

Metadata: <https://www.youtube.com/watch?v=pZxatDqVEW4>

Everyone wants to be good at everything, but if we zoom in on jiu-jitsu, techniques have trade-offs. If you go for a mounted no-gi Ezekiel choke, you could very well get the tap, but the trade-off is that it narrows your base, so it's much easier for your opponent to tip you over. Now if we zoom out a little bit more, we should be thinking about trade-offs when we decide what to study, because if we want to get really good at leg locks, the trade-off is probably going to be our wrestling's not going to be as good as it could be. Or if we zoom out even further, when we're deciding whether we're going to train in the gi or no-gi or both, right, there's going to be trade-offs for all of those options. And if we zoom out even farther, I'm going to use this example I got from Impact Theory with Tom Bilyeu, and if you haven't heard of it, please check it out on our website. It's under the podcast section. It's probably my favorite podcast to listen to, but Tom Bilyeu always talks about how nature has two options when it's creating things. Option one is to produce a beautiful painting, and option two is to produce a blank canvas. Now horses are good at running, and they're literally born this way. They can walk within hours of being born. Sure, they might struggle a little bit in the beginning, but within 24 hours, they should be galloping. And Google even says if they're not up and nursing within two hours of birth, it's probably a good idea to call a vet because something is wrong. Humans are very different than horses. A baby human is very, very feeble, and if you literally left a bottle next to a baby within two hours of it being born, it would die. And these are the trade-offs that nature has to work with because a horse is born able to do horse things, right? The picture is painted. They're going to run. A human is a blank canvas, so that means a baby version is going to be very, very feeble, but because the canvas is blank, they're going to be the most responsive to change. So humans can live in arctic conditions. They can live in forests. They can learn to hunt in many different climates, and if they start to draw their picture and they don't like it, they can erase it and then recreate themselves. And people like John Donaher believe that you can recreate yourself every five years. So humans have the ability to be astronauts, they can be dance instructors, or they can do jiu-jitsu, or they could even do all three. But in this video, I'm going to talk about how I think the best athletes in the world leverage this trade-off that nature has given us to become truly great at jiu-jitsu. For those of you that are subscribed, you know that I like to listen to coaches give athletes advice. And during the famous match between Craig Jones and Gordon Ryan, the announcer gives us some great insight. Game plans and strategy is great, but what champions are made of is adjusting. Now let's talk about what adjustments Gordon Ryan made to get the tap on Craig Jones. Gordon has successfully got this cross grip and trapped the arms of so many of his opponents. But Craig was doing a really good job of keeping his balance. He was able to keep his balance so many of his opponents. But Craig was doing a really good job of defending this. He would flare his elbow, giving him space to pummel his hand underneath to free himself from that cross grip. He would also just run from that cross grip, get his defensive hands in place, and then switch sides. So the mindset of Gordon Ryan is not that this technique doesn't work. It's okay, I'm starting to pattern this person. And let me think about how I can change and adapt my strategy to successfully get a rear naked choke. And we'll see here, Gordon fakes that cross grip, but then brings that hand directly on top of Craig's primary defensive hand. So now when Craig goes to switch sides like he did so many times before, Gordon's hand is now on top of Craig's instead of on the bottom. So now Gordon's able to peel Craig's defensive grip off and shoot in the rear naked choke as Craig is switching sides. Another great example of these modifications is from Jacob Couch and his false reap. The first time he tries it, Jacob's opponent dives over the top on a guillotine. And Jacob uses his left hand as a cross lat post, trying to use that grip to help him invert underneath. But his opponent is diving over the top. So this cross lat grip isn't very useful, and it allows his opponent to eventually escape the position. So literally less than 10 seconds later in the match, Jacob goes right back to this false reap. His opponent dives over the top on a guillotine, but

Jacob's left hand stays hugging his opponent's leg, making it very difficult for them to run away, and Jacob's able to successfully get the heel hook. Another beautiful example of this principle is Alex passing the guard. The first time she tries it, she reaches for her opponent's head and tries to just kind of jump past her opponent's guard. But her opponent's able to use that outside knee as a frame to keep Alex from successfully passing the guard. Now what Alex would have liked to do is just bring her hand in front of her opponent's hip, and then she can settle down into the guard pass or even go for a darts or something like that. So as the bottom player, it's really important that we keep that outside knee coming to our chest and not trying to extend it away. So now we'll see here Alex literally trying to pass the guard 20 seconds later in the match. This time, instead of reaching for the head, she reaches for the lap. And this time, instead of trying to jump past her opponent's guard, she uses her chin to beat her opponent's outside knee. So now that knee is no longer a frame, and she's able to successfully pass the guard. And the great thing about this is that all humans are born with this ability to change. And because you're watching this video, you're probably a human being, and that should be the best news you've heard all day. Because the downside to being a human being is that you're very feeble when you're young. But the trade off is that you have an incredible ability to change and modify your strategies to push through resistance. Now, I think there's a time and place to change your strategy. But I also think there's a time to just keep going with the same strategy, even though it didn't work before. And I got this idea from the I Suck at Jiu Jitsu podcast, which again, you can find on our website in the podcast section. But what it comes down to is the use of energy. And I'm sure we've all seen Gordon Ryan have absolute tunnel vision from the mount position, all he wants to do is get that underhook and walk the arm up. Why is that? Why such tunnel vision on this strategy? Now, if we break this down, there's two parts to this technique. The first part is actually getting the underhook. And the second part is walking the underhook up and isolating the arm. Now we're looking at the first part, you can see Gordon taking these two grips here. Now, who do you think is using more energy in this situation, I would say they're both using about the same amount of energy, right? His opponents not freaking out or anything trying to get rid of these grips. They're just kind of chilling, right? So if you're both using the same amount of energy, I think it's a good idea to switch your tactic, which you'll see Gordon doing here, he'll use different strategies to get the underhook. But once he has the underhook, and his opponents response is to freak out and bridge and use a ton of energy to get their arm back, then Gordon says, cool, you're using way more energy once I get the underhook. So I might need to use different tactics and strategies to get the underhook. But once I have the underhook, my strategy is going to stay the same, because you're using way more energy than me to try to escape that position. And if I'm able to get the underhook enough, you're going to drain your energy escaping that position. And over time, that strategy is going to work. Now, if there's a time constraint, or a points incentive, or maybe your opponent just has a clever way of preventing you from using that underhook, and their clever response to that underhook means that they're not expending more energy than you. So if that's the case, we may need to modify our strategy. But again, if you have 23 minutes left in a sub only match, and once you get the underhook, their response is to bridge very aggressively to get their arm back, then I think it's a good idea to keep using that same strategy, because there's not an incentive to modify it. And eventually, over time, it's going to work. As humans, we're super resilient because of our ability to change. And it's important to know when and where to leverage this. If you made it this far, thank you for the support. Leave a fist bump in the comment section and we'll see you in the next one.