

John Danaher - Ageless Jiu Jitsu: Winning When You're Older or Less Athletic - Top Game No Gi

Stay Competitive With - And Even Dominate - Younger, Faster Athletes With The Help Of The World's Most Sought After Jiu-Jitsu Coach, Professor John Danaher, As He Shows You His Formula For Success For The Top Game As An Older Grappler

- John is one of the world's premier coaches in jiu-jitsu and submission grappling and now you can watch him break down the realities of the sport for aging athletes and how you can best adapt!
- Uncover the power of passing from half guard with John's next-level details on maximizing connection and using connection to maximize control over athletic opponents.
- Learn to consistently funnel opponents into half guard from common guard passes such as toreando, tight waist, bodylocks, over/under and MORE!
- Unlock the power of pinning with John's unique dynamic pinning system that allows you to tire more athletic opponents out while conserving your own energy.
- Every series and move is optimized and explained with the older grappler in mind, giving you the tools necessary to be successful without speed or flexibility.

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