

10 STEPS TO BJJ MASTERY: LEARN SMARTER, NOT HARDER

THESE 10 STEPS WILL HELP YOU FAST-TRACK YOUR BRAZILIAN JIU-JITSU JOURNEY BY FOCUSING ON SMART, EFFICIENT LEARNING STRATEGIES.

1

Train Consistently

Show up regularly to build muscle memory and improve your skills. Alternate between competitive and practice-focused sparring to maximise learning and avoid burnout.

2

Ask Questions

Never hesitate to ask your instructors or training partners for clarification. Understanding the "why" behind techniques deepens your knowledge and speeds up progress.

3

Master a "Home" Position or Submission

Find a position or submission you're comfortable with and make it your foundation. For example, side control or closed guard can be strong starting points. This creates a reliable base to build the rest of your game.

4

Study Outside Class

Watch instructional videos to learn mechanics, variations, and counters for your go-to moves. Reinforcing lessons off the mat boosts your in-class performance.

5

Visualise Success

Mentally rehearse techniques. Picture yourself executing moves smoothly and effectively—this boosts muscle memory and improves sparring performance.

6

Mindful Rolling

Approach rolling as a learning opportunity, not just a competition. Focus on controlling positions, experimenting with techniques, and ensuring control before attempting submissions.

7

Learn from Mistakes

Mistakes are part of the journey. Analyse errors from rolls and use them to refine your techniques and strategies. Every mistake is an opportunity to learn.

8

Embrace Bad Positions

Put yourself in tough spots during training. Practicing escapes and defence sharpens your skills and builds composure under pressure. Controlled breathing is key to staying relaxed.

9

Record and Review

Film sparring sessions to spot patterns, identify weaknesses, and discover opportunities for improvement. Use the footage to make actionable changes.

10

Compete to Grow

Competitions are the ultimate test of your skills. They expose areas for improvement and provide invaluable experience. Every match is a chance to evolve your game.

