

Title A: Don't Let These Warm-Ups Go Unnoticed

Subtitle A: Although warming up might not be the most fun part of a session, it is essential.

Title B: How to Warm Up for Brazilian Jiu-Jitsu Practitioners

Subtitle B: These warm-ups and drills are perfect for loosening up before your session.

Title C: All Grapplers Should Be Warming Up

Subtitle C: Warm-ups are essential to your development as an athlete as well as your safety. Here's how to do them right.



[Source](#)

Anyone who exercises intensely needs to warm up before they begin a workout. Skipping a warm-up is unsafe and counterintuitive to athletic growth.

This holds especially true when it comes to practicing Brazilian jiu-jitsu. When you roll, you are expecting

both you *and* another person to be pulling on and stressing your muscles. For this to result in anything other than injury, you need to have muscles that are trained for flexibility.

But this is only half the battle. You also need to activate that flexibility each session by loosening up your muscles. Luckily, you can fit both training and activation into one phase of your session by performing warm-up stretches and drills before you roll.

Warm-ups also serve the purpose of helping you master certain movements common in Brazilian jiu-jitsu. For this reason, it is best to warm up with stretches, drills, and exercises that are specifically meant for Brazilian jiu-jitsu practitioner.

Here are some exercises that will help you adopt great warm-up habits.

Stretches and Drills



[Source](#)

Keep in mind that overstretching right off the bat can sometimes cause injury. There are several ways to avoid this – our favorite is to find a hard ball and roll out any soreness you have.

This loosens up your muscles while also getting some initial blood flow and movement going. Once you've spent some time on each muscle group, you are ready to limber up and increase flexibility.

Here are a few stretches perfect for warm-ups.

Warm-Up Stretches



[Source](#)

The best warm-up stretches mirror a motion that is common in jiu-jitsu moves. Once you've analyzed a few examples, you can find many more.

Hip Flexor Opener – This first move is going to start limbering up the quadriceps and hip flexor. Your

quads are an extremely important muscle group as they produce a lot of your legs' power. To do this move, put one knee on the ground and raise the arm on the same side straight into the air. With your foot planted, bend the other knee as though you are taking a knee for a huddle. Rest your other hand on this knee. Now slowly push your pelvis forward until you feel the desired stretch on your hips and thighs. The hips are extremely important to many different grappling maneuvers and techniques, making this is a perfect stretch for grappling warm-ups.

Butterfly Stretch – This next stretch is going to open up your hips some more while also limbering up your hamstrings. The hamstring is a huge muscle that is essential for powerful legs – needless to say, you'll be putting it to good use as a Brazilian jiu-jitsu practitioner. To do this stretch, put your feet together so that your legs flare out like butterfly wings. Push downward on your knees with your elbows so that you feel a stretch in your inner thighs.

Seated Hip Twist Stretch – For the final stretch, you will continue limbering up the hips while also preparing the back for the contortions it will need to make while grappling. While seated, leave one leg flat on the ground. Take the other leg and arch it over the straight leg so that your knee points toward the ceiling. Now, with the arm opposite your flat leg, put your elbow on the outside portion of your bent knee. Use your knee as a stopper to push against with your elbow, twisting your hips and back.

Warm-Up Drills



[Source](#)

You don't want to stretch too much more before your body is warm. Overstretching can also be an issue, so hit the basics and then move on to warm-up drills. If you feel you need additional flexibility training, hold off until after the session when your body is already limber.

When it comes to warm-up drills, you have plenty of options. We will discuss one example of an excellent move here.

Flag Game – If you are someone who is really motivated by fun, this is a great warm-up drill to keep you excited for class. Place a flag or belt between you and a partner. From an equal distance, pump the legs as though you are running in place. On a third party's mark, both you and your partner should attempt to claim the belt in a single lunge. This will prepare your body for the explosive movements you need to make when rolling.

For the rest of your warm-up time, find a partner and carry out as many basic movements as you can. Use controlled and easy motions to practice bridging, peek outs, hip escapes, sprawls, shots, and any other simple maneuvers you'll be working with that session.

Benefits

The outlined stretches and drills will benefit you in a variety of ways. For each stretch and drill you come across, consider how well it mirrors Brazilian jiu-jitsu moves.

For instance, you may have noticed that many of the stretches and drills described in this article focus on the hips. This is because of the huge importance placed on good hip work in Brazilian jiu-jitsu. By practicing stretches and drills that target the hips, such as the butterfly grap, you will also better yourself as a fighter.

The best movements for warm-ups will train your flexibility and technique in a way that will result in a direct competitive advantage. Your body will have an edge over your opponent's if you're able to turn an uncomfortable position into a comfortable one through training.

Good luck, grapplers!