

**Gracie Philosophy** 

Lesson 9

## **Critical Conviction**

It is better to execute a technique with 20% accuracy and 80% conviction than with 80% accuracy and 20% conviction. In this video the Gracie Brothers discuss the most common blue belt testing mistake, and explain one of the key ingredients in street fight success.

- Most common blue belt testing mistake is lack of conviction.
- Conviction is equally if not more important than technique.
- Conviction is often the difference between success and failure.
- Even if you don't expect a technique to work perfectly, attempt it with true conviction and you will benefit greatly from the experience.
- Even you aren't willing to miss at-home, you'll never develop the accuracy and conviction necessary for street success.
- Training safety should never be compromised in your pursuit of mastery.

Notes:		