



Surviving the First 6 Months of Sparring

Sparring or “rolling” is one of the elements that makes jiu-jitsu the most effective martial art on the planet, but it’s also the number one reason why more than 90% of people quit training in the first 6-12 months. In this special edition Gracie Breakdown, Rener and Eve Gracie (Currently 9 months pregnant!), share the three most important sparring secrets that will enable students to navigate the first six months of jiu-jitsu sparring and make their “rolls” far more productive than they are painful and demoralizing. If you know someone who has quit, or is on the verge of quitting, because they couldn’t handle the tornado, please share this video and save their jiu-jitsu career!

- Turn enemies into allies
- Give “sensei significance” over “smasher significance”
- Follow the specific script when asking for partners
- Focus on survival over submissions
- Learn the “Three Phases of Progress”
- Gratitude, Gratitude, Gratitude!
- Permission to teach must be given by the student

Notes:

[illegible]