

Gracie Philosophy[®] Lesson 20

How to Apply Self-Defense in EVERY Roll

If you haven't chosen your jiu-jitsu resolution for the New Year, this one's for you. When you hear the term "self-defense," you typically think of punch protection, distance management and multiple attackers, but the reality is these only encompass 10% of self-defense. Joined by special guest Master Pedro Sauer, Ryron and Rener discuss the secrets to the remaining 90%, and explain how "self-defense" can be applied in every roll, even when punches are absent. To increase your efficiency and maximize your jiu-jitsu lifespan, do your best to follow the advice in this video, even if the culture of your academy is conducive to the efficient approach.

Key Points:

- · "Self-defense" is protecting your body from injury.
- Never trust anyone with your joints. Tap before the full extension.
- "Self-defense" is capitalizing on your opponent's errors rather than imposing your will.
- In any position, ask yourself: What is my opponent's objective, and how can I neutralize it.
- The self-defense mindset will allow you to roll until your 90's, so get started now!

Notes: