

Metadata: <https://www.youtube.com/watch?v=Yl8cTiuECwo>

Okay guys, I'm here today with John Daniel, a huge honor for me, Brian Gleick, and guys, John is just starting a new series for older people, and it's called Ageless Jiu-Jitsu, and John, can you explain a little more? Super excited about that, and a big part of our customers is older people, and I think like every jiu-jitsu school I visit, it's always like 30, 35 years and plus, and I think it's different to learn in one instructional video for athletes, and for those guys who play jiu-jitsu as a hobby, so can you explain a little more? The content of the video is expressly for older athletes, and also physically compromised athletes, people who they might not be old, but they've got something, maybe past injuries, or they're just not athletically mobile, they just feel they're less flexible, have less endurance, less physical strength, and their training partners, maybe they just don't come from an athletic background. Remember, there's plenty of people that are young, 20s and 30s, but they just never played sports before, and that's a problem, you know, suddenly at age 28, you come in and you're going with guys who have been, you know, doing wrestling and jiu-jitsu since they were children, and then suddenly you're thrown in there, and you're 28, you never even played soccer or something, it's hard, so it's not only for older athletes, but just basically anyone who feels like their physicality is a little compromised, either by age or some other set of circumstances, and I always thought I was peculiarly well qualified to teach this, because I'm an old cripple. That's very true. So I feel like this is something I can help people with. I started jiu-jitsu very late, I was 28 years old when I started, I started with a crippled leg, and since then had many physical problems, and of course I'm getting old now, getting close to my 57th birthday, so as a result, I think this is a subject I can teach pretty well. Now normally, Bernardo, when we do these YouTube videos, we just go straight to technique, but today I want to do something a little bit different. I wanted to ask three questions, because you're a great teacher too, and I'm sure you've thought about this in the past. What would you say, there are three questions I'm going to ask. The first is, what do you actually lose as you age that's relevant to jiu-jitsu? So the first question is, what do you lose? The second question is, what do you keep? And the third question is, what do you gain as you age in jiu-jitsu? So what do you lose, what do you keep, and what do you gain? And I'm curious, you teach alongside me for so many years, what do you guys think you lose as you age in terms of jiu-jitsu performance? Probably speed. I totally agree. Speed is absolutely one of them that goes, okay. I'm going to throw out the idea of mobility. Your mobility almost always decreases with age. Flexibility would be another one. Cardio. Cardiovascular strength goes down, okay. You keep certain kinds of strength, but you definitely lose cardiovascular strength. Now, close to your point, Brian, not only do you lose speed, but I'm going to say you also lose a lot of explosive strength as well, okay. So I'd say the things you are most likely to lose as you go through the aging process, or you just didn't come from an athletic background, you just had no background in athletics and now you're trying to start jiu-jitsu, it's going to cost you in terms of cardiovascular endurance, explosive strength, speed, flexibility, and mobility. Those are the things you're most likely to lose, either because you're getting older or because you had no athletic background and you've been thrown into a room where now you've got to grapple against people who aren't good athletes. Next question. What do you keep? What's the last thing you lose as an older athlete? If those five things are the first things you lose, what are the last things you lose? Things that you keep, knowledge. I'm going to come back to that soon because I actually think you've gained that. Got it. What do you keep? I mean, I've been with plenty of people who are a little bit older who are as strong at holding as anyone else. I would agree with you. I would say that isometric strength is the thing you keep more than anything else. It's the physical attribute that you keep. In particular, grip strength. I've gone with people in their 70s who felt like they had the grip of a 20 year old. You tend to lose your strength downstairs first. Your legs go pretty quickly, but your upper body holding strength stays for a long, long time. I've seen people be very effective at just isometric tension and holding well into their 60s. This, I believe, is the last physical attribute that you

leave. Then the interesting question, what do you think you gain as you get older? I'm going to come out and say this first. I think you gain wisdom and patience. Yeah, I would say patience too. As an older athlete, you gain wisdom and patience. Now, here's the interesting question. If we have a clear understanding of what we lose, what we gain, and what we keep, we need to build a training program for older athletes based around those three insights. We need to teach a set of techniques that have minimal requirements for explosive strength, cardiovascular endurance, et cetera, et cetera, as we name them. We need to have a training program that focuses on the one thing you get to keep, which is the ability to hold tension in an isometric fashion for long periods of time against younger and fitter, stronger opponents. We've got to mentally have a game, not just a game, but a training program that pushes you towards the idea of patience and wisdom. You're going to beat people with tactics rather than physicality. That's exactly what we're trying to do in this video. Now, the video is actually part of a series, Bernardo, because this is the first in the series. We started off with no-gi. There's going to be a gi one and there's going to be a no-gi one. We further divided each into top game and bottom game. The first video, the one that we're looking at now, is going to be no-gi, bottom game. That will be followed by no-gi, top game. Then it will be gi, bottom game, and gi, top game, because I generally find with older athletes, they generally favor gi training just as much as they do no-gi. Younger athletes typically like the no-gi stuff more, but I generally find people over 30 typically like to play more of the gi games. It does slow things down a little bit more, so I wanted to do both gi and no-gi for this. Today, we focus on the idea of the no-gi, bottom game. Now, getting back to our insights about what we keep, what we lose, and what we gain, one of the major messages of this video is the idea that if we're going to slow down, control, and overcome people who are younger, fitter, and more athletic than ourselves, you're going to do it through close body contact. The more contact and connection you have with your opponent, the more you can determine and control where their body moves. The whole notion in this video is to funnel your training and your gain towards scenarios where you maximize body connection to your opponent. Now, it can't just be naive body connection. If you're in the bottom outer position, you've got a lot of body contact with your opponent, but it's not good, so it has to be advantageous body connection, and that's exactly what we show in this video. We look at the idea of survival skills. As an older athlete, one of the first things you start running into is the problem of bad starts. When everyone else is younger, faster, and fitter than you, very often they get the first shot, and you have to better dig yourself out of a bad situation. So the first skill we look at is survival skills, where you just get put in a terrible situation, bottom mount, bottom rear mount, etc, etc, and you've got to dig yourself out of there. So we show how to survive and frustrate a younger, fitter opponent who's trying to attack you from an advantageous position, hold off his attacks long enough to frustrate him, and then work your way back into a situation where you have so much body contact with your opponent, and it's advantageous on your part, that you can slow them down, control things, and start to use your best weapons, which is your patience and your tactics, your wisdom, your grappling wisdom. Almost everything we do pushes and funnels the game towards half guard scenarios, because half guard is the position which requires the least in terms of flexibility, body movement, explosive strength, etc. It's where isometric strength is used. You hold on and connect your opponent and maximize connection between your body and his, and as a result you can slow things down. That's when you start wearing people down, controlling them, and getting to your finishes. Now, with regards finishes, we had to be very careful what we looked at there, because a lot of finishes do require flexibility. There's certain kinds of arm locks where you've got to be able to spin, invert, and move around, and these are not applicable to an older athlete. So we were very careful in our selection for submission holds. They all had to pass a test that they didn't require you to be able to invert and come up onto your shoulders. Someone in their mid-50s could apply these quite successfully, and they were all centered around isometric tension and holding, so that older

athletes could excel on them. And also, one thing I see a lot about the old guys is that they're a lot less risk-takers than the younger ones. Yes, you typically find that as people get older, they become much more risk-averse. That's because when things go wrong for an older athlete, it's harder for them to recover. That goes back to our point about survival skills. You've got to teach them how to survive first, so they become less risk-averse. For a younger, fitter, explosive athlete, you can get into a bad situation, just explode your way out, and everything's fine. Older athletes don't really have that option. So when they do attack, it has to be a very high percentage attack, which is going to get them in trouble. So Brian, let's start off with some ideas here in terms of close-body contact. If we're going to work out of half-guard situations, we want to be able to tie up as much of their body as possible. The beauty of so many of the standard half-guard positions is they create contact over the whole length of your opponent's body, all the way down from the ankle to the hips, to the head and shoulders. It's being controlled by my body position. I'm in contact with my opponent with the entire left side of my body. And as I bring my arm inside, now we get the right side as well. Okay, and you've got contact inside both of your training partner's legs, all the way from his right ankle, all