

Egoless Sparring

Although sparring is one of the most important training exercises you can engage in on your path to black belt, you must know when and how to spar in order to reap the full benefit.

- Sparring too early is the leading cause of injury and frustration.
- Sparring between jiu-jitsu practitioners is sportive by nature, and is not required to become "street ready" in the Gracie Combatives program.
- Sparring is, however, a critical training element on the path to black belt.
- For at-home sparring to be successful, each practitioner must change their behavior frequently to benefit their partner.
- Each student must be equally concerned with the progress of his/her training partners as with their own.

Notes: