

Metadata: <https://www.youtube.com/watch?v=huc4A15ePJE>

Okay, guys, I'm here today with Devonte Johnson, huge honor for me. Guys, if you guys don't know Devonte, probably everybody knows at this point, but he won the world's on every belt, the world's no Gi, from blue belt, purple, brown, and black belt in the adult division. With Gi, he won as a purple belt, he won as a brown belt, and he got third place as a black belt. So he's the new guy coming up, getting very, very close beat everybody. And he's also great instructors, a great instructor. And he was telling me that one of the things that he focused the most is kids. So he just shot an entire instruction all about how to teach kids. So Devonte, can you explain a little more about what you do? Yeah. So I've been teaching kids for a long time now, actually, maybe about seven years now. And so one of the things that I learned in my time teaching kids is that like, how important the parent is in the world of progression of the kid, right? And I feel like my team, in particular, we've had a lot of success because over the course of the years, I've had like very good relationships. You're in New Jersey, right? Yeah, close to New Jersey, Bones BJJ Academy. Yeah, guys, if you're in the area, make sure to check it out. And so, like I said, I've always had a great relationship with the parents, you know, and one thing that all parents want is for their kids to do well. And so some of the best kids that I've ever had, and some of the best kids that I've ever seen in jujitsu, there's always one common theme, right? They have one great coach, one motivated kid, and a group or a pair or, you know, one phenomenally dedicated parent, right? And I think it's really nice when parents do jujitsu, and they can teach their kid jujitsu, and they can help their kid understand jujitsu. But a lot of times the parents don't do jujitsu, or they don't do jujitsu at the level that their kids are doing jujitsu, right? So after a while, it can be very difficult for the parent to help the kid progress, right? And it's difficult too. I've learned too that like, it's hard for the parents to see their kids trying to achieve something, working hard to achieve something, and not having the right tools to help them along the process, right? It's very difficult for them to be like, oh, we're just going to leave it to the coach, you know what I mean? They always want to feel like they have something to offer the kid as well. It's just, I believe it's just a normal thing. I'm not a parent, but you know, I find this to be a normal thing, and I feel like there's very little content out now helping parents understand the dynamic between, you know, being an athlete, and what they can do to help the kid who is an athlete. Jujitsu is growing a lot, and it's becoming more and more and more common that people have mats on the garage, they have mats in the... I had one student, for example, that he had a mat on his kitchen, and they would open up the mat in the kitchen area, and the parents would train the kids. So I think that's becoming like more and more and more common. Of course. During the pandemic, I had so many parents who would do like privates with me, for example, on Zoom, and then they have mats, you know, in the kitchen, in the living room, and so forth and so on. And so one thing I wanted to do is to make a video specifically catered for instructional, instructional, sorry, specifically catered toward helping parents understand how they can help their kid develop when they're not at the training facility, right? And a large part, a big part of like kids learning Jujitsu is understanding that kids are changing, in many cases, every three to six months, you know what I mean? Sometimes even faster than that, right? So every time a kid gets a little bit taller, every time a kid gets a little bit heavier, a little bit stronger, they have to readjust their game, they have to relearn how to use their body, so forth and so on, right? And so we must, as instructors, as an instructor, I'm always trying to revise, exactly, revise like how they move their hips, giving them key words, right, to help them understand where they need to be, as opposed to what they're trying to do necessarily, right? Because sometimes if you tell a kid, oh, you know, redirect the legs and close the space between, you know, your chest and their chest, they're like, oh, what is that, you know what I mean? It's very difficult, but if you tell them to like, oh, you know, run, move towards the head and push the legs, but not tripod when you get, when you get chest to chest, right? Maybe it's a little bit easier for them to pin the kid on their back after completing the pass, as opposed to telling them

that, you know, all these complicated details that we would tell parents, you know what I mean? One of my favorite things is to like have kids work on their hip drills to get towards the back, like when they do the arm drag to the back, for example. Most people say, oh, you got to move your hips, you got to move your hips, right? But the biggest, um, key word I found that helps for the kids is to put their chest on the back, you know what I mean? And then they figure it out, you know what I mean? Once he's like, oh, put your chest on the back, you know, for example, and then they figure it out. And it doesn't need to be perfect either, right? As long as they understand the idea and the concept. As long as they understand the idea, you know what I mean? So this video is going to give parents drills, right, that they can use to help build skills, right? It's going to tell them, like, what workouts they can use to help their kid build grip strength, for example, build core strength, right, while doing Jiu-Jitsu. And, um, so that's the main focus of this video. Man, I love the idea, and as we just talked about, I think this is growing more. Because the reality is that you don't do drills, you don't even need the mat, as long as you have like a carpet, you're there, you know, like, so. Anyways, can you demonstrate maybe, like, one or two of these, like, keywords and concepts that you use that helps a lot? Sounds good. So, like, in the video we're going to talk about how it's important to build, like, your kid's Jiu-Jitsu or, like, even like a student, right? You want to build Jiu-Jitsu from the ground up, in my opinion. I believe that starting with the guard is important because, right, most kids, and a lot of adults too, but most kids will do not like you put on their back, right? They panic, they get claustrophobic, right? And it's just a more complicated, like, dynamic trying to teach them how to use their legs and their body from the back, right? So, if you don't start early, giving them the mindset that it's okay to play from their guard, right, it can be very difficult for them to embrace the guard as they develop, as they start getting good at passing. Because now it's like, oh, why would I, um, why would I play guard? Why would I do guard in a competition if I'm really good at passing, right? I'm going to risk losing the match if I, if I go on my back when I know maybe I can pass this kid's guard, you understand? Not giving, not having them have well-rounded Jiu-Jitsu is a big mistake early on, you understand? Because it only gets harder to fix as they grow. Give them the foundation first and then you start going, like, specializing on... Absolutely. So, in the, in the instructional we start with the closed guard, right? And one of my favorite techniques to teach kids, right, in the beginning, and this is all ages, right? It's more of, like, an experience thing, right? So, they, the, the guard will go from closed, the, the progression will go from closed guard, right, to open guard, right? Because most kids, when they get under pressure situations, they want to have, they want to feel control, right? So, we build their game from the guard, from closed guard, and then we start working towards open guard, right? So, the kid's able to break, disconnect, now we start teaching from the open guard, right? So, one of the first things we like to teach our, our kids to develop their game is the arm drag to the back, all right? The arm drag to the back is good because it starts teaching them how to move their opponent across their center line, right? And I talk, we'll talk a lot about the center line and moving perspective to the center line in the instructional. But, all right, so, first things first, we need to get two on one on one of the sleeves, right? Yep. With the kids, it's not important to talk to them about the grips just yet because you don't want to overload them too much, right? You want to have them worried about just controlling the bottom of one sleeve and behind the tricep of the other, right? Now, a lot of times, we'll start at the belt because the belt is a little bit easier grip break for them to work with, and it's most common that kids will grab the belt, uh, than the collars, but there are also grip breaks for the collars that we'll talk about, right? So, they'll start grabbing the belt, grab the belt, yeah, and we'll catch, break the grip. When we break the grip, you want to roll the wrist, right? So, they want to have a cross grip on the bottom of the sleeve, the free hand comes under, and you make the cup grip on your own wrist. Now, your partner's going to close their wrist here, for sure, they're going to be framing against your hip, right? Framing against my hip a little bit, right? Good. And all we're going to have the kids focus on trying to do is just trying

