

YOGA *for* BJJ

Hatha yoga helps increase our flexibility and prevents injury while drilling and regular Jiu-Jitsu training competing, making it the perfect compliment to a schedule. Add some gentle yoga poses (called “asanas”) to your warm-up, post-roll cool-down, or set some time aside each week to attend a yoga class. Your body will thank you!



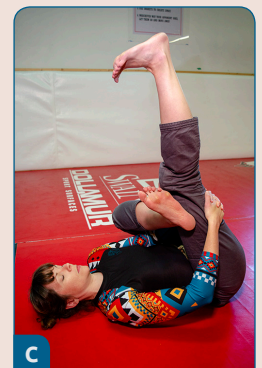
1. Learning to breathe diaphragmatically is a game changer. Start by placing your hand or a beanbag on your belly while reclining. Take a deep inhale and feel the belly rise towards the ceiling. Exhale and pull the belly button towards the spine. Repeat. With practice you can belly-breathe while drilling and rolling. It activates your parasympathetic nervous system, keeping you calm by lowering your heart rate.



a



b



c

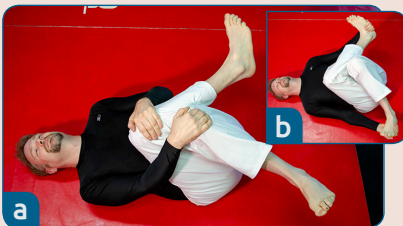
2. To stretch glutes, lie on your back and cross left ankle over your right knee (a). Lower both knees towards the chest, holding behind the right knee with both hands (b). Hold for 5 breaths. Reach right heel towards ceiling for more intensity (c). Lower legs and repeat on left side. For modified version that is easier on knees, start in (a) and come to elbows drawing chest to knees (d). For more intensity, come to hands (e).



d



e



a



b

3. Don't be a tight ass! Stretch out your piriformis by crossing one knee over the other (a) and bringing your knees down to your chest. Option to hold feet and bring them towards armpits (b) for added resistance. Hold for 5 breaths. Switch legs and repeat.



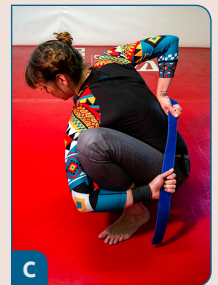
Improve your Sprawl & Hop pass!



a



b



c

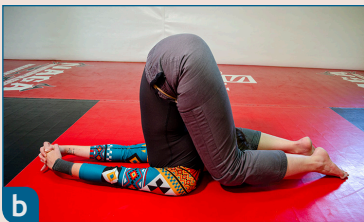
4. Start in a low squat (a). Wrap your left arm around your left thigh, rotating your left palm outwards to reach for your right hand behind your back (b). If you can't grasp your own hand, substitute with a belt (c). Hold for 5 breaths. Repeat on right side.



a



c

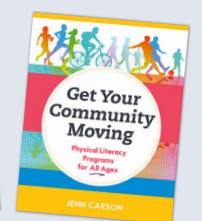
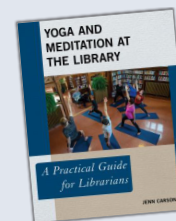


b



d

5. To improve flexibility during inversions, practice lying on the mat and lifting your feet over your head, bringing feet towards the ground (a) and clasping hands behind back. Hold for 5 breaths. For more intensity, lower knees towards the mat (b). To practice being inverted against a standing partner, repeat (a) but this time lift your feet in the air and bring hands to your lower back for support, with elbows bent (c). Hold for 5 breaths and lower. Do not look side to side during this pose to help protect the neck. For less intensity, place a foam block under sacrum and keep feet in the air (d). This will help you practice being upside down in a gentle way. Take 5 deep breaths.



To learn more about Jenn's research on physical literacy and to access free resources or buy one of her books please visit the websites listed below:



a



b

6. From kneeling position, bring one knee in front of your body and straighten back leg, placing foam block or beanbag beneath back thigh for support (a). Hold for 5 breaths and repeat on other side. For more intensity, remove support block and lower torso to the mat (b).



Improve your
Knee Shield
or
Guard
passes!



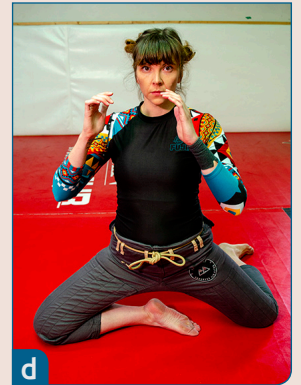
a



b



c



d

7. From a seated position, bring your right leg in front of you and your back leg behind you, keeping deep bends in the knees. Twist torso towards the right, looking over your shoulder (a). Switch to left side. Repeat (a), this time bringing forearms to mat (b). Switch to left side. Repeat (a), this time bringing torso to mat (c). Switch to left side. Finish sequence by doing some hip thrusts from forward facing position (d), lifting hips off mat, alternating legs. Drill 20-30 times.



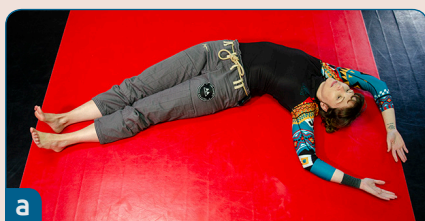
a



b

8. Come into a kneeling position, reaching arms overhead towards the mat, pressing hands and armpits down (a). Take 5 breaths. Walk hands to the left, stretching out intercostal (between rib) muscles (b). Hold 5 breaths. Walk hands to the right side. Hold 5 breaths.

9. Welcome to Banana-asana! Lie on the mat and take your arms and legs to the left, forming a banana shape with your body (a). Take 10 breaths. For more intensity, cross right ankle over left ankle and gently pull on right wrist with left hand (b). Repeat on other side.



a



b



a



b

10. To open shoulder girdle, wrap belt under arms (a). Cross belt in front of your body forming an "x" and bring that "x" behind your head (b). Lower "x" across your back, pulling ends under armpits (c). Hold ends of belt or tie across chest (d). Wear for as long as you like.

Smile!

You now have better posture.



c



d