

The Survival Mindset

What makes Gracie Jiu-Jitsu unique is that it places a greater emphasis on patience, energy efficiency, and self-defense than any other martial art. In this video, Ryron and Rener discuss these points and the secret that lead the greatest growth spurt in Ryron's jiu-jitsu journey.

- When Ryron finally understood the Grand Master's survival mindset he had his most significant growth spurt in jiu-jitsu.
- The "Survival Mindset" is the most significant different between Gracie Jiu-Jitsu and Japanese Jiu-Jitsu.
- Against a giant, the Survival Mindset is the only way.
- The primary problem with the sportive application of the art is that you must abandon the survival mindset.
- Why is it absolutely essential that you adopt the Survival Mindset even in street fights that aren't likely to last more than one or two minutes?

Notes: