

Gracie Philosophy

Lesson 24

Teaching Your Significant Other

There is no better gift than the gift of jiu-jitsu! But if you've ever tried to teach jiu-jitsu to your significant other (or anyone you love for that matter) you know how what a challenge it can be! Rener and Eve share their story and the three success secrets you will need to share the art you love with the people you love.

- 1) Start FUNctional
 - a. In the beginning, if it's not functional, it's not fun.
 - b. Focus on teaching your significant other simple solutions for real problems.
 - c. All Gracie Jiu-Jitsu demographic-specific programs were created for this reason.
- 2) Expect Nothing, Praise Everything
 - a. In the beginning, students don't have the self-evaluation capability.
 - b. Only if you believe in them, they will believe in themselves.
 - c. The only thing that matters is that they come back tomorrow.
- 3) Grow at THEIR Pace
 - a. The definition of a "successful training session" differs for each student.
 - b. Encourage your significant other, but respect their own pace of progress.
 - c. Be patient, and once the momentum kicks in they'll be unstoppable!

Notes: