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1. About the Author

Meet Jordon Schultz – The timid Engineer turned Brazilian Jiu-Jitsu Sensation. His goal is to teach BJJ to the world with unconventional methods and he wants to show you how to succeed in BJJ, no matter what level you want to take it to.

He was scared stiff when he quit his job as a Mechanical Engineer to pursue a dream. While his friends, family, and co-workers asked “why?” he simply said “why not?”

Since making BJJ his career, he has been given the honor of working with the sport’s elite, and he has impacted many lives through his Brazilian Jiu-Jitsu Instruction.

Jordon has taught seminars and private lessons to hundreds of people worldwide. His instruction is clear, concise and his primary goal is to teach the building blocks to BJJ Success. Whether you’re new to BJJ, or an experienced pro, you’re about to learn the secrets and strategies from a scrawny computer nerd turned two time Mundial Champion.

Jordon has trained and lived among the sport’s elite and developed a truly unique style of BJJ. Jordon believes anyone can become a BJJ champion through a burning desire, laser focus, extreme persistence and a devoted guide and mentor.

Jordon’s clear and logical Brazilian Jiu-Jitsu instruction will help you build a solid foundation, increase your mat awareness, and win tournaments. He has created many dynamic instructional products and programs designed to approach BJJ instruction from a fresh new angle.

For further information about Jordon Schultz or BJJ, you can go to one of his personal web sites. Just one click below will take you there.

Web site: http://jordonbjj.com/

2. A Message from Jordon Schultz

It is my aim, and indeed my goal that this book be used for the advancement of the sport of Brazilian Jiu-Jitsu. When I decided to solve this problem, the problem of exactly "how to drill" for Brazilian Jiu-Jitsu and grappling, I knew it would be a lofty endeavor. I have trained with the world's best grapplers, and won two world championship titles myself. Through all this I've found that the world's most elite grapplers drill techniques thousands upon thousands of times, and they do this in a very specific way.

I've decided to delve into the subject of exactly how to drill for rapid skill development in grappling arts; a subject that has been argued and discussed for many years in our small community of grappling fanatics. So I talked to experts, hired a skill development coach and did hundreds of hours of research. The result is the world's first, and most extensive book on drilling for Brazilian Jiu-Jitsu and grappling. I'll go into grave and excruciating details on my own experiences with drilling and advice I received from experts in the field.

I hope you take the information laid out for you here and take action. Implement what I've taught here and begin to drill and improve your skill level. The law of wealth says life is designed not to give you what you want, but what you deserve. Applying this principle to Brazilian Jiu-Jitsu and grappling is simple. Hard workers, those who drill through boredom, tiredness and fatigue, deserve success and will be rewarded lavishly.

You deserve to be a better Grappler and this book will guide you down an exciting path of rapid skill development. The one thing, the most important thing I can say. If you take one thing from this book take this:

Just Drill

Take all the information in this book and apply it well, but do not let it confuse, overwhelm you or stop you from drilling in any way.
Yours truly,

Jordon W Schultz
www.Jordonbjj.com

3. What Is Drilling?

For grapplers, the most effective way of becoming a good grappler is by practicing grappling drills. Drilling is what will make you better than anyone who doesn't put the time and effort into it.

What is drilling? *Drilling is when you continue to repeat a technique or movement over and over in various different ways.*

This may involve recording how many reps you do each time and paying close attention to the technique and speed of your movements as you practice your drills. There are many different types of reps; dead reps, static reps, live reps and others. We will discuss each in further depth.

The most effective way of doing drills is to keep track and record the number of reps you do, and also keep a record of your results. It's import to record statistics such as your training partner's size, weight, height and skill set, because different partners may be at a different level than you are, or move, respond and react differently. Practicing with different partners helps you develop a more efficient technique. This is why you need to take all these things into account when you're drilling. As long as you record and track everything into a notebook accordingly, then you'll be able to drill more effectively, therefore improving your skills.

3.1. Fresh Drilling vs. Post Training Drilling

I drill when I'm fresh and I also drill after I'm rolling when I'm fatigued. Typically, if you're drilling up to 10,000 reps, there's going to be a lot of instances where you're drilling and you're going to be fatigued from drilling. You're not always going to be fatigued from rolling but if you're getting a hard quality drilling session in, you're going to get fatigued.

Fatigue typically sets in at around the 200-300 mark. You start feeling like you want to give up. When you get to this point you just push through it and continue to drill. That is one of the points of drilling: when you're fatigued and all your attributes can no longer be used, that's when the actual technique comes out. You are training your body and mind to become stronger and to push through the pain and discover that extra strength you didn't know you had.

3.2. Drill the move or technique until you have it down naturally

I will repeat this over and over: you need to put enough time and reps into each technique for you to have it down so it feels natural. Typically, to have a technique down, it needs to be drilled at least 10,000 reps each on the left and the right side. Or as most practitioners like to put it, on the right side and the other side, that doesn't do Jiu Jitsu.

The purpose of drilling a new technique 10,000 times on each side is, because the point of drilling reps is to create muscle memory and to feel the natural motor mechanics of the move. You want each technique to reach the point where it becomes second nature, so when you need to perform a certain technique, you don't have to think about it—it just happens naturally and flows smoothly. For example, if a person grabs your arm in an aggressive manner, whatever you were thinking of doing has already occurred naturally before you even thought about it. This is because your body and mind have practiced this scenario many times already, so you are only reacting to something that has become second nature.

3.3. Manage your resistance level and when to increase it during drilling

The amount of pressure and resistance your partner uses pretty much depends on where you are in the drilling phase. If you're in the isolation training the percentage of how much he resists doesn't really come into play, because you haven't thoroughly internalized the motor mechanics behind your technique yet. At this point there should

be almost 0% resistance. The purpose behind this is, if you are not very aware of things such as, where your body needs to be, the off balancing (the way to break your opponent's balance), the grips and the counter grips, adding resistance will only confuse your body and give your body more scenarios to try to calculate and figure out what to do with them. Keep it simple and light. Otherwise, it's like when you were in middle school and you had a pop quiz in math, where your teacher threw a trick question in there, knowing you wouldn't be able to answer it. You don't want make that kind of a mistake with Jiu Jitsu. Because, unlike in math you can get yourself put into a submission hold or you'll have to tap out. So, keep the resistance at an absolute minimum in the static phase.

As far as resistance is concerned in the other phases, increase the resistance level a little bit at a time. The best indicator to increase the resistance level is, when you feel comfortable enough to move to the next phase or when you can execute the techniques with confidence, speed and power. Another good indicator is once you've made it to the live rep or the dynamic phase, then that's when you should be focused on what percentages of resistance your partner should apply.

Once you are at the dynamic or live phase, start with about 25%, 50%, 75% and finally full resistance, which means your partner, will react and move at real time but, stay within the parameters of the drill. At each percentage level, you need to tell your opponent when you are ready to increase the resistance.

3.4. The most drilled techniques

Again this depends on the need versus want. Sometimes what we want isn't exactly what we need. A good example of this is when the berimbolo craze swept the nation. You saw a lot of white belts competing in tournaments and all they're doing is the berimbolo. In a lot of cases, to play these types of games, there are certain elements that you need to have because they are essential. For example, you need good guard retention, lower back flexibility. You need to know how to deal with stack passing and you need to have a good understanding of how to recover guard in case things go

wrong or you're going to end up smashed in the back of the neck and your opponent will try to force you into a turtle position. As you can see, it's all based on need vs. want.

"You should drill the most what you need the most"

This should not be a hard thing to figure out. You know what your weaknesses are, so this should be a good tale tell sign for what you need to work on. Just keep one thing in mind: your needs are going to change based on who you're training against, how often you're competing and how often you're training.

There is one technique that I believe every BJJ practitioner should really drill a lot because this drill is one of the most central drills to perform when practicing Jiu Jitsu. The importance of shrimping is used so often when a person is defending from any bottom position. When you find yourself on the bottom position you will immediately go to your survival position, which is shrimping. Time and time again most BJJ practitioners find themselves in this position they can't shrimp out and gain space. Why? Because some people practice spending all their time on top or practicing side control and they never learn to fight from the bottom. When they do fight from the bottom they find it hard to scramble back to top because they have not practiced shrimping.

"Shrimping is the key to jiu-jitsu"

When you are drilling or practicing shrimping, make it your mission to turn up onto your side and don't allow your partner or opponent to drive your back to the floor. The mistake a lot of people make is they push their hips up, instead of pushing their hips away. The idea of pushing your hips away will allow the space to open between their hips and not the upper body.

To ensure you're doing things right just follow the three jiu-jitsu commandments that apply to defending. They are, in order to defend you must make space, tight is right and position over submission.

Too many BJJ practitioners either rush through this when they practice or they don't practice it enough. It all boils down to your environment. You should train your needs first. It may not be shrimping. It may be the double leg, mount escape to half guard, or arm drag from butterfly guard. No matter what it is that you need to practice it all comes back to doing your drills. The more you do, the better you become.

4. Micromanage drilling to be more effective

Believe it or not you can micromanage your drills. I wholeheartedly suggest micromanaging your drills, because micromanaging is one of the best ways to break down a new technique systematically and figure out the underlying mechanics and principles behind any given technique. You should really micromanage any technique in Jiu-Jitsu that works at the highest levels.

I am not talking about the fly by night or the flavor of the month grappling techniques. I am talking about the techniques that are tried and true. The ones that have been battletested and that continue to work year after year at the highest levels. These techniques all have underlying principles and mechanics that make them work so proficiently.

The best way to find out why a technique works so well is to break it down step by step and understand it's integrates of each step by micromanaging the technique. Another thing to consider is that during micromanaging, you're able to figure out which techniques are more personal to you because no two people's techniques are the same.

This is because no two people have the same body types. One guy's arm could be a half an inch or a whole inch longer than another guy's arm.

There is always something different about each person. This means you are going to make changes, even if it is a small or slight adjustment. It will make it a slightly different technique than the way someone else will apply it. Those adjustments are determined and figured out during the micromanaging process of your training.

5. Three Levels Of Drills

To get the highest rate of performance from drilling, it always comes down to the *three level system of drilling.* The best way to get the most yields out of your training and drilling is to be 100% in the moment and try to get the most quality out of your reps. The three levels we will discuss are Isolation, or static drilling, live reps and progressive drilling.

5.1. Isolation or static drilling

Static drilling, also known as "empty repetitions," is simply performing a movement over and over on your partner who does not move at all. Your partner is used as a point of target or reference, so you can drill or practice your new techniques on him without him reacting. This is the most common form of drilling done throughout every academy around the world.

During isolation or static drilling, it's 100% ok to ask your training partner if he feels what you are doing feels right to him. You need to have the ability to communicate with your training partner because your training partner is going to feel the technique the majority of the time. They will know whether your technique feels right or wrong. They will be able to tell you whether your grip didn't feel tight enough, wasn't high enough or that your grip was in the wrong spot. Your partner will know all of this

because they can feel your technique more than you because they are on the receiving side of your technique.

5.2. Live Reps

Live reps are when you're drilling a technique and you communicate instruction to your partner such as, “Move this way or move that way”. He's not just static anymore he actually has to move a little bit and react to your movement. Your partner is not resisting, but only reacting to your technique. An example of this would be, you'll say, “When I go for the sweep, put your foot over here or post your weight over there.”

It is your responsibility to ask your drilling partner these requests; it's not your drilling partner's responsibility to tell you because sometimes your drilling partner doesn't know what you are trying to do. This way it is important to communicate to your partner what you are going to practice, so he or she knows what you will be doing and they will know what to look out for. By communicating with your partner you will only improve your skills and help you advance. Do practice with the mindset that you want to improve your skills and have respect for your partner.

