

Metadata: <https://www.youtube.com/watch?v=U4ld7heY608>

So one of the main things that I come upon anytime I'm instructing or I see some people that really tell me oh man I want to go to the Gi but you know I just don't want to get my ass kicked because they're either whether they're a white belt in Nogi or they're a blue belt in Nogi or maybe they're a black belt and they just never fall in the Gi. It's intimidating because you could be an amazing practitioner in Nogi but when you go to the Gi some holes come apart right like because they're gripping your pants, you're gripping positions, the cloth grips are very very very intimidating. If you're a leg lock specialist you can't reap so that instantly turns you off to like doing Gi and so like those things will make somebody just as Nogi be like man fuck the Gi and that's not what I really think it should be. It is intimidating but getting comfortable doing those things are going to make it a lot easier for you to train in all formats whether it's cloth dependent or not and also any rule set because it is like a different rule set you go into okay and there's also movements that you learn in the Gi that are more specific that you can then take and then translate it to Nogi the same way Nogi to Gi. A lot of people are intimidated by this with the main thing being the grips okay somebody can grip you and you don't know how to grip them back and you start freaking out okay. It will never be a easy thing to transition to one or the other but it's I'm here to tell you that it's easier than you think right the whole structure of it doesn't change completely the structure change is the same it stays the same but it doesn't go to a point where like oh if I do Nogi I can't ever do Gi or if I do Gi I can't ever do Nogi okay. Another thing is it's easier for your Gi guys to come out of the Gi because they still have all their Jiu Jitsu and the only thing they really got to worry about is pretty much leg entanglements because for the most part the Gi Jiu Jitsu is pretty sound in the fundamentals and the way they teach it for the most part and for Nogi it's not like that right so it's the cloth changes a lot of things but then it doesn't okay so yes it's intimidating but hopefully again like I said in the previous part we're going to go through this instructional and I'm going to simplify it enough so that it makes it a little bit more simpler for you and you feel a little bit more comfortable going to learn and understanding just like the basic core concepts of you know the what's happening with the controls you know because not a lot of things happen and again we're going to go through it but most people are intimidated because they don't want to get their ass kicked in the Gi it's really what it comes down to it's like they're more like okay they don't want to get their ass kicked or they know leg locks and they can't do leg locks so it's not good one of the main things to remember is that like doing IBGF legal leg locks get your leg locks on point so that when you go to Nogi it's much easier okay so getting them cleaner it opens up new things and it provides you to be able to do your straight foot locks a lot better than your twisting foot locks okay so if you go around and somebody gets in their head like oh you know I didn't do this for this reason it's just because they just really don't want to get their ass kicked or they're like trying to be like oh well it doesn't fit my style or whatever it is it's all bullshit right it's just jiu-jitsu so it's all the same things right we're gonna take it and we're gonna simplify it so that it's not a big deal if you want to go to Nogi so don't get it confused with all this other stuff or all the excuses I've heard anyone should be able to do both if you're good at jiu-jitsu you should be able to do some cloth dependent stuff and if you're good you should be able to do some non-cloth dependent stuff period okay so again we go through this instructional and I hope it's going to help you out