the way up to his head and shoulders. Shoulders with my head and arms in like so. And it's from situations like this where we can get underneath the training partner's center of gravity. As he goes to basic situations like this, now he's a hundred percent on the defense. And what kind of strength are we exhibiting here Bernard? This is all isometric strength. People up all the way up to their 60s can exhibit this with no problems. Okay? It doesn't take a lot of strength and explosiveness to be effective in this position. In order to be effective, all I have to be able to do is rotate small amounts to left and right to be able to move his body. In order to be able to go out from underneath him, I just have to be able to move my body out to an angle. Okay? These are not big explosive movements. If he goes to put a wizard back in place. Wizard back in place. And from here, we're ready to go in and start reunion our attacks. Okay? There's just so much body contact. If we are let to come up onto our base, it's not a difficult thing. There's still so much body contact. Leg to leg, you're controlling your training partner's hip. If he goes to whip me back down to the floor from here, you can just go right back into that same position we were just in. And it's from situations like this that we can just manipulate someone's body with. Playing between supine position and coming back up. Okay? It's from here that there's so much body contact. It's going to be very, very hard for opponents to use whatever explosive strength advantages, et cetera, et cetera, that they have. So the whole thing is to funnel the game in towards half guard positions. Once we get to those half guard positions, it's about overturning your opponent and getting up on top. Interestingly, for no-gi, we're not going to focus too much on closed guard. Because to be effective no-gi with closed guard typically requires quite a bit of flexibility and the ability to come up on your shoulders. Interestingly, with the gi, later on we will be looking at closed guard. Because then you can start using the collar a lot more. And that will make it much more advantageous. And I think with gi, it's a lot easier to close the guard than no-gi, right? And this is very, very interesting. So for old guys, no-gi on the bar, you would suggest the half guard? Yes. Almost the whole game in this video is to funnel everything towards half guard. So every escape leads to half guard. And then we create situations where we're effective from every kind of half guard. We just looked at a tight waist variation. But we've got to be effective too in situations where he has the underhook. And from here, we still need to be effective. And we look at off-balancing people from positions like this and creating situations where, as they come back up, now you've got the kind of body contact you need to be effective with. So regardless of whether we have underhook or overhook, all we need is body contact. Because the majority of the surface area of our body in contact with his, and it's advantageous on our part, you're going to be able to beat younger, stronger athletes. So the whole game is to take crisis situations where you can survive long enough, you're not going to get beaten in the first 30 seconds, you can hold on, slow things down, and start to use that wisdom and patience to work your way patiently back into the half guard.

Regardless of how your opponent is holding you, underhook or overhook, you have to be effective from there. And we've seen this idea that from half guard, there's so much body contact between you and your opponent that the whole game slows down. And that's where older athletes or people who are less athletic can start to win. They use time as a weapon, slow things down, frustrate people, and ultimately turn them over and go into submission holds. All the submission holds we look at are relatively, they're very, very forgiving in terms of the prerequisites. None of them require you to go up onto the points of your shoulders and invert and spin underneath people. They're things that people who are older or have no athletic pedigree could easily incorporate. So, I'm curious about the submissions from the bottom game. I can expect the ones from the top game, which one you would pick for the old guys, but on the bottom game, which one, can you give an example of a submission? Okay, in a situation where a guy's here working inside my closed guard, a standard jujitsu in these kinds of situations will require quite a bit of flexibility to be able to move out on our training partner. As he tries to work, this kind of requires me to come up on the points of my shoulders. From situations where we start off like so, it might take quite a bit of flexibility to be able to go into this. If he pulls his arm out and we elect to go into a triangle from this position. Again, these are things that require quite a bit of flexibility. So, things like that were rejected in favor of situations where we could go, for example, Udegitame. In Udegitame, from here, the only movement required is a short, shallow one out to the side. Someone in their 60s can easily get into a position like this. There's no inversion. It's just your two knees, isometrically tense, locking up and going into situations where from here we go on the attack. Lying on your side is not physically challenging at all. The things we're trying to avoid are those which require some kind of inversion up onto the points of your shoulders. These are more difficult for older, less athletic people. But the idea of just getting to an underhook on someone, and from here, doing Udegitame, this anyone can do at any given moment. And it's based on the idea of isometric tension that locks our opponent's head in place between our knees, and from here, we're ready to go. Okay? So, all the ones selected were ones with minimum requirements of flexibility. I would expect that maybe Kimura might be... Not so much from bottom position. We did some from half guard. But, for example, the standard Kimura from half guard was covered because really very little is involved. Once you get the hand behind the back, really the onus is on him now to move. As he goes into a defensive role, we just follow them up and over. So that was incorporated because it required no flexibility whatsoever. Okay? Other forms of Kimura... Say, for example, he locked his hands defensively, where we have to start working our body around the corner, taking people over. These do require more flexibility. Again, I don't think they're going to be appropriate for someone who has no athletic pedigree or was in their late 50s. So, some variations of Kimura were left out, but those that required no special skills of inversion or some kind of radical body movement, those were left in. And, John, one personal question here. So, every very old guy that I train with in Jiu-Jitsu, sooner or later, they do the... I forgot how people call this. The half guard thing here that locks the leg. Yeah, so, is that... What's your thinking about that? How do they call that? I forgot the name. Like, when they stretch the leg. You're talking about scorpion. Scorpion, yeah. Lockdown. Yeah, the lockdown. In California, for a lockdown. So, what's your thinking about that position for... Yeah, that is a good question. It's a position I used to make use of a lot many years ago because it's very good for stopping initial entries into leg locks. Okay. If you've got a guy in half guard top who likes to backstep into leg locks or swing his leg around yours, I would use it to shut people down from doing that. But, the only time I see it as a truly valuable position is when you combine it with a scoop grip. So, it's almost like every time I rope someone that's over 55, I expected that they would try to do that at some point. Just by itself, okay, just holding here, it doesn't do a lot of good. It's very easy for Brian to just take his foot up to his buttocks, weaken the connection, and then take his foot inside mine, so I can't follow, and then start passing. It's also very easy for Brian to take his heel and put it underneath my

two heels, push up, disconnect, and then from here, thread through, foot goes inside, and pass the side position. Okay, so, just by itself, it doesn't do a lot of good against someone who knows what they're doing. However, if we have our arms underneath his, and we lock things up, and then from this position, we start elevating our opponent's weight up onto his hands, and get into this position, now it's useful. Okay, there's a whole bunch of leg locks we can enter into from this position. There's a whole bunch of useful sweeps. The sweeps from here, the sweeps from here can be very useful, but the finishing to them can be challenging for older athletes, because from here, he's going to be trying to push and walk into you, and now you're in a situation where it's his ability to go into you versus your ability to heist, and so for some athletically compromised athletes, this can be a tough battle to win. Okay, so, I definitely have taught those in the past in videos, but I don't see many 55-year-old athletes coming up on a 20-year-old and putting them down with this method. It's their heist versus the other guy's ability to score on them, and it's going to be tough for a 55-year-old man to win that battle, so I didn't incorporate Scorpio work in this video. No, I got it. Yeah, but I'm super happy that you're doing this series, because I think that's something that everybody needs, especially for nogi, because I think, like, nogi is training, training, training, and nobody ever taught how to deal with nogi for older people, you know. The big sort of preconception is that nogi is the young athletic person's game, and you even do see a generational change in jiu-jitsu. Like, most of the new generation in jiu-jitsu, they train exclusively nogi, and when you go to, like, a local jiu-jitsu school, you typically see the older people training the gi. There is kind of a generational thing, but it's changing over time, and now the game is definitely going towards nogi, and many of the older or less athletic people in the school are like, well, man, this is going to be tough. Like, I'm the least athletic person in the gym. Can I keep up with this? And so I wanted to create a training program for people who are older or came from no athletic background to make themselves much more competitive in nogi training. Yeah, no, that's amazing. Yeah, so guys, John is just starting this year, so the Nogi Borrow Game is the first part of the series, and it's going to be at bjjfanatics.com very soon. Maybe by the time you're watching this video, it's already there, so make sure to check that out, and thanks so much, John. My pleasure. Thank you, Brian. Thank you. 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 jujitsu faster.