5.3. Progressive Drilling

Progressive drilling has five levels. This basically means you and your partner will increase resistance as your technique and speed starts to improve. It starts at 0% resistance which is static and slowly moves to 25%, 50%, 75% and finally full resistance, which means your partner will react and move at real time but stay within the parameters of the drill. At each percentage level, you need to tell your opponent when to actually increase resistance. This is the most advanced level of drilling and requires a partner who understands the resistance level and how to properly scale back.

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Often times a bad drilling partner will go 100% and not know how to scale back. It's important to clearly communicate with your drilling partner when they are applying the incorrect level of resistance.

6. The Two Game Plan Phases

Drilling is an important aspect of learning anything we do in life. *The key is to know what to drill and how to drill.* This primarily comes in two game plans when learning any form of martial arts. The two typical game plans are, one for your practice phase and another for your competition phase. The practice game plan acts as a funnel, or a catalyst, which helps you to develop your reaction time and your technique for the competition phase. For example, during the practice phase you can take time to strengthen new techniques that you're not really good at, techniques you haven't really put much time or effort into, and techniques you're still developing and perfecting in class, because they are not as strong as some of your natural techniques or abilities. The practice game plan gives you time to improve your techniques that are not quite up to par.

When you have become proficient with a practiced technique (proficiency of a technique generally comes after about a 1000 or so reps) and you have developed your techniques to a certain level of expertise, then these techniques are channeled from your practice phase towards your competition phase.

Once you confidently have your competition phase set and mastered, then that is when things move to a different level. This is all thanks to drilling. In short, your drill techniques strengthen your practice phase, which in turn strengthens your competition phase of training.

The above structure will help you develop your skills and become more proficient and improve your practice and competition game plan techniques and drills.

7. Static drilling versus dynamic drilling

7.1. Static Drilling

Advanced dynamic drilling should only be practiced once you have perfected the isolation stage or the static stage. The isolation stage or static stage is when your partner allows you to use his body with 0% to 10% resistance so you can drill your techniques over and over again.

One thousand reps on each side, is a good number of reps in the isolation stage.

One reason for doing your drills this way is because you need to internalize and figure out all the motor mechanics behind each particular technique that you drilled, without making any mistakes.

Once you have completed or performed about 100 reps, your body begins to remember where it's supposed to be and how it is supposed to move. You will also start to discover the reasons why you are moving in a certain way or what will happen when you don't apply the technique right. The drill eventually starts to become more familiar with each new rep.

Here is a good example: let's use the technique the spider guard. When you first start to drill this you are only moving through the steps slowly, trying to sweep your opponent overhead but it's not until 200th rep that you realize that there are *four micro mechanics* that you weren't even aware of. Pulling the sleeve, coiling your leg, and as you feel your opponent's weight coming towards you, you have to then uncoil and spring your legs forward. Then as his weight will go forward, you learn to lift your hips up into the air. Before the 200 reps you were just walking through the moves

and your brain and body were only learning to feel the correct positioning, pressure and technique.

In any technique, in the first few reps, your body might feel awkward and your timing will be off. That's because it's not familiar enough with the technique yet. This is why static drilling or isolation drilling are very beneficial in the beginning stage, because it teaches you a lot of the feeling-based aspects behind the drilling.

7.2. Dynamic

After you have performed each technique comfortably and you can execute the technique with little to no mistakes, you can now move along into the dynamic stage. In the dynamic stage you can practice your drills with full resistance and speed, but keep it safe for your partner. You can also try to chain the new technique with other techniques that you know quite well.

As you can see, doing drills at each stage is important because you are learning more and more about the technique with each passing rep. You are building a strong foundation for each new technique at the static stage and by the time you reach the dynamic stage you are performing the moves naturally with no effort at all. In short, try to do as many drills as possible in the static stage and perfect your technique and improve your power and speed as you move onto the other stages.

"Because if you have a strong foundation like we have, then you can build or rebuild anything on it. But if you've got a weak foundation you can't build anything" -Jack Scalia

8. The Advantages and Disadvantages of High Rep Drilling

In order to see good results and to improve your techniques you need to put your time into drilling. Typically a good Brazilian Jiu-Jitsu practitioner wouldn't consider having the slightest understanding of a technique unless they drilled each technique a minimum of 1000 reps. For some practitioners this may seem to be enough, but to others, 1000 reps really isn't a lot at all. It's only considered an introductory level to the technique.

Typically, the best BJJ practitioners drill techniques until it becomes muscle memory or a natural muscle reaction. This usually starts to happen after about 2500 reps, on each side. In fact, most instructors and practitioners agree that you can't really say you know a technique until you've drilled it about 10,000 times on both sides. The amount of repetitions and drilling a technique really show in the performance of a BJJ practitioner. It shows in their speed, technique and accuracy of each move.

When you see the returns of the amount of time and effort you put into anything, it is a direct result of how often you drilled and practiced. The intention of drilling is you want to create muscle memory and you want to create a motor reaction or a natural reaction.

Why do you want to practice Brazilian Jiu-Jitsu so much? Well, once you've drilled a technique so often and you are ever in a situation when a person touches you in a certain fashion, it will trigger a natural reaction. When your body has done something repetitively for a long period it eventually just operates on autopilot. For example, it's no different from when a person may flick something at your face or someone throws something at you. Its muscle memory that makes your body react and do such things like flinch or move away from what's going to harm you. It's your body's natural defense system. We use muscle memory every day from the moment we wake up to the moment when we go back to sleep. What we do every day comes from many years of

repeating our routine. So as you can see there is only an advantage to drilling not a disadvantage.

9.Counting Reps Versus Timed Reps

This is highly debated but honestly, it's ok to do both. However, counting reps and keeping track of your reps really helps you plan your next workout because then you know what you need to train and what you can put off for the next training session. Even if you don't like counting reps make sure you keep track of how many minutes you've practiced. It doesn't matter which method you choose, the point is make sure you practice hard and effectively. Make every rep count.

It's best to have a number and it's best to count them. When there's a number involved, then you create a goal for yourself. Remember if you don't know how many you've done, then how will you know how many more to do? The best thing to do is create a small chart. On the chart list the names of the techniques and beside each technique list the number of reps in increments of fives, for example 5, 10, 15, 20, 25 all the way up to 1000. By doing this, you create a visual goal for yourself to complete these reps.

170 Lightweight TOOLKIT

WEEK ___/__/____ - ___/__/____

Notes_____

Volume 1 - Technique: 1 Gramby Side Control Escape

REQUIRED DRILLING

Number of Reps	25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	525
Right Side																					
Number of Reps	500	525	550	575	600	625	650	675	700	725	750	775	800	825	850	875	900	925	950	975	1000
Left Side																					

If you just grab a timer and go, you don't really know how many reps you're getting. Unless you keep track of how many reps you do in say, 3 minutes. Otherwise, there's no real motivation to get any solid number of reps if you're doing as many reps as you can within three minutes. There's a place for this. But generally speaking, when you're drilling, you want to get the most out of it. To get the most out of your training is to be as attentive as possible. If you count the reps

you can really stay focused and you can set weekly goals. For example you have five days and you set a goal of 1000 reps to be completed in one week. Your daily goal is a minimum of 250 reps completed each day. You can now plan how long your training is going to be and how many techniques you can practice on a daily basis. The reason this is the best way to train is because when you keep track of your training you can examine your own success and really analyze what you're doing. If you're just speeding through it then you're just wasting your time because you have no idea what you just did.

10. What is More Important: Quality or Quantity of Reps?

There is no argument to this. Quality of reps all the way. Quantity of reps is nothing compared to quality. If you have a bad habit that you're doing in your reps and you have not corrected the mistakes you are making, then all you're doing is getting a lot of reps with that bad habit and the bad habit only gets worse. With every single rep you do that has a bad habit each time it gets 1% worse.

What's worse is that every single time you're practicing with a bad habit you are creating a bad motor memory as well.

The only way to remove something out of motor memory or muscle memory is to drill it the correct way. This is why it is important to drill a new technique right the first time and have someone, like your partner or instructor check your technique. Ask question if you don't get it or if it feels uncomfortable or awkward. Because, otherwise you'll be drilling a particular technique 10,000 times incorrectly every single time, ingraining the technique with the bad habit.

What does this mean? Well, now you have to relearn it to correct the technique and replace it with new muscle memory. This means now you have drilled that same technique 20,000 times. You're going to have to drill the 10,000 reps to deprogram the bad habit and then 10,000 reps more to reprogram the good habit. In this case, to circumvent having to go through the entire process of getting way more reps in any given technique than necessary would be to drill it the right way the first time.

Do the drill in the right way based on quality. That means don't focus on speed or power. Try to focus on the technique and understanding why and how to apply it and then work on getting the number of reps that you need. But make sure you are getting in good quality reps.

10.1. What does a quality rep consist of?

A good quality rep consists of watching how a technique is applied and learning why it is applied, in what situation. Ask questions to make sure you understand the technique, especially if you don't fully get it. Then practice it slowly, even if you have to break it down phase by phase. Learn and feel the moves and the pressure. Understand things like timing, speed, position of your body and your partner's body and then learn how much pressure you need to apply or not apply. BJJ is a scientific fighting art and therefore should be respected as one. Understand how you move and you will understand your enemy.

11. How to increase the quality of your drilling

I have mentioned above in the last section, but I will expand on what I wrote earlier. The best way to increase the quality of drilling is to focus on every single aspect of what you are doing and avoid trying to rush through things.

A lot of times when you're in a locked drilling session and you need to complete 225 to 250 reps, a lot of people will speed drill through the first 100 or 150 reps and then they put some time and effort into the last 50 or 60 reps. In reality, yes, they went through the actions of doing the drill but they really only got in about 50 to 60 good quality reps.

This is not the greatest way to do it because while you're speed drilling, you're picking up bad habits you will not realize until you compete or need to apply it in a real situation, at which point it's too late. To avoid this from happening to you, practice doing your drills right from the beginning. Try building good training habits and when a technique or a move is being taught to you, pay attention to details the instructor is giving you and ask questions to make sure you understand it before you go to drill it.

"Here is the main problem most people do not focus on: every single fine point of the drill"

They just want to rush through it and they think they know how to do it. This is the wrong way to learn BJJ. It is very important to focus on every single aspect of the drill and do every single rep with full understanding. I know it can get very boring doing the reps, but you need to think about the end game or the end result. There's a saying that you need to work hard today so you can reap the benefits tomorrow. But if you take the shortcuts today, then you'll take the loss tomorrow. Here is a quote that is good to remember when you feel like it's getting hard or boring, **"Hard training, easy combat. Easy training, hard combat."** -Russian general.

Basically, how I understand it, is that when you go easy on yourself in training and you are not really focusing on the quality when it counts, it's going to be difficult for you. If you really focus on the quality and you really focus on making it effective, during moments in combat things will be easier for you. That means that in order to win your

personal combats you have to maintain the quality of your technique because quality will always win over quantity.

Quality is an absolute must and quality could be what makes the difference between you improving that 31% at the end of the month and you improving only 2 or 3% at the end of the month because you spent too much time focusing on quantity and not quality. Quantity is only good when there's quality that's coupled with it.

12. How to Plan Your Drilling Sessions

In order to understand what you need to work on and drill during each training session you first need to determine what is in your practice phase and what is in your competition phase. If you don't currently have a practice phase or a competition game phase, then this is your first task.

Pick a few moves that you like and that you know well. The purpose of doing this is because you can move through them quite fluently and also you can improve them and strengthen them before you move on to the next set of moves.

Another way of choosing your training drills is to pick a few moves that you have seen someone you admire perform. This will also help you develop a more advanced set of techniques. Remember to start with static training and once you feel you can perform them well then move onto the next level of training and perform the same moves at a much fast pace, allowing your partner to increase the percentage of the resistance.

Three set of moves or techniques is a good number to start with because you don't want to pick too many moves and not have enough time to drill them all. Remember, you're

going by the **1000 rep model**. It is always better to be a master of one thing than to be mediocre at many things. Bruce Lee once said,

"I'm not afraid of a man that's learned one thousand kicks and one thousand punches. I'm afraid of the man that's drilled one kick a thousand times."

As you can see, he made a brilliant point.

To determine what you want to drill, if you don't have anything to drill, review your notes from the last workout and pick a few moves that you know you're not very good at or you had a very difficult time with. Start with those and finish with the ones you already know well just for extra practice. Remember your overall goal is to gain a good number of techniques that you can drill and you will exponentially progress in that game plan. As you continue to progress in drilling your techniques you will discover you have many different moves that apply to your transition drills as well. Remember it is ok to move along slowly and master each new technique, before moving onto the next set of moves. Don't rush your training or compare your success to someone else, we all learn at a different pace. It's all about how often you train and how many reps you do. The more you practice the better you will become.

12.1. How often to drill

How often you should train pretty much depends on your schedule and lifestyle. If you can train four to five times a week, I would suggest practicing your drills for at least thirty minutes during each of your training sessions.

A very popular question is the question of the ratio of drilling to rolling. Typically, it depends on the season. It depends if you're a competitive grappler or if you're just a room grappler. Drilling just a tad bit each day will extremely improve your Jiu-Jitsu skills. The reason is because every step that you take towards getting better with your muscle memory for these techniques is a step towards improving your Jiu-Jitsu skills. Even if you improve only 1% each day, 1% is huge over a course of a month. If it's a month with

31 days, then over the course of a month, your Jiu-Jitsu will have improved by 31%.

Sometimes it's not about winning big huge numbers or taking large leaps. Sometimes it's about winning small battles because the small battles win wars.

12.2. Drilling Session Length

Typically a good drilling week is about 10 hours, that is, if you take 225 reps and span them over the course of six hours. That's 37 reps per hour. This can suffice if you're an average person who doesn't train that much. But if you're a competitor or if you're a person that's aspiring to be more, then obviously you're going to have to amp it up a little bit.

Instead of doing 37 reps per hour, you're going to have to do at least 100 reps per hour. If you are doing up to 100 reps per hour, then it goes back to the earlier state of 10 hours. 10 to 12 hours is what good BJJ practitioners put in and feel good with. If you are doing 100 reps in an hour's time over the course of, say, 10 hours during the training week, just drilling you'll be able to achieve your goal of understanding and knowing it, in a month's time. This means you'll be able to do about 4000 reps. This would mean, over the course of three months, you'll hit the 10,000 rep mark. Then you'll be able to really understand the technique and master it to a very good level.

I will drill a tecnique as much as 10,000 times in my practice phase in order to prepare it for the competition pase.

Here are a few books out there that you should read:

- The Talent Code
- Blink
- Talent is Overrated
- Think and Grow Rich
- The Seven Habits of Highly Effective People

All these books discuss the proper mindset of achieving the goal. Now as far as the actual number, the 10,000 reps, that number was a number that was studied as far as what is needed to be practiced a specific number of times in order to be considered a master of any given thing. So for us, that relates to drilling a particular technique 10,000 times.

12.3. Breaking your drills up per week

How much time to drill per week really depends on how much time you have to train per week. The average person attends three sessions per week with the average session being an hour and a half to two and a half hours.

Let's just say for the sake of the argument that you're only going to be able to train three times a week. If you train three times a week, at least 90 minutes of that time should be spent drilling. If you can get 90 minutes out of that week of quality reps, you're going to see a large amount of improvement.

For example, it can be that you're drilling passing, drilling sweeps or transitions. All of these things will increase tremendously based on the amount of time that you're willing to devote to quality reps.

