

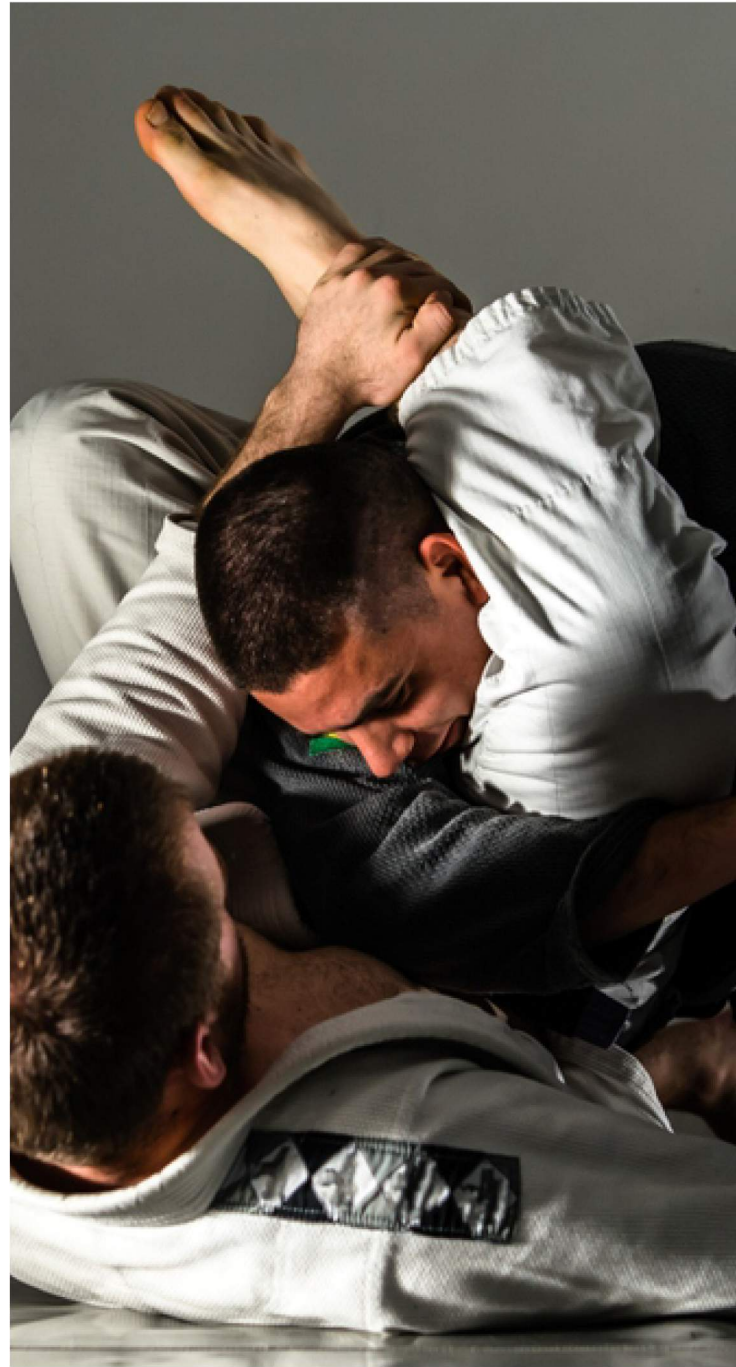
# 7 Ways To Recover Faster For Jiu Jitsu



## Why Faster Recovery Is Critical To Getting An Edge In Jiu Jitsu

Recovery in Jiu Jitsu is often overlooked as one of the key ways to get an advantage when your rolling. How your body recovers will determine:

- \* How many hours you can roll for without becoming tired.
- \* The levels of strength you can exert when grappling with an opponent.
- \* The likeliness of you sustaining an injury during your training session.
- \* Your levels of focus and speed of learning during technique sessions (greater fatigue slows down learning).
- \* Overall levels of motivation & drive.
- \* How fast your muscle fibers react to your opportunities to attack.
- \* Your reaction times when an opponent tries to pass your guard.
- \* Your reaction times when an opponent tries to take you down.
- \* How likely you are to “feel like” training on any given day.



Therefore we recommend taking recovery as seriously as you take your training. As it is often a simple (and overlooked) way to get an edge in Jiu Jitsu.

Here are 7 Ways You Can Recover Faster And Get An Edge In Jiu Jitsu

## Low-Level Aerobic Training

When you are already tired and sore, it is normal to not want to move at all. Unfortunately, the decision not to move will leave you in much worse shape and sore for longer. Low-level aerobic exercise helps you to recover more quickly by increasing blood flow to your muscles. When this occurs, your body will naturally reduce the amount of built-up lactic acid, which is largely responsible for the pain you are feeling. Increasing blood flow removes this, while also providing your sore muscles with much-needed nutrients and proteins to help you recover more quickly. Something as simple as walking or jogging can work wonders when it comes to helping you to recover.

## Massage Therapy (Recovery Gun)

Massages are great for treating sore muscles. Though they can be moderately painful in the beginning, the reality is that they are almost always well worth it after the fact. When you exercise a lot, your fibers become broken up. In your muscle, this means that you will struggle with blood flow. Since blood flow is so important, it is important to help encourage it in this instance.



When the fibers are separated and blood flow is restricted, knots will occur, which can cause concentrated pain within the muscle. Massage helps with this by stimulating the muscles and breaking up any knots. Your Massage recovery gun will be an effective way to consistently stimulate recovery in the soft tissue through mild pulsing force. The recovery gun will also act as a great replacement for foam rollers and allow for normalized blood flow to return to the muscles.

## Ice Baths and Cryotherapy

In Jiu Jitsu, it is common for fighters to build their process around form and strengthening. This sport specifically relies on intensive resistance training, particularly because you will be fighting against resistance from your opponents as you grapple with them and get them on the ground. Resistance training is incredible for building strength. However, with strength building comes one specific response: inflammation.



There are many reasons for our bodies to respond with inflammation, but in most instances, it is an indicator that our bodies must recover and grow stronger. When your muscles become inflamed, it can actually be a good thing. Your body is initiating growth in most cases. Still, it can be incredibly painful when this occurs. Ice baths and cryotherapy are popular among athletes because they are particularly effective for lessening inflammation, which can help to speed up your recovery process.

## Saunas and Streamrooms

Though it might sound silly that heat can be as effective as cold, in this case, it is true. Though cooling therapies can lessen inflammation, heat therapy is particularly effective for relaxation. When you embrace heat therapy, you reduce the cortisol levels in your body and increase levels of growth hormone and testosterone. This can help your body to work harder and recover faster. More importantly, when you are able to adequately relax, it becomes possible for you to let the tension leave your muscles, which is great for increasing blood flow and naturally reducing tension.

## Meditation and Yoga

Meditation and yoga are two practices that can go hand in hand for many athletes who are looking to recover more effectively. Meditation is a practice that involves quieting the mind and inducing relaxation. When you do this, you allow stress to leave your body, making it easy for your body to relax and lose that extra tension. Yoga is a safe and relaxing way to stretch out damaged muscles, increase blood flow to sore muscles, and influence better sleep for quicker recovery.

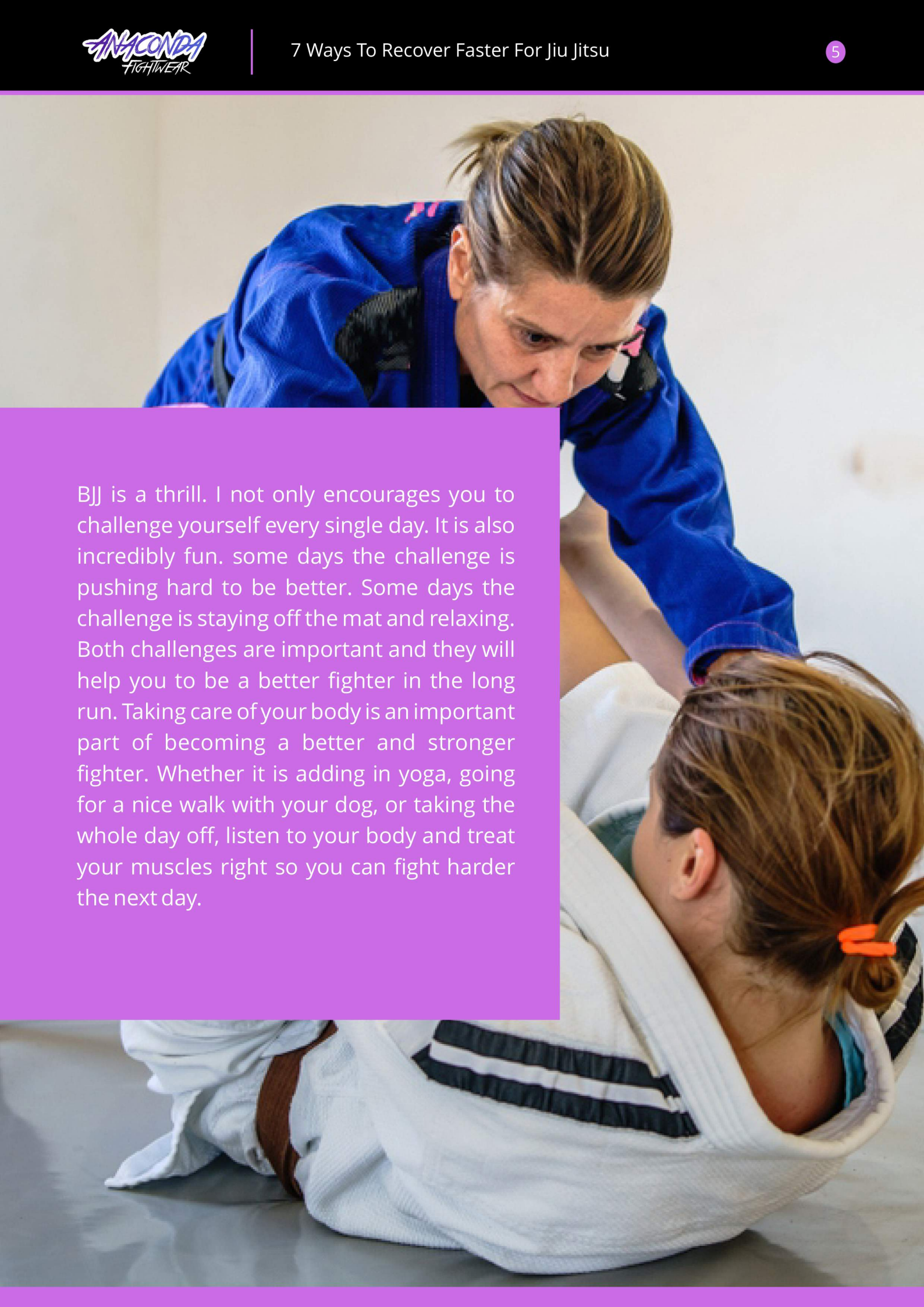


## Be More Alkaline

Each of us has a natural pH balance and it can play a surprising role in how our bodies operate and recover. By maintaining an alkaline pH setting, we can more easily allow oxygen to flow through our bodies, feeding our muscles with rich blood. You can control your alkaline status by avoiding eating too many acidic foods since acidic foods slow our blood flow and make our muscles overly acidic. Managing your inner pH is also effective for increasing sleep quality, stability, and energy levels.

## Schedule Down-Time

There is nothing better for recovery than recovery time. Though Jiu Jitsu is a ton of fun, our bodies need a break every once in a while. You might want to spend all your time training in the gym, but the reality is that your body deserves some time off. All professional athletes work recovery time into their schedule and if it is good enough for them, it is good enough for you. Overtraining without resting can lead to injury, limit your overall performance, and hurt. Make sure to schedule your rest days, get plenty of nutrients, and take some time to let your body heal!

A woman in a blue gi is leaning over a woman in a white gi who is lying on her back on a mat. The woman in blue is looking down at the woman in white, possibly providing instruction or assistance. The woman in white has her hair tied back with an orange hair tie. The background is a plain, light-colored wall.

BJJ is a thrill. It not only encourages you to challenge yourself every single day. It is also incredibly fun. Some days the challenge is pushing hard to be better. Some days the challenge is staying off the mat and relaxing. Both challenges are important and they will help you to be a better fighter in the long run. Taking care of your body is an important part of becoming a better and stronger fighter. Whether it is adding in yoga, going for a nice walk with your dog, or taking the whole day off, listen to your body and treat your muscles right so you can fight harder the next day.