guard like this and if it fails, I can also try to turn on the knee and that kind of stuff. And guys, one thing that I was very impressed with John last time we shot a video was that I was telling him like how this position is one of my favorites, like hip escape and turn on the knee to recover the guard, and then he was showing me one detail that I used to do this detail for like forever and I didn't know that I used to do it. Can you show that, John? That was awesome. This goes back to what we said earlier about how people think the techniques are fundamental. Well, they can be, but underneath the techniques there's something much more fundamental, the body movements and the concepts that underlie them. Understand that all the escapes have one concept in common. It's the idea of creation of space. From your opponent's perspective, he's looking to get as tight to you as possible. The reason why Bernardo's combination of upper and elbow escape works so well is creating a huge amount of space. As I reacted to the upper, space was developed which made the elbow escape possible. The more space we can create, the easier the various escapes become. Now, when we first start off with a basic body movement like shrimping, let's say I had an imaginary opponent out to my right-hand side. I form my frames and I want to create space between my hips and his lower body. If I just plant my foot, it puts a limit on how much space I can create with shrimping. What if I first took this foot of mine and instead of simply planting it, I managed to plant it further out? That would mean that the distance covered by my shrimp would be dramatically increased. Now, the question is how am I going to do that? Well, what if I combine two body movements, kipping and shrimping? If I use a simple kipping motion where I use the momentum of a moving lower body to kick and take my hips out, I can move much further away and plant my foot so much further away from my opponent that when I do go to shrimp now, massive amounts of space open up between us. I now have the option of an elbow escape on one side or a knee escape on the other. Let's contrast this and visualize it according to these lines on the mat. If we bring the camera right here, you see this line that goes through the tatame on the mat? I'll put my center line on that line. I have an imaginary opponent out to my right-hand side. I want to maximize the distance that I create away from him to facilitate my escapes. If I just plant my foot, I can only move so far away from that line I described. However, if I start with a kip that throws momentum in my legs in a given direction, it enables me to plant my foot so much further away that now when I shrimp, you'll see I'm much, much further away from the line on the mat. As a result, we're able to get up underneath our opponent and get in a slip. If we have Banado here on top of us and I have an underhook in place, if I just plant my foot, I just plant it wherever I am and I shrimp, I only move so far away from Banado. If I start with a kip in motion that takes my hips away from my opponent so that now when we shrimp, there's a huge amount of space between us and I can take advantage of that space to turn up to my knees and into a strong situation to put my opponent down to the floor. Simple movements like this where you take what seems like a basic fundamental skill and you add a little refinement, working at the level, not of the

technique, but of the body movements that underlie it, make a huge difference in performance. I remember one day watching you roll with your students and you were doing a drill where you were being held on the bottom with side control, no one could hold you for more than a few seconds and you were doing exactly this movement. Interestingly, you were doing it unconsciously without even knowing you were doing it. That's one of my favorite moves and it's very, very, very fundamental. The reason I wanted to show you this one is because, guys, every time John comes here, he films here and then I sit over there, just point there already, I stay sitting over there watching John teaching and then John was teaching that and I was like, huh, that's one of my favorite moves and then I was just thinking like, man, do I do that? And then I just play around and imagine that someone was passing my guard and then I noticed that every time someone tries to pass my guard, I kind of bend my leg and then I go forward. So I was like, man, I never realized that. So that was awesome. So just again, instead of just doing the escape like this, that I don't have too much angle, I do this and then I go and the position works much better. So those very little details, I think it's what makes fundamentals very interesting, right? They make a difference in performance. Like if you don't do that, it's going to be a lot harder to escape. But when you do do it, you notice immediately, hey, guys that I couldn't previously escape from, I'm getting out now. There's no ambiguity here. You can see in your live sparring, is it working or not? And it's such a satisfying feeling when you take a fundamental move like that, but you struggle to work on certain opponents and suddenly it's working. It's like, oh man, it's the best. Yeah, I agree. Randy, if anybody has any questions, let us know. Maybe if we ask if anybody has any questions. Yeah, guys, feel free to ask any questions. We're going to keep going here, me and John, but if you guys have any questions, let us know. That was like one of the ideas of the live. But John, can you talk a little bit about the scissor sweep? Yeah, there's a whole question here. What are the fundamentals of jiu-jitsu? At some point, you've got to ask this question. Do you want to teach fundamentals? What are the fundamentals? What makes this move fundamental and that move advanced? I think one of the best ways to look at this question is to understand how many other moves are affected by that fundamental move. Let's say, for example, a flying armbar. It's a beautiful move. We both love it. But in all honesty, if you learn the flying armbar, it's not going to help you to learn a lot of other moves. It's pretty much a single trick. There's only a small set of moves closely aligned to a flying armbar, where if you learn the flying armbar, other moves will be easier to learn. There's other moves, or even movements like shrimping, where if you learn that, you can adapt that to a vast array of moves. That's the more foundational, the more fundamental one. When you look at a move like the scissor sweep, it's often taught as a foundational move in the sport. You should go to beginner classes around America and Brazil, and you'll often see a scissor sweep taught in the basics curriculum. One of the beauties of fundamental moves is that very often they illustrate body movements and concepts, which will have a trickle-down effect and permeate throughout your entire jiu-jitsu game. The scissor sweep is a classic example. Interestingly, Bernardo, if you actually look at world championship black belt competition, the scissor sweep does not figure very prominently. Like, when's the last time you really... Yeah, we were talking about that, and the only guy that I know that was really good on scissor sweep was a long time ago, I think it was Laboria. Yeah, Laboria had good scissor sweep, but even for Laboria, it wasn't like that. was his main method of scoring. He did hit it a couple of times, but that's going back a long ways. So there's a sense which that's odd, it's supposed to be a fundamental move, aren't the fundamental moves supposed to be the ones we use every single day? Well sometimes a move can be fundamental not because it's used a lot at elite level competition, but because it illustrates important concepts, body movements, which will be used a lot at elite competition. Let's look at this sweeper who's a good example of this. He's on two knees in my closed guard. One of the most important concepts that we're going to work in the Go Further Faster series is the idea that when we

go to sweep people from guard there's always like a three step process. That three step process is very easy to understand. First you've got to get a grip on your opponent. If you don't have a strong working grip on your opponent, nothing's going to happen. So for the case of the scissor sweep there's a bunch of good grips we can use. I'll demonstrate from a fairly standard grip where I go through and I take a good cross lapel grip on my training partner. Then we take a four finger cuff grip here and I take my wrist and I cover my training partner's wrist. So I've got good control of my training partner's hand. Now from here we're going to open up our guard behind his back and we're going to shimmy our hips out and we're going to take our knee through and across and put our knee on top of our own wrist. If I put my knee underneath my wrist like so it's very easy for Bernardo to pressure down and constrict my two knees together and now I'll never scissor sweep anybody. So we put our knee on our own wrist like so. Now when Bernardo tries to pressure my knee down his own gi prevents it from happening. My knee is held in place ultimately by his gis through my cross grip. Now from here we're going to put our foot on our training partner's hip and we're going to do something very very interesting. We're going to load up all of our opponent's weight onto one knee. What I want to do is I want to break my opponent's balance. There's two key elements. The first is to bring his head forward. If Bernardo's head moves away from me, straight back, it's very very hard for me to scissor sweep him now. His weight's on his knees and you feel like he feels like a mountain. But if I can bring Bernardo's weight forward, that's going to change. Let's bring the camera this way. Watch my left foot. Let's bring the camera this way. I put my shoelaces right near Bernardo's lat muscle. So I can use my left leg to bring Bernardo's weight forward. Now let's bring the camera back this way. Once Bernardo's head comes over my chest, now we play a trick with our left leg. I'm going to take my left leg and I'm going to put all of Bernardo's weight over his left knee. Just like so. Now let's bring the camera in this direction. Watch Bernardo's right knee. It's coming up off the mat. So a hundred percent of Bernardo's weight is on his left knee. Now let's bring the camera back this way. I'm going to ask you guys a question. If a hundred percent of Bernardo's weight is on his left knee and I took his left knee away, what's going to happen to Bernardo? He's going to fall. It's just physics. Okay. So I find the loaded leg that I put all of his weight on and now I employ a scissor sweep and it's a hundred percent effective. Okay. So there's a sense here in which we're playing with the fundamental concepts of jiu-jitsu. We're loading all of our opponent's weight by breaking his balance, developing what we call kizushi or off-balancing, bringing his weight forward out of balance with a strong grip. Then we load a hundred percent of his weight onto one limb and then we just cut that limb away. I don't care who your opponent is or I don't care what their skill level is, I don't care how athletic they are. If you put a hundred percent of your body weight on one leg and you cut that leg away, they're going to fall down. It's just the way the world works. Okay. So there's a sense in which we're learning a lot about the general nature of sweeping from one fundamental sweep. We're learning that everything starts with grip. We're learning that everything needs to be, our opponent needs to be taken out of balance and his stance broken and his weight put onto one leg. And then if we actually employ the move, in this case a scissor sweep, it's going to be a hundred percent effective. So let's quickly run through all that again. Okay. We've got Bernardo here. He's in our closed guard. We go through, we're going to work with a cross lapel grip. There's other groups we'll investigate and then go through the faster series, but this is a good initial grip. We get hand control, just like so. We shift our hips out to the side and we reinforce our knee position, just like so. I use my foot here in his lat muscle to bring his body weight forward and now watch Bernardo's head. My whole thing is to bring him out of balance by bringing the head forward. Now I use a mild scissoring action from my top leg to put all of his weight onto one knee. Once all of his body weight is compromised on that one knee, it's so easy now to cut away my training partner's body weight and end up on top. So this is a good example of taking what we call a fundamental move and showing how it demonstrates principles, concepts and body movements which will

permeate throughout your entire game. In this sense, one move can teach you many moves and that's what makes it fundamental. Even though the scissor sweep is not really a move that we see much in world championship competition, I literally can't remember the last time I saw it in the world championships, I still think it's an important part of a beginner's program precisely because it teaches us so much about other aspects of the sport. Now let's contrast that with the idea of high percentage moves. There are other moves that I like to teach in a fundamentals program that a lot of people would say that's not fundamental, that's advanced. I disagree. What I like to see is the fundamentals have applicability all the way through to black belt level and beyond. It's my belief and I believe the belief of many people in jiu-jitsu that there are many famous athletes, one of my good friends Roger Gracie was one of them, who took pretty much a game that was entirely fundamentals and just refined them throughout his entire life and employed them with devastating effect at the highest levels. My contention is one of the best ways to make a distinction between moves that are fundamental and moves that are not is to ask yourself a simple question. How broad is the application of these moves among jiu-jitsu athletes? Is this a move that you see in white belt, blue belt, purple belt, brown belt, black belt? Do you see it in both male and female categories? Do you see it in all weight categories? Do you see it being used for a long period of time by a large number of athletes with good success rates? If the answer is yes, I'm prepared to say it's fundamental. The only way you could explain how it's used by so many different people with so many different body types for so long is it adheres to strong fundamental principles that make it high percentage. So for example, one of my absolute favorite moves that I've been getting into is sumigeshi, the hook sweep. So we have an opponent down on two legs, sorry two knees, and from here we're able to use any given method to expose our training partner's belt. And from here we get a good grip on our training partner's sleeves and again it's all about the breaking of balance. So we use this belt grip to break our opponent's balance and bring his head forward. When Bernardo's head comes forward in front of his knees, it's so hard for now to prevent being off balance in this position. Even if Bernardo takes his two knees off the mat and tripods his body up high, even from here it's going to be pretty easy for us to roll our training partner through and put him down to the mat. So this is a fine example of a move which many people say well that's a little bit beyond the fundamentals. I would disagree. I would say that's a move that you see all the time in all levels. And I've coached many many white belts to use that within a very short time frame and have just as much success as many more experienced black belts. So there's two ways you can look at fundamentals. You can say okay how much does this educate us about moves in general in jiu-jitsu? It may not be used that much in competition but it might still have educational value. But at the end of the day you've got to have practical value too. Jiu-jitsu can't just be all theory. At some point you're going to have to kick some ass. So that's when I bring in the idea of high percentage. So I like to see a mix in a fundamentals program between theoretical importance, say for example a scissor sweep, and practical importance which is many of the moves which we're teaching to go through the faster series. Yeah and John one question here. Every video that I post that we do together I always see someone asking what's John's methodology for his competition training? So how do you apply the fundamentals techniques with the competition team? Because as you can see I think Gary is probably one of the hardest guys to get a submission on it right? And Gordon we almost never see him tapping as well. So what's the methodology that you use for the competition training? Is there anything specific that you do with fundamentals for them? Yes there is. My whole thing is precision. So often you see people teaching the generalities and they say okay defend say for example the rear mount in this fashion and they show the generalities of the move. That's fine. You'll have some success escaping using generalities. But my whole thing is to show particulars and details down to a level which a lot of people would find almost difficult to deal with. Like people say I teach too long or I show too many details. I don't believe you can ever show enough details. Yeah I agree. But I make

damn sure of one thing. I prioritize details. Remember your students have to be able to remember everything under stress. You can't give them 10,000 pages of notes and say remember that when you're getting strangled. Can I interrupt you very quick? So last week we brought seven of the best customers from BJJ Fanatics here to do a trip here to Boston and then I taught them like a mini seminar and this and that. And they were talking about that. They were talking how when they watch your video sometimes they watch one technique in the volume one and then in the volume two they watch something similar that is a little bit different and then focus on the concept again. Very good. So it's exactly what you were saying there. But if you give the information and prioritize it. So this is the most important thing. This is the second most important thing. This is the third most important thing. And students will remember the most important things and that'll get them out of bad situations. So I teach a mountain of details when it comes to fundamentals. I tend to be very strict on fundamentals. Don't get me wrong. I love exotic moves. I love innovation. I love to see people coming up with new stuff. I do believe there's a tremendous amount of value in being the first on the block with new technology. You saw that with my students leg locking. My students came in using a general methodology of leg locking which hadn't really been seen before and it gave them a huge competitive advantage when they first emerged on the scene. But you can't use innovation forever as a means of holding on to victory. Because at some point people are going to figure out what you're doing and they're going to counter it. So the foundation has to be really strong. So the foundation will always carry you through. So interestingly people tend to associate my coaching with rather exotic elements like system building and things like this. But in fact the majority of my training time with my students is fundamentals. But fundamentals aren't sexy to most people. I got it. Yeah but that's the question. So how do you implement that? Is it more like in the warm-up or it's doing the techniques you throw? Or it's with the details? Where is that? That's a great question that Bernardo just said. So many people dismiss the fundamentals into the warm-up. I got it. So on tripping, just do it before class. Go up and down the mat five times. That's a disaster. Because now you've taken one of the most important skills in the entire sport and you've relegated it to a warm-up. So what do the students think? It's just something to do before I get into the real technique. No. The real technique is the stroking. That's the stuff that's going to make the difference. When someone's on top of you and you've got to get out, you've got 30 seconds to do it. That's what's going to get you out. I teach body movements as a skill. Often at the completion of class, I will have observed the class and I'll pull athletes in and I'll say, I saw you struggle in this position. And we'll go through details. Bang, bang, bang, bang, bang. And it's very, very precise. It might be the difference between gripping a hand here versus here. And that might be the difference between holding off a strangle or getting strangled out. And so I never relegate body