

Metadata: <https://www.youtube.com/watch?v=GJ1AyKZUzNc>

Ok guys, Bernardo Faria here, huge honor for me, guys I'm making this video here to reply to a question from Jordan Vladov, so he asked what should a BJJ wide belt beginner focus on rolling in the very first 6 months or so of Jiu-Jitsu? So guys that's a great question, someone just started Jiu-Jitsu, he's within the first 6 months or so, and when he's rolling, what should he focus? So I think the first thing I would say here, I would say focus on surviving, you don't know too much Jiu-Jitsu yet, you're probably rolling higher belts than you, so even before thinking about trying to tap someone 5 times or anything like that, I would try to focus on surviving. So I would even focus on my Jiu-Jitsu, as much as you learn about attacks, I would try to learn about defense as well, because I truly believe that if you don't have a good defense, it's going to be really hard to learn Jiu-Jitsu, so that's why learning side control escape, mount escape, anything like that, or back escape is going to be very helpful. So when you're rolling, the first thing I would do is try to focus on the fundamentals of the defense, to make sure you know how to get out of the bad positions, because you might fall in a bunch of bad positions, you don't know too much Jiu-Jitsu yet, probably you don't have a good guard yet, so you're going to find yourself a lot of times on bottom or side control, on bottom or mount, people will take your back, so try to learn how to close yourself, so always keep both elbows closed, protect your neck, even if someone passes your guard, learn how to not get desperate, so if someone passes your guard, learn how to stay closed, how to handle the pressure, if someone is on your back, how do you protect for back chokes and that kind of stuff, so I think the main thing to focus on this stage would be how to survive, so when you learn how to survive, you're also learning about how to defend yourself, so I think that would be the most important thing. After that, if you want to start learning some sweeps and this and that, I would focus in the very very very basic sweeps, I remember for example when I was white belt and yellow belt, my favorite sweep was the hand on the belt from close guard, so I would try to put every bar in the close guard and do that sweep, the one that you go across over the shoulder, you grab the belt or you grab the person's arm and you get a sweep, so I think first learn how to survive, learn how to protect yourself and that kind of stuff, then focus on very easy positions, like this type of sweep, the toriyan, the toriyan when I was white belt was my favorite passing, when I was trying to pass the guard, I would always stand up and try to toriyan, always always always, and then I remember as it was today, if the toriyan would not work, I would try to do the double under, the stack pass, because it was very very basic as well, and then year by year I started learning more advanced positions like how to pass the guard through the half guard, how to do the over under pass, details inside the stack pass, details about the toriyan pass, making different grips and that kind of stuff, so anyways, to summarize here everything, I would focus on surviving, which is very related with escapes, and I would also focus on very very basic positions, and another tip here that might be the main one, especially when you are white belt, the biggest mistake I see any white belt doing, is that they try to do every single position at the same time, so it's very common that you see a white belt competition for example, and two white belts are fighting each other, and someone get a sweep, pass the guard, get the mount, and then he lose the mount, the other person is on top, he pass his guard and get it, so now just imagine if you are on top, or if you got a sweep, you pass the guard, you get the mount, so you go year by year, you establish every position, you breathe, it's very common to see white belts rushing up everything, and then they end up losing everything, and then they lose the match, and they end up tapping, it's very common to see like a white belt match, someone is winning by 10 points, then the other guy goes there and makes 14 points, you don't see that happening as often in a black belt match for example, in a black belt match if you open 10 points difference, it's very hard for the opponent to turn that, so focus on surviving, escapes, most basic positions, and also when you are rolling, try to do step by step, try to do the techniques step by step, don't try to pass the guard, get side control, go to the mount, try to go to the arm bar, and you didn't even establish the

side control, and you didn't even establish the mount, so go step by step, pass the guard, establish the side control, breathe, try to make pressure from side control, then you go to the mount, then establish the mount as well, make pressure, open up space, and then you go to the submission, so I think that helps, and it was a great question by the way, and I hope that helped 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.com use the promo code youtube faria to get 10% off any instructional video improve your jiu-jitsu faster