

Belt trick for shoulders

A great belt trick that will help you overcome inwardly tilted shoulders if you do it repeatedly. Your posture will improve loads with an open chest and shoulders!

Pistol squats

Very interesting and tough exercise. It is tougher than you think to squat on one leg without cheating and with the largest range of motion. Give it a try, it is fun!

Improve your triangle #2 (endurance&flexibility)

3 stretches that we will hold for a long time to simulate the situation of locking up triangle deeper and deeper while remaining calm and breathing properly.

Insane 5 minute planks

You want a challenge? Well, here it is. No one will finish this video without shaking and possibly thinking of quitting, but it is also a great way to test your body.

Turtle tips

Some tips on developing a good turtle position to react properly in sparring and competition and to not be limited by your body, when it needs to get you out of trouble and potential unconsciousness.

Five favorites

5 of my favorite poses. Find out which poses I do every day, because they are super effective and they have a great benefit.

Yoga Cardio

Here are two sequences you can repeat to build stamina with yoga moves. Repeat it a lot, get a good sweat going, it will be beneficial in competition when you need to crank up the intensity on your opponent.

Neck pain? No more!

Help your neck with these easy stretches that alleviate neck pain (when it is not severe or caused by a serious issue that should be looked at by a professional). Do them regularly to develop a powerful and mobile neck!

Inverted guard

Inverted guard is very popular and effective lately, but you need to have decent flexibility to protect strain on your neck. You can compensate that way, but it is HIGHLY inadvisable. Watch this video, learn how to develop the necessary flexibility properly.

Getting to the splits

The splits are super cool and everyone wants to look like Jean Claude Van Dam, but getting there requires hard work. Well mostly smart, because hard work in this case can lead to an injury or little progress. I share tips and stretches that will help you achieve the splits eventually!

Finish the armbar (hip fix)

Just one pose to help you get Rouseyesque finishing of the armbar. One pose in which we will slowly gain the strength and mobility require to raise your hips higher and tear elbow joints apart more easily.

Basic yoga principles

Listen to me talk about basic yoga principles to guide you on your jiu jitsu journey.

Yoga for rocks (#1) – for the extremely inflexible

Don't get discouraged! Seriously, don't. You only need to start and keep at it, this video is the perfect starting point for the extremely inflexible. Good news, you will improve faster if you just stick to it!

5 minute warm-up

Don't make a habit of being late for training and relying on this 5 minute magic warm up. It will help occasionally, when you can't help being late, but know that your body needs more attention than this. We get the body going as best we can in just 5 minutes with this flow.

SI-joint pain

We address SI-joint pain, something that bugs a lot of grapplers. We look for stretches that can mitigate this problem. Disclaimer: Medical issues require real medical attention, these stretches will help, but they can't cure a larger problem.

Leg power

A demonstration of some poses that can help you build power in your legs, like the crescent and standing splits.

The rolling knee

The rolling knee is a grueling position in the beginning, but it is very wise to learn how to do it right as you will see it in many flows. It is also a great way to stretch your hamstrings and the posterior side of your body.

Wrists and forearms

If you have trouble with tight forearms and wrists after BJJ (usually a problem for beginners, who aren't used to gripping like a vice), then you might find some useful solutions in this short video.

Lower back pain relief

Lower back pain sucks! I've experienced my fair share of back pain and I can say from experience that it can go away. Takes persistence and time, but yoga will help. This video is specifically made for that purpose. Disclaimer: Yoga is magical, but it's not actual magic. For severe injuries always consult your health care professional first.

Drop it like a squat (Quick tip for hips)

Very simple, very straightforward. Our lifestyles are very bad for our hips/back and here I share a very simple way of countering that - the squat. Learn how to do it and incorporate a couple of minutes of squatting into your day!

Happy Feet

The feet are the most overlooked body part when it comes to sport performance. Just in general our feet can get tight and hurt. Here are some ways to stretch them easily. Spoiler alert: During the stretches your feet might not be very happy, more in discomfort/slight pain, but boy will they feel better afterwards!