movement and fundamentals to a warm-up. It's always taught as a very precise, very clinical, detail-oriented thing. Often after class. So for example, we'll work in class. Okay, here's the theme of the class. We go through a set of skills or themes for that given class. And then after class, I watch them in sparring. I say, I saw failure here, here, and here. Let's address this now. We're going through the details. That was a great question. And yeah, guys, there's almost 100 people. Anybody has any questions? Like Randy? Yeah, Maddy Mahoney had a question that I can't say anymore. So if you're still there, Maddy, ask your question again after we answer this next question from Christopher. Christopher wants to know what the number one fundamental drill would be, in your opinion. Is there any way, Chris, to be a little more specific? Is it a defensive drill? A peak one subject. I always believe at fundamentals level, defense is more important than offense. The reason is simple. When you first enter the sport of Jiu-Jitsu, you come in with no skills. You enter into a room full of people who have been there before you. So they have some skills and you have zero skills. And so inevitably, most of the time, you end up on the short end of the stick. You're getting attacked. So defense is the first skill you've got to learn. I would say the first thing I would start students with is solo shrimping and

bridging skills. Okay, you've got to start somewhere. So start by yourself, shrimping and bridging solo. Then experiment with body weight on top of you. Have people start in the mounted position and side positions and practice your bridging and shrimping underneath body weight. And then from there, work in various positions side to side with side escapes, elbow escaping from mount left and right side so you feel comfortable on both sides. Having opponents behind you, sliding your back to the floor and turning into an elbow escape and work like so. So everything would start with body movement, bridging and shrimping. There are other body movements that are important, but bridging and shrimping are the two most important for your foundational escapes. Focus more and more and more upon the idea of an elbow escape. There are many forms of escape in jiu-jitsu, but the elbow escape statistically is the king by a landslide. No other escape is statistically so important as the elbow escape. Invest time in it. Start with your own body and then work to your training partner's body. Any other idea? Yeah, Maddy wants to know, have a little more details on kipping and the struggle to break free. Absolutely. Kipping is a more advanced form of body movement. You probably are familiar with the word kipping from forms of exercise, in particular chin-up. Okay, if I'm doing a pull-up on a bar and I feel I've completely run out of energy and I cannot pull my body up with my arms and back alone, what do you see everyone do? They start kicking with their legs. They're kipping, okay? They cheat. They get up. Well, kipping is a way of moving my body weight through momentum built up by my legs. So, for example, if I wanted to move my hips to the left-hand side, I would take my leg and generate motion and then a kip moves my hips to the left. So I can, if you just excuse me, I can move in a circle just by kipping, okay? So if I want to create space between myself and opponent, I could do it just by planting a foot or I could do it by kipping and then planting and as a result we can get up to our base, okay? So kipping is a way of moving my body weight by generating momentum in my legs. Any other, Randy? That's it. So guys, the reason we decided to do these lives is because every time John comes here, we always spend time like talking about this, exactly. So today we're like, let's put it live, let's see how it's, so guys, I hope you guys enjoyed and if you guys want to see more about Fundamentals, we're going to leave the link for the Fundamental Instructions at bgfinetics.com and this is something that I'm going to try to do more with John, so he comes here like almost once a month, we take one entire weekend and we just shoot a ton of videos, so I think the live is going to be very fun. Remember guys, the most important thing about discussion today, don't see the Fundamentals as a phase you're going to pass through, see the Fundamentals for what it is, the bedrock of your entire game in the sport. The stronger you are in the Fundamentals, the harder you're going to be to beat for your opponent and the easier it's going to be for you to learn additional skills as you get more advanced in the sport. It's not a phase you pass through, it's an active refinement over time, it's no exaggeration to say, and there's a mountain of proof to prove this is true, that you could have a game which was entirely Fundamentals, it had no advanced elements to it and still be a great, great world champion. Put the vast majority of your training focus upon the Fundamentals, I promise you that it will bring dividends that no amount of so-called advanced moves could ever hope to bring you. Osu guys, again, I hope you guys enjoyed and make sure to check all the videos on bgjfanatics.com. Osu!