



Total Control

In a fight, victory is achieved by gaining full control of your opponent. In life, victory is achieved by gaining full control of yourself.

- The beauty of Gracie Jiu-Jitsu is that it gives you so much control over your opponent.
- The ability to win the fight without causing lasting harm is a unique advantage of Gracie Jiu-Jitsu.
- The key is to control your emotions during the fight so that you don't overexpose yourself.
- There should be nothing anyone can say to you to that would cause you to fight.
- Total control in a fight is irrelevant if you don't have total control over yourself.

Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.