to roll the wrist, boom. And if they roll the wrist, it's hard for the opponent to keep the grip. Right hand frames away, pushes away, left hand rolls, and now we break the grip, okay? Once we break the grip, we're going to rotate and start punching this hand towards our head. Our opponent is going to try to pull the elbow back, and this is going to be the fight for this elbow, right? So now, once we have this grip, right, our opponent's going to be giving a little bit of tension at all times to keep this arm back. We're going to have them pull the elbow across their center line as they move their hips, right, to the outside of the tricep, okay? And now, we're going to have them bring their knees to their chest, so they sit the elbow in this, like, pocket between their rib cage and their hip bone, right? Now, from here, they come up and they hug. Now, when a lot of people show this position, they will teach the kids to grab the lat and to start working their way out to the back. What we like to do is we'll have the kids continue to do, like, a tricep extension here, and they're going to open their legs just a little bit to work out the gi to connect to Bernardo's collar, right? Now, I'm doing this really slow for the technique, but it's really easy to do this in, how do you call it, on real time as well, right? So, I'm going to connect everything. Instead of the lat, I'm going to use Bernardo's lapel, and why we're going to do that is because I have a stronger pulling motion, right, to stay connected to Bernardo's body, right, and we're always chasing his far shoulder at this point, right? For the back take, we're chasing the far side, okay, and at the same time, it allows me to trap his near side, the arm that's going to block me from going to the back as I try to complete this motion, right? So, I have this grip here. This hand, right, can let go now because I have the lapel, and now this hand is going to focus on doing, like, a one-arm push-up, so to speak, right? So, I'm onto my elbow. I'm going to use my legs. I pinch my knees. I rotate around. Now, the biggest thing for people to understand and the kids to understand here is that they need to transition their chest from behind the tricep to on top of Bernardo's shoulder blade, okay, right, and that's going to allow them to utilize their hips to get around the back, all right? So, I swivel the hips, but the main thing is to focus on getting your chest and using your arm to pull yourself on top of Bernardo's back, right? Once they get here, right, they're going to shorten the near hook. This grip underneath Bernardo's arm is going to keep this face open for them to put the second hook, and now from here, they're going to sprawl their partner out, right, onto, like, what do you call it? Brazilians call this farfrango, right? Yeah, spread the chicken. Yeah, spread the chicken, and then you can teach them chokes from here, right? But typically, what will happen is a lot of the kids that get stuck in this position, right, they'll either try to roll to their back, so Bernardo will try to roll to his back, and then we just stay tight, and then you start taking the back, finishing from the back, looking to finish from the back. Right, that's awesome. So, pretty much, like, cross the arm, goes to the back, goes to spread chicken, and goes to the back. So, you're pretty much teaching, like, four different scenarios in one movement. Exactly, and it's this, so, like, a lot of the techniques that we teach the kids, we have them focus on key concepts, like connecting to the shoulders and using the grips to help them leverage themselves around the body, right, but in the process, they're working on important, like, movements that are going to help them as they develop jujitsu, right, and the movement that's being worked on here, even though they don't realize it, is moving the hips around the body, but, like, when you teach kids, you realize if you just tell them that they got to move their hips, they're going to be like, what does that mean? You understand? So, you have to, you need to be able to figure out keywords that can help them, yeah, know where they need to go, and their bodies will figure out as they're moving. So, for adults, you focus more on details, and specific grips, and this and that, and for kids, you focus more, like, in the big idea, with some specific keywords to help them to trigger. For sure, and as they get, like, more aware, as they start becoming more knowledgeable, as they start getting better body coordination, then you start, exactly, you start filling in more details, but the most important thing is teaching them how to do techniques. Like, a lot of times, for example, like, adults would teach that technique to control the lat, and move your hips around the body, right, but if you give the kid the

lapel, now they have the confidence, because of the security of that grip, to bring themselves to the far side, where, like, I remember when I first started teaching this technique to the kids, if they didn't make the lapel grip, they don't feel comfortable, you know what I mean, to start risking the position to get around the back. Yeah, I know, and I think that's right, the right track, because the attention span of a kid is much, much, much lower than one adult, so if you try to put all the details on it, they will maybe learn the detail, and not learn the big picture, so. Oh, 100%. Yeah, yeah, no, it's super interesting about the body, and this is really a good idea, and I don't know, man, how many people might have kids that do Jiu-Jitsu, and maybe they don't do Jiu-Jitsu, but they do Jiu-Jitsu as well, so, yeah, guys, so make sure to check it out, so, Devon's filming these instructions today, and it's going to be at bgjfanatics.com very soon, maybe by the time you're watching, it's already there, and it's such a great idea, and thanks so much. Please help me out to grow my YouTube channel, just click subscribe, and to watch more videos, just click under see more videos. I hope you enjoyed. bjjfanatics.com. Use the promo code [youtubefaria](#) to get 10% off any instructional video. Improve your Jiu-Jitsu faster.