

Metadata: <https://www.youtube.com/watch?v=R7-Pm2joAeU>

Hey guys brother for you here huge honor for me guys today making this video for Shan Bowles. Guys Shan is a 43 year old blue belt and he asked me on my youtube channel like what what advice do I have to him? He's 43 years old and he's blue belt and Shan the advice that I have to 90% of the people who ask me deals like what what advice do you have for me? You should say this and that my best advice in my opinion is always like be consistent I don't I think it's not only for jiu-jitsu is also for life anything you do Try to be consistent I think like many times we fail in life because we stopped doing things and I understand sometimes life gets busy. We got overwhelmed with water stuff It isn't that but I truly believe that we can always like even decrease the frequency if you need But don't stop that's my biggest advice ever So for example, if you're 43 years old blue, but maybe you have family you have your job it's a value you probably don't do jiu-jitsu for a living and Don't just don't stop that's my best advice So maybe you train five times per week, but life got very busy right now. You cannot train five times per week anymore I would suggest you maybe training three times per week Maybe training two times per week train also week train also every other week, but don't stop most of the times that I Saw some people regretting jiu-jitsu is because they took like a very long time off the mats Like maybe like one two, three years and then when they came back was really hard They they go they were completely out of shape. They got hurt. It's much harder to learn There is some ego involved with as well because maybe like you're a brown belt you stop jiu-jitsu for three years Then when you come back the blue belts are kicking your ass or maybe like that guy who was blue belt at that time It's black belt right now or brown better like you or something like that and you were completely frustrated So I would highly advise like you was a blue belt Shan probably probably you have never stopped jiu-jitsu yet. I hope so don't stop Just keep going keep going keep going even if you have to decrease the frequency So I think that's the The best advice I can have and I have never stopped jiu-jitsu and I have never decreased my frequency I was doing that for a living it was professional athlete But many times happened that I was learning some new technique that I was not working that well for me And I wanted to keep like Involving and learning more stuff. I Didn't completely give up that technique, but I just decreased in the frequency that I would use that technique So maybe like I remember there was a time that was playing a lot of formal platter that Platter was more was like my favorite thing even more than half But then I noticed that half it was way more efficient for me on tournaments and then they will plot on us So I didn't quit doing the omoplata, but I came back to the heifer I came back my focus to the half-year again and Again like nowadays I have a pretty good omoplata saved my life in many tournaments So I was consistent with it. So I didn't stop I didn't quit the omoplata and I focused more on the half-man That was my main thing, but I didn't quit the omoplata over there So that was a big deal for me helping a lot And I think it's the same principle here for you. Like if you are just a blue belt 42 years old What I would do here is never quit, you know Of course that if you get an accident or isn't that many ways to quit But even if like gets harder if you get overwhelmed stuff and isn't that try to train also week Try to train twice a week try to train also every other week, but don't completely stop. I think that's my Make thing here and I hope that have helped you. 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 BJJ fanatics calm use the promo code YouTube faria to get 10% off any instructional video improve your jujitsu faster