Jiu-Jitsu Over 40 (5 Rules to Roll Till 95)

This is the most important instructional video ever released by Ryron and Rener Gracie. Regardless of your age, if you adopt the 5 rules outlined in this video, you will have what it takes to roll till the end like Grandmaster Helio...if not, you have no chance.

- Rule #1: Know Your Boyd Belts
- Rule #2: Pass the Guard
- Rule #3: Acknowledge the Ego
- Rule #4: Respect the Rollercoaster
- Rule #5: Follow the Leader

If you have any friends who've quit jiu-jitsu due to them not following the rules, please share this video with hopes of pull them back to the mat. If you know any instructors who are causing students to quit do to their misunderstanding of the rules, please share it with them as well.

Notes:

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