

Metadata: <https://www.youtube.com/watch?v=xuZbD62bNQQ>

When a new student walks in the door, John Donaher believes that you should first make them comfortable escaping bad positions, and make them dangerous from their back before focusing on pinning from the top. And we can see this throughout Gordon Ryan's career, because young Gordon would not like to wrestle and would prefer to attack from half guard. And if he was forced to wrestle, he would tend to jump into the legs, and his guard passing strategy was typically to fall back into the legs. But now we see Gordon wrestling wrestlers smashing past the guard and attacking from top positions. So this is how we would teach a student if they came in a blank slate. But recently, I've been given the task of teaching a few wrestlers Jiu Jitsu. And I've been thinking a lot about whether John Donaher would take the same bottom-up approach when teaching a wrestler, or is it better to double down on their strengths instead of focusing on their weaknesses. Everything besides that one talent, and spent every f***ing minute in their lives on that one talent. So in this video, we're going to talk about what I think is the best way for a wrestler to start learning Jiu Jitsu. First things first, we gotta look good, so be sure to check out future kimonos. Then we gotta feel good, so be sure to use Athletic Grains, which is the new sponsor of the channel. So now that we looked the part and feel good, we need to learn the rules. So be sure to ask your instructor the different rules between wrestling and Jiu Jitsu. And check out Gordon Ryan's free YouTube video or his paid instructional. So now that we know the rules, I think it's important to understand why John Donaher teaches escapes first. If you were to learn how to do an armbar perfectly, but you knew that every time that armbar didn't work, you ended up getting smashed, are you actually going to try that armbar? But if you're confident in your escapes, it's not that big of a deal if your attack fails. Because you can get out of a bad situation and go on the attack once again. So you're going to come out guns blazing, and have the confidence to use all of your offensive tools only if your defense is rock solid. Now a wrestler comes to the table with great offensive tools like takedowns and backtakes. But if they're getting guillotined every time they use these offensive tools, they're going to be very hesitant to do what they do best. People who are known for wrestling skills like Khabib can use those skills at will only once they are very comfortable surviving and defending guillotine situations. So I think the first Jiu Jitsu techniques wrestlers should be learning is how to defend guillotines and different ways of relieving pressure like putting your forehead on the mat, turning your hips asymmetrical, and maybe some other little tricks stuck in there in case things get really tight. But ultimately, our goal is to keep our head on our opponent's chest to keep us out of guillotine danger and give us the confidence to use our wrestling skills. Now another idea that John Donaher talks about a lot is the idea of sunk costs. If you throw \$10,000 at a project that looks promising, but then that project starts to develop problems, you think to yourself, man, I'm already \$10,000 deep into it, so I better throw another \$5,000 to make sure the project doesn't go belly up. But the problems persist, and you're going to invest another \$2,000 to try and save that \$15,000. But it's inevitable the project fails, and now you're out \$17,000. So sunk cost is basically the idea that the more resources humans put into something, the harder it is for them to let it go. Now in Jiu Jitsu, our resource is energy. If I try and enter into your legs at the beginning of the match, you haven't invested your energy into anything. So you're more likely to just dive over the top and fall on your butt to defend because you're not holding on to anything. But if you spend a lot of energy working to pass the guard and get all the way to mount, you're going to be very reluctant to give up that position, and you're going to fight to maintain it. People try too hard to hold on to failing pins, okay? They get extended, they get submitted. And that's how I've heard John Donahue use the theory of sunk cost in Jiu Jitsu. Now I wish I could remember the podcast that inspired me to relate this back to our wrestler. I think it was a Tom Bilyeu one, but I'm not entirely sure. But the gist of it is that someone had a very prestigious job like a lawyer, and they were interested in pursuing another career, but since they had invested so much time, effort, and money into developing the skills that

made them such a good lawyer, they felt like they had to continue going down that road. The advice that was given to them was to meet other people that had previously been lawyers, but had gone on to do something else. And what she found is that the people who stopped being lawyers only did so when they saw how their lawyer skills were able to translate into their new endeavor. So in other words, we need to show wrestlers that the skills that they've developed have not been a waste of time and will transfer very well into Jiu Jitsu. Now the three skills I wanted to highlight in this video are grip fighting, arm drags, and whizzers. Now grip fighting is super important in Jiu Jitsu, and I think it took me about six years to understand what John Donahue was talking about when he referred to positive gripping. Positive grip play, where they try to assert a grip upon their opponent with a purpose. For the longest time, I thought this meant I had to be the one moving forward, grabbing wrists, pushing shoulders, trying to get my grip. But a big aspect of positive grip play only really clicked for me when I heard wrestlers like Jason Layton talk about it. Don't reach! Often positive grip play means your opponent's the one taking the first grip and you're aggressively countering that grip. And this is something I think wrestlers understand and will relate very well to all aspects of Jiu Jitsu. And Gordon Ryan talks about one of these scenarios in his match with Tim Spriggs. Pretty useless grip for actually doing Jiu Jitsu, so I just immediately went two-on-one wrist. And this two-on-one wrist is what allowed Gordon to enter into the legs and play his game. Now here Gordon's opponent takes a scoop grip on his leg. Gordon goes arm drag to put his opponent's other hand on the mat. Then he transitions to a shoulder crunch and ultimately enters into the legs. So Gordon went arm drag, shoulder crunch, legs, even though he wasn't the first one to reach. And I think this is something wrestlers understand well and will give them a huge advantage when starting Jiu Jitsu. Now arm drags are something that are commonly used in wrestling and Jiu Jitsu to either expose our opponent's center line and take them down or take their back. And something I think wrestlers understand really well is where to put your head. If we're doing an arm drag with the purpose of taking someone down, our head should go to the outside. And if we're trying to take their back, our head should go to the inside, which will give us a great ability to access that far hip and ultimately get to the back. Here we see Gordon Ryan doing an arm drag with his head on the outside. And it's going to be very hard for him to take the back with his opponent's hip so far away. But as his opponent squares up, his center line is completely exposed. And Gordon kind of reaches for a takedown, but he realizes he's a day late dollar short. Again here we see Gary doing an arm drag with his head on the outside. And I believe he was chasing the back, but he ends up getting a takedown into a leg drag scenario. I don't know the exact result, but I think the reason he got the takedown is because his head was on the outside. Another good example of this is from Jordan's recent video with Chewie. If you haven't seen it, it's an awesome video with two YouTube legends, so go check it out. Chewie tries an arm drag with his head on the outside, and is able to get a hold of Jordan's far lat. But because Chewie's head doesn't own the inside space like the wrestler's, Jordan's able to circle his head underneath and square back up, which prevents the back take, but would be a great time for a takedown. And I think this is something jujitsu people are starting to catch on to because in Isaac's recent match against Jansen, he had perfect head position with his hand on the far hip. Now it didn't work out because of this arm here, but you can start to see this bleeding over into jujitsu. But again, I think it's something wrestlers have a huge head start on when they're learning jujitsu. The third skill is the use of the wizard, and it's basically a tool that's used to prevent people from taking our backs. And if we don't know what we're doing, the wizard's situation can lead to a very embarrassing throw. And if you're interested in learning more about this, I recommend you check out Donahue's Half Guard Instructional, where he gives a very simple rule. And that rule is if our opponent's head is behind their hips, it's okay for us to step behind them. If our opponent's head is in front of their hips, we should be stepping in front of them. Now if we violate that rule, and our opponent's head is in front of their hips, and we try and jump around their back,

that is what leads to these big throws. And here we can see Nikki Rod doing the same thing in ADCC, J-Flow doing it on Instagram, Craig Jones trying it on Instagram, but ultimately rolling into backside inside Senkaku. But again, I think this is something wrestlers understand well, and they can use it to make their jujitsu better. Here you can see from the wizard situation, our opponent's head is in front of their hips. So we step in front of them, and as they go to catch their balance, we snap them into a front headlock. And then from the front headlock, we go back into our wrestling. So now you can see the turn of events, right? First, we're scared to even use our wrestling skills, because we're afraid of guillotines. And now we're using our wrestling skills to set up guillotines and other transitions that come off of front headlocks to make our jujitsu better. So first, learn the rule differences, second, learn how to defend a guillotine, and third, learn ways to transfer your wrestling skills into jujitsu. And with these three foundational steps, I think wrestlers will find a lot of early success in jujitsu, and stick with it for many years to come. If you made it this far, I really appreciate the support. Leave a fist bump in the comment section, check out the links in the description to help support the channel, and we'll see you in the next video.