

Rolling With the Opposite Sex

More women are training jiu-jitsu than ever before, but the training culture at most academies is preventing them from getting the maximum benefit that jiu-jitsu has to offer. If women are not provided an optimal way to learn the art, then jiu-jitsu has not yet served it's most important purpose.

- In most cases, men don't ask women to train because they don't want to appear as if they are "hitting on" the female student, and women don't ask men to train because they don't think they are "good enough" as training partners. In both cases, they're grossly misinterpreting the true beliefs of the other half.
- Women in a co-ed jiu-jitsu class are just as eager to train with men as anyone else.
- Any bias towards training partners has nothing to do with gender, but rather the quality of the particular training partner.
- The least desirable training partners are: 1) Smashers, 2) Stenchers, 3) Senseis, and 4) Snipers.
- The most desirable training partners are challenging, helpful, unemotional, and above all else, they are willing to ask the ladies to roll!
- To neutralize the "agro egos" it's best to give them credit, so they realize you're on the same team and you respect their abilities.
- If everyone is willing to venture slightly outside their comfort zones, more women will experience the full benefit of jiu-jitsu training and the world will be a better place.

Notes:

