

## The Universal Misunderstanding

People generally fear losing more than they desire winning. Yet, because they don't understand the core objectives and concerns from each of the primary fight positions, particularly the defensive positions, they waste energy prematurely and unintentionally create the opportunity for their opponent to submit them.

- When you're in an inferior position, the tendency is to want to escape immediately, but that increases your chances of getting submitted.
- The introduction of points and time limits into jiu-jitsu is the primary reason why people are so eager to escape prematurely.
- The best thing to do when trapped is to observe your opponent and focus entirely on neutralizing their gameplay before implementing your own.
- Once you have successfully nullified their attack, not only have you demoralized them, but you have set the stage for a much safer and energy efficient escape/pass.
- These principles apply in street fights as well. Your opponent cannot control you AND attack you at the same time. Be patient, neutralize their offense and seize the window when it presets itself.

Notes: