



Energy Efficiency

At the Gracie Academy, we always assume our potential opponent is heavier, stronger, and more athletic than we are, and this is why energy efficiency is the core principle of Gracie Jiu-Jitsu.

- Grand Master Helio never defeated any giants; the giants defeated themselves.
- The goal is not to win the fight, it is to avoid defeat at all costs.
- If you position yourself efficiently, your opponent will burn all their energy trying to hurt you.
- Once a giant depletes all his energy, he can be defeated just as easily as anyone else.

Notes:

[illegible]