

Gracie Philosophy

Lesson 7

Gi or No-gi?

There is an ongoing debate as to which training method is better, gi or no-gi? In this Gracie Philosophy video, Ryron and Rener go into great detail about the pros and cons of training with each method. In the end, they remind you of the most important thing: in order to get a black belt in Gracie Jiu-Jitsu, you must master both.

- Training in the gi will refine your escapes and submission counters.
- Training without the gi will refine your control and submission strategies.
- You can't get a black belt until you master both.
- Training gi is VERY realistic for the streets since a street opponent will almost certainly grab your clothing in a real fight and you must be prepared.
- One fun/challenging drill is to have one person wearing a gi, and the other person training no-gi. Let us know how it goes!

Notes:	