12.4. How to divide your time if you have 5 hours a week to drill

Your time should be divided into isolation, progression, and dynamic. If you are proficient with the technique then you can start with the progression phase and then later on down the line move onto dynamic, but if you are not very good with the technique, it would be best to start in the isolation phase and work your way up.

The reason being is because sometimes you might be really good at a technique and you believe you understand it. You might think you are ready to move into the next phase, but before you do that you should break it into phases. By breaking it down into small phases you get a lot better understanding of the technique that you are trying to do. So make sure that you divide your time evenly between those three.

I would suggest if you have only 5 hours a week to practice then you can divide your workouts into three days a week for example:

- Monday you can drill for 1 and ½ hours
- Wednesday you can drill for another 1 and ½ hours
- Friday you can train for 2 hours.

Again this all depends on you and how much time you want to spend training and doing drills. You need to really see what is important and priority for you in your life.

When I'm drilling a particular technique for my practice phase, I only drill one technique until I have reached the 10,000 reps. The reason being for this is because I do not want to spread myself too thin. I want to make sure that I give the maximum amount of effort, maximum amount of attention, and the maximum amount of energy that I have into any particular task.

If you put 100% effort into the technique it increases the percentage ratio and it increases the completion ratio that you will have for that technique

which means that the technique has a higher likelihood of being completed than your future opponent countering it.

If you have more reps drilling a technique and more reps practicing a technique than your opponent has countering a technique, then the likelihood of you completing it against him or her is a lot higher than the chances of him being able to defend a technique.

12.5. Finding the time to drill if you have family

The best way to find time to drill if you have a family is to make the most out of what time you have. If you have family at home and you can only train twice a week, then try your best to get a minimum of sixty minutes of dedicated drilling and sixty minutes of dedicated rolling. This way, it's evenly proportioned and you're focusing on quality vs. quantity. Also, you're not putting additional stresses on the situation at home.

There are people I know that have families and when they train, they do not care what is going on at home. When people do not take care of things at home, there are other things that come into play.

For example, you are not going to be able to rest or eat if your family is not happy or feel neglected. You are only compounding the problems that will later affect your performance during practice, because you are mentally not fully into your training. This in turn will eventually affect your health. The best way to avoid this is to plan it out with your family. Let them know that twice a week you are taking time for yourself to train. Also make sure they know that this is very important to you but you will be willing to skip a training session if something important comes up. Remember family is important, so, try to balance your time between training and family.

If you can learn to balance both then make sure that you focus on quality versus quantity and you focus on the time that you do have. It is a good idea to plan your training session and try to fit everything in. If your kids are old enough you might want to

teach them jiu-jitsu and bring them to jiu-jitsu with you. This will also help you because you can practice together at home. You can make it more of a family affair and you'll be able to train more.

13. Staying Motivated and Developing a Good Drilling Work Ethic

The best way to stay motivated and develop a good work ethic is to have someone that you look up to, that you want to be like. For a lot of people, that person is Marcelo Garcia because he is a smaller person. He would constantly compete in the absolute divisions and beat some of the well known bigger grapplers. He was able to do this because he had superb technique.

In terms of getting motivated, when you have a person like Marcelo Garcia who worked ridiculously hard to get to where he is at, it makes you want to work harder because you want to achieve something similar. Sometimes people don't want to achieve what Marcelo Garcia achieved. Sometimes for the average hobbyist, doing things like that is just too much and that's okay.

"Everybody does not have to be a World Champion"

But if you feel like your work ethic is slipping and you need a reason to stay motivated, then look for someone you can look to that has the abilities that you want to acquire. Find someone who has accomplished the things that you want to accomplish. The best form of compliment is imitation, so if you imitate your idols' training module or regimen

then you are most likely going to accomplish at least half of his or her level of success. Why reinvent the wheel when it has already been invented.

A wise man once said if you want to be successful, you don't surround yourself with losers, you surround yourself with successful people and you will learn very quickly to