

**Sunsalutation B**

Your graduation practice from this beginners series. A second small flow with sun salutations, to give you a taste of what awaits you in the real yoga world. Try to remember as many pointers as you can and enjoy all the other videos on the website. And congrats on taking the first few steps towards a better life and jiu jitsu!

**Rolling knee (#2)**

They see me rollin, they hatin' ... because they know that my knowledge of this position made my core stronger, my legs more flexible and thus my jiu jitsu even more lethal.

**Downdog**

As a beginner you will hate this pose. But the more time you spend in it and the longer you practice it, the easier it will get. Make sure to have a good surface under you and don't feel to bad if your heels don't reach the floor (that is overrated!). Listen to the instructions and remember to focus on your back and shoulders.

**Posture**

Posture is a thing that is extremely important in both yoga and jiu jitsu. We need to take a few minutes to learn proper posture, so that all our future movements will be sound. Maintaining proper posture is even more important, because both jiu jitsu and just life itself promote improper positioning of our bodies.

**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!

**Backbends #1 (basics)**

We look into backbend basics here, moving up to variations that are suitable for more advance practitioners. Be careful, listen to your body, stay within your limitations and you will enjoy this a lot!

**Crow tutorial #1**

A semi-advanced position and one of the easier arm balancing poses - the crow. Go through this tutorial and make sure to check out the new updated one as well as demonstrated with a beginner.

**Switchleg handstand**

Throwing your legs wildly over your arms is not the best way to do handstands! It needs to be done in a controlled manner, just like most things. Start your journey towards a great handstand here!

**Chair pose**

We look at one of the most misleadingly easy looking poses. If done correctly and for long enough it will leave you trembling (and with stronger legs and core).

**Sunsalutations A**

Sun salutations are an integral part of yoga and one that we will be doing a lot. Do you remember how your were shown an armbar from guard in the first week of training? Well, this is the yoga equivalent of that. Basic, somewhat boring for experienced practitioners, but VITAL to know.

**Backbends**

In this video you will learn three different back bends. The locust, the cobra and up-dog. They represent three different difficulty levels, with the cobra surprisingly not being the hardest, despite sounding so cool. Learn how to do them properly to protect your back! \*if you have lower back problems, then please be careful

**Intro for beginners**

This is the start! A couple of words about finding the motivation to do yoga. This is very important, because all the instructions in the world can't benefit you, unless you actually do yoga. Start now, the future version of yourself will be thankful that you did!

**Handwalking tutorial**

Learn the basics of being able to walk on your hands.

**Reverse table-top**

This one is intenseeeee! Your shoulders, your hip flexors and your core will all feel this pose. It is a challenge, which is sometimes just what you need to get motivated. Also a good video to learn the pose properly, so you can utilize it well in other flows.

**Handstand tutorial (for BJJ)**

Handstands are very beneficial for BJJ athletes and you should learn to do them. In this video I go over some tips on how to achieve that. Listen and watch closely, but remember - persistence is most important. You get better at almost anything when you repeat it hundreds of times, same goes for handstands.

**Improve your triangle (in 5 min)**

Find out tips on how to be able to hold your triangle for longer, when you need to adjust it against a skilled opponent. At the same time you will add flexibility to the side of your hips. Once you get your triangle even semi locked you should be able to finish it. That might take a while, but if you work on your endurance in that position, you will be the one who walks away victorious from that predicament.

**Crow pose**

A semi advanced pose - hand balancing. There are many variations, we look at the most basic one, Make sure to stay tight with your things/knees to your triceps/elbows and PRACTICE. If you think it is hard or impossible to do for a beginner, then you know nothing Jon Snow!

**Folding**

Folding forward is often used to measure flexibility poorly or sometimes even dangerously. Just like you wont be doing kneebars as a white belt, you also won't try to forcibly fold while almost breaking your lower back in half and tearing your hamstrings. This is a tutorial on how to fold properly to slowly increase your flexibility while protecting your body.

**The pushup**

The pushups that we will perform in yoga are a bit different from what we are used to seeing, so pay attention to do them the right way. Thankfully they promote a movement that is very useful for jiu jitsu and fighting in general - "Keep your enemies close, but your elbows closer"!

**Low plank tutorial**

Four pointers and four exercises for a good low plank. A good low plank will help your balance, endurance and core strength.

**Floating tutorial**

Finding out how to access the power of your core is what this tutorial is about. Please do more than 10 tries on every variation to give yourself the opportunity to improve! You will see some arm-balancing in a lot of vinyasa yoga, so it pays to learn it well.

**Breathing exercises**

Breathing is a huge part of yoga AND BJJ. Learn a few techniques to learn to calm your breath and to breathe more economically. Suitable and recommended for beginners!

**Leg power**

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

**Crescent pose**

Another pose you will encounter a lot on your yoga journey. One that simultaneously helps you stretch your hips flexors and strengthen your legs. Looks pretty cool, too.

**Floats**

Another transition that will be very helpful when you move on to flows are floats. The mildly untalented assistant here demonstrates how to do them decently for a beginner.

**The plank**

Plank pose is one of the most common in yoga and it is important to recognize potential mistakes and be conscious about them as to not do them. You will probably shake while doing this, but don't worry it will make you stronger and you will have a solid foundation for many other poses.

**Crescent pose tutorial (#2)**

The second video on the crescent pose, worth checking out on the beginning of your yoga journey (and during to refresh).

**Armbalancing basics**

In this video you will find three arm-balancing poses for you to enjoy and be frustrated by. Great implications for jiu jitsu, especially passing and balancing (think Leandro Lo's active posturing).

**Crescent pose tutorial #1**

Crescent pose is a great way to stretch those pesky hip flexors, open up your hips and build some power in your legs. Watch this tutorial to master it and use it properly in our flows. Make sure to also check out the new updated tutorial with beginner dummy.

**Pushup tutorial**

Yoga pushups are a bit different than those that you are used to seeing. The emphasis is on sticking your elbows close and going down from the plank position, this is very beneficial for your jiu jitsu too as keeping your elboes close is one of the best things you can do while someone is trying to rip your shoulder/elbow/wrist away.