

Metadata: <https://www.youtube.com/watch?v=fhIP4DwmJtg>

Okay guys, I'm here today with Sebastien Broch, huge honor for me. We are both sitting here in this position because Sebastien is going to show us three moves that we could be doing in Jiu Jitsu while we are sitting on the mat like this, between rounds, or before rounds, or before the class, or after the class. So instead of just sitting on the mat with your back on the wall, you could be doing three moves. And guys, Sebastien is well known as the yoga for BJJ, and he was also the very first European to win double gold in the world on IBJJF. And it's very interesting because he reached the peak of his career, and then he had to pretty much stop doing Jiu Jitsu because his body was all broken, and that's when he started doing yoga. And this was back in 2010, and now he's probably the best yoga for BJJ instructor out there. So, thanks for being here. Thank you for having me so much. The honor is all mine. So, I took this as an example because one prevalent thing in today's society is the texting bag, like everybody is looking at their own texting. And when we come to Jiu Jitsu, we keep doing the exact same thing, and it's not really helping in any way. It's just making things worse, right? So instead of sitting here, which is relaxing, but we're not getting more flexible from it. So the first thing we can do is squatting. So, we sit up, and I love using the wall because it's a nice support. So, we can start like this, and then we ease down into a squat here, right? And this is a good stretch. Yeah, I can feel it. Yeah, but you can still breathe. Yeah. And you can be watching the rounds and... And while I'm stretching, I love it. Yeah, yeah. So, instead of doing this... Yeah, I think you can even go deeper. Yeah, of course. Yeah, you can always go deeper. The longer you stay here, your body adapts so quickly. So, it's... Right. And if you support yourself with your forearms on your knees, you can even push the knees out a little bit, and... Yeah, that's awesome. Yeah, and your posture gets really nice, too, because you can push into the wall like this. So, I would say, like, if a round is three, four, five minutes, your goal can be to sit in one pose for that, like, let's say, over the course of three months. You get used to it, and then you can sit a whole... Like, imagine when you were just here, and then you shake it out a little bit, and you go spar, and someone puts you in that same pose. You've been there for a full round already. So, you're so perfectly set up for that. I'm feeling like Mikey Musumesi here. Yeah? He sits like this on the airplane, kind of. Yeah, I always sit in these poses, not just in between rounds, but on the bus, everywhere, because, you know, it... Good, good. So, that's one. This is one of my favorites, is wide knees, and shoulders to the back. If I slide down more, it becomes a neck stretch. But, you know, I tense up my butt a little bit, and I tuck my butt under, so that the stretch is on the front there. And if this is too much, if you can't breathe... You know it's too much if you can't really breathe well, then you... Like, this is true for every pose. Yeah. Most people try to be efficient, and they do this one, they do this one, but they do both legs at the same time. Right. So, instead of doing both legs, you do one leg. And you sit like this. And you do half of the... You do two and a half minutes on this side, two and a half minutes on the other side, and then you, you know, sink down into it. Good. And then you can chat with your friends, and you can watch the sparring, and do everything you normally do, but you also get some benefits. I love that efficiency. Good. Switching sides. And this is, of course, like, when you're stretching your hips, your hips are big, strong, and stiff. So, when you're stretching them, like, when your knee gets into a weird position, and you have that little bit of extra flexibility in your hips, your ACL won't pop. Like, it's gonna... It can be one millimeter, different between an inch and a knot. And you never know, so this is... You're saying that, in your opinion, four of every five injuries could be avoided with a good warm-up, right? Yeah, two things. Like, your body should be ready for it, and you have to make good choices. If you check in with your body today, and you feel like, my old injury is bugging me a lot today, if you have that conversation with your body, you're gonna make smarter choices, and you're gonna tap into them. So, that's why I believe that almost all injuries can be prevented if you do a good warm-up, and if you're doing smart choices. Good. And then another thing we can do is, instead of doing this one, because this is usually what

