

Metadata: <https://www.youtube.com/watch?v=llsPTl0z29w>

So what is important when you start to train, when you move over the basics, is to understand gripping is the same as boxing, and you need to train in the same way. You need to use shadow, and you need to use your partner. Why? Because your opponent's hand, in Brazilian Jiu-Jitsu, can go anywhere on your gi, and it's always important that you follow the hand's movement against your body, against your gi. So it's always important for you to understand, go ahead and touch whenever you want. Go ahead, keep on touching. No, by the way, go back and forth. One hand only, that they can see. Here, grab in a different way. Pull it back, grab. Pull it back, grab. Good. And a fashion. And a pouncing. And hold. Right? So, understanding this, now it's time for you to train to follow the hands. Go ahead. Fashion. Fashion. Right? So if you're able to follow, if you're able to prevent and block, so you can take your opponent's control away. You can have control over your opponent, right? And make sure that you break the first intention, or the first part of your opponent's attack.