

Metadata: <https://www.youtube.com/watch?v=PhVY8wm6Af8>

Okay, so I'm going to do some stuff here on the bottom. This is probably the position where I'm the most limited right now So I'm having to factor that into my Decisions about what I think I can drill so Let's start with close guard, okay And again, this is my first time doing anything in like six months, and I'm happy to share this with you guys You know, maybe you can you know follow along at home or maybe you're inspired by this to be like, oh, you know You know just first workout back from an injury. I saw what that was like. That was pretty mellow Maybe I could copy the same thing and you know, you can get value out of it that way, you know so Again, if I wasn't injured I would be drilling so much more faster and intensely and doing like inverted stuff Okay, but I'm coming back. You know, I want to keep it pretty simple pretty slow Just this right here If I did a hundred of these there's so much value in that I think we all get so caught up and wanting to add so much variety. I know 50 moves I want to drill all 50 moves. There's value in that But there's also value and just drilling this one sitting up and slowly turning it into a kimura and doing this You know 20 times. Maybe you're at home right now and you're doing this with me. You're not saying good for you Maybe you're doing it without me like watch out Zacky. Maybe it's just like maybe you're just getting in your sit-ups Maybe you don't like doing sit-ups, you know You need to lose weight and the only way you can do sit-ups is if it's fun and doing jiu-jitsu make shit fun Cool, I'm doing jiu-jitsu move and I'm getting my sit-ups in right now because you know what? I haven't done sit-ups in six months, bro I haven't done anything in six months and maybe sometimes I'm a little lazy and I don't want to do a workout But you don't want to do like doing jiu-jitsu and I like hanging out with my buddy Zack You know saying he's letting me practice and get my workout in and I encourage you to be doing the same thing I'll add a little switch up now. Oh, I'll add a little switch up. I could have just kept doing the kimura thing though I could have just kept doing the kimura thing You know I'm saying again, this isn't like this isn't about like learning jiu-jitsu move. This is about you know doing jiu-jitsu Doing jiu-jitsu again after an injury and doing jiu-jitsu in a way that's not gonna ruin me That's not gonna re-flare up my injury. You know I'm saying I'm definitely not rolling Zack's giving me very minimal resistance How hard am I squeezing anything? Hardly Hardly, that's another thing is being able to do these moves go through this stuff without squeezing him all hard But still getting like perfect form. I Still get perfect form you know like this isn't perfect form. I gotta pop my hips over a little bit there It is if I wanted to rip on this right now. I could That's a skill you want to get better at look at this little omopata. Oh that felt good. Oh, let me go back and do that again My back doesn't like it. I'm gonna go back to something that didn't hurt Let me go back to something that didn't hurt wow and you know a lot of times you guys set yourself up a timer Give this you know maybe just make this a half-hour workout You know maybe make this what I would do you know if the camera wasn't on me I'd turn this into an hour and a half workout You know I would ask Zack like oh Zack let me keep doing this shit. I'm getting so much benefit out of this Thank you, dog. You know what I'm saying. I would just keep doing this for half an hour, dude Wow, maybe you're you're still you're not ready for that. Maybe you need to do a 20 minute workout. Oh Okay, but either way you've got to keep going you're gonna move you've got to get back into it without hurting yourself This is one of the best things let me do some arm bars Let me get this then I go arm bar one cool ways to do arm bars It's tuck under the guy's leg and just catch it with your legs. Let me do some of those that doesn't feel too bad That feels fun. This is fun for me pull this arm out Dog I'm gonna go triangle. I don't want to lock it all the way yet. That was good. That was good I'm gonna go here. I'm gonna go arm bar. He pulls it out. I'm gonna switch your triangle. That's good Let me do the other side tuck the leg. Oh, let me pull the arm out Triangle great. I'm not squeezing anymore. I am absolutely getting an ab workout doing this right now Like I'm gonna be sore tomorrow from this I can tell okay, but that's what I want That's what I need to do sore is beautiful sore is life. I want to be sore but not hurt I Want to be sore but not injured You guys got to learn how to do this so many people in jiu-jitsu get

hurt because they rush themselves back to an injury and I have so much experience from it from watching so many of you guys do this wrong I've seen so many of you guys do it wrong It's one of the few lessons in my life that I I don't think I need personal experience to learn it You know the saying like some sometimes you got to learn that lesson by making the mistakes yourself Like I don't have to do that I've seen so many people get hurt in jiu-jitsu Come back and think they can just roll and then I never see them again because they re-injured the injury They're done for the rest of their lives. I am sure as hell not gonna make the mistake Or I'm gonna try I can't make any guarantees in life, but I'm gonna make an effort To get back into exercising and working out and getting sore without hurting myself again Okay, and it's about Not being so crazy You know and going through my jiu-jitsu workouts and not always being in a rush to roll Because like I said my number one favorite thing in the world to do is roll with the boys Let's get with my friends who are also good at jiu-jitsu, and we spend you know an hour and a half practicing Rolling I mean an hour and a half You know going live with each other and seeing who's the best and who can get the most submissions Who is the best of the day that is my absolute favorite thing to do in the world? It's more enjoyable than riding roller coasters going to theme parks going to dance clubhouse and anything going to motorcycles Nothing's more enjoyable to me then Rolling with the boys, but I'm not ready for that yet, dude You know that's a privilege dude. That's a privilege to be able to roll all hard like that not everyone gets to do that It deserves respect You know saying and I'm not there yet, and I respect that so I'm just having a good time Just drilling my own plot says right here with my buddy I'm not doing it at an intensity level or a pace that's gonna make him fucking hate this I want him to be able to do this with me for 15 minutes without getting all Exhausted too I could be all Hard you know the same, but I don't need to do that like even that right now that hurt me That was too much for me Like I can already feel my back was like whoa take it easy. It's like all right respect it listen to my injury Respect it Tone it down a little bit. Let me do some sit-up guillotines And you know I'm talking as I'm doing all this I'm instructing as I'm doing all this you want to get to that point where you're you're you're drilling You're rehearsing moves It's so easy and second nature and calm that you can still have Conversations and not get distracted and start getting sloppy with your techniques, and you still keep the form clean Okay, as you can see I'm pretty good at this. I'm going to go arm bar boom And notice how I talk to him you know I communicate with him And I'm going slow enough that he can listen to me and respond. I'm gonna take this arm bar Boom pull the arm out. Oh plot. This was great This is great. Let me hit some triangles Mmm. It doesn't feel too bad. I'm not gonna lock it all the way though. That was enough Let me see this triangle, and I'm not doing some crazy intricate. You know set up I'm just throwing it in and getting a feel for it. This is the first triangle. I've done in six months Technically this is the second one Let me get an angle. I'm not squeezing Zach I'm just getting into place taking out all the air pockets getting all the space out Sealing it as tight as I can and I'm not even gonna make him tap you know Like this is fun for me. Let me do some more triangles. Let me go Let me go guillotine triangle Let me go guillotine Triangle and I'll go ahead and lock it. I'm gonna go nice and slow go through all the motions I know that might be doing fast. I'm a fourth degree black belt. You know I'm saying, but I'm not ready to do everything fast I'm still coming back from an injury. I'm moving slow, and I'm happy with that. I'm just happy to be doing jiu-jitsu This is great for me so There was some guard work. All right. Thank you Next I'll do open guard