happens when people do this one, they don't do a stretch, they do a core... This is a core exercise. Okay. Because I'm back here, and I have to use my core to sit up. Like, go back a little bit, like, it might be a little bit worse. Yeah. This is not stretching anything, it's just like... I'm just barely making it. So, instead of doing it this way, we do the exact same pose in another orientation. Okay. Same pose, just now gravity is not hurting us, it's helping us. Yeah, you put your butt to the wall, and then use the ground to push away a little bit. And then, I don't like static poses, I like doing it like this, arms to the side, arms to the other side, and then instead of doing both legs at the same time, let's go, bend one, and walk your feet closer, so that you can bend one and sit in a squat on one leg, and then the other side. In the beginning, you will start sweating, because you're not used to this, but after a while, it becomes completely effortless, and you can do like 500 reps in 10 minutes without, you know... You don't have to sit next to the wall if it's limiting you, only if it's helping you. Got it. And then, after I get a bit dynamic, I can stop, and suddenly I can go a lot deeper than I did before. Like, if you inhale here, inhale, and then exhale, like... Do it again, inhale, lift up, exhale, fold. Nice, and then you have small little adjustments that you try to keep your feet a little bit more square off, and you lift the inside. These things can really help too. But if you feel it in the outside of the hip, don't push further, because you're not going to get flexible there. It's only if you feel it on the inside. So these small things make a big difference. But it's a whole education. Like, we're so... Like, as a general, like, Jiu-Jitsu is at such a high level. Thanks to you guys, Jiu-Jitsu is at such a high level. I appreciate it. But when you buy a DVD from BJ Fanatics, honestly, half of the techniques in the DVD, I'm not going to do them. Why? Not because it's bad techniques, because I don't have a good enough understanding of my body to do these complex moves, or I'm too limited in my mobility and flexibility. Got it. So doing this will unlock 50% more of the things that you want to do, just by being able to... not being limited by yourself. And the trick is to get it in between rounds, before and after, in the morning, the evening, just 5-10 minutes here and there. Yeah, so how often and for how long you would advise someone to... who's just starting? You already told me that earlier, but I just... 10 minutes a day. 10 minutes a day. 10 minutes a day. Start there. If you can't do 10 minutes... And has to be 10 minutes straight, or can you break that down in, like, 5 minutes in the morning, 5 minutes at night, and... I think the consistency is much, much more important than the length. Got it. So if you got... it's much better to do 5... 10 minutes 6 times over the course of a week than to do one 60-minute session, because, you know, it... the consistency is... So you think, like, spreading out during the day is better than doing just... Yes, because you create consistency. Okay, okay. And it's not like Jiu-Jitsu. We can't do 5 minutes of Jiu-Jitsu and then 5 minutes... We need one session. Got it. But this is different. This is not something that takes time away. It's something that gives you more time back. Got it. So do 10 minutes a day, and you have 4 windows. You have morning and evening. Yep. Like, before bed or after you get out of bed. Yep. And before and after Jiu-Jitsu. Those are your best windows. Okay. Yeah, because then it makes sense. You stand up in the morning, you do a few moves, you do a little sequence. Oh, and I love it how short it can be and how effective it can be. Because many times, like, oh, go to the gym and do a workout for one hour. Sometimes that's tough. Like, if kids work, other stuff, so... But 5 minutes, especially at home, in the carpet or in the yoga mats or just, like, regular mats, I think everybody has, like, 5 and 10 minutes, right? Yeah, and if you do one... If you do, like, the one we did before, this one, for 5 minutes, your back will feel like, you know, it's 10 years younger just from doing one. And you don't need a warm-up to do yoga. Yoga is the warm-up. So it's accessible to you anywhere. Unless the floor and on the ground is dirty, you can do it anywhere. Got it. Yeah. Got it. No, that's incredible. Yeah, so guys, Sebastian just shot three instructions about yoga for BJJ. One about warm-ups and cooling down, right? One about guard. And one about, kind of like, guard passing, top gang. So how to use yoga to improve your guard. How to use yoga to improve your guard passing. And also how to use yoga as a warm-up and as a cooling down before and after training. So make sure to check it out at

[bjjfanatics.com](http://bjjfanatics.com). Maybe by the time you're watching, it's already there. So make sure to go there and check. And you guys asked me to do instructionals for people who either hate yoga or say that yoga is not for me. I'm like, okay, those are the people that need it the most. So let's focus on them. So if you're like, I never did yoga. I don't want to do yoga. Yoga is not for me. Well, let me, let us convince you otherwise. Because I guarantee you that you will feel amazing after you did those instructionals. And it will unlock you and make you believe in yourself and you do so much more afterwards. Guys, make sure to check it out. He is like the guy about yoga. So thanks so much, Sebastian. Thank you. In two years, I hope you will be the yoga guy. There you go, there you go, there you go. 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.