



Jiu-Jitsu Health

On the path to black belt, you will tap out...a lot. How you deal with each tap out, defeat, or temporary setback is the most significant indicator “Jiu-Jitsu Health.” In this video Ryron and Renner explain how to steal from each moment, regardless of whether you catch them or they catch you.

- How you deal with losing is one of the most significant indicators of your “jiu-jitsu health”.
- Optimize your “absorbtion rate,” and can cut the time to black belt in half.
- Become a master at “stealing” techniques from your training partners.
- In each defeat there is a hidden lesson, and only if the ego is absent will you realize the full benefit.
- Although the final goal is to achieve victory, the goal should be to learn something from every time you are defeated.

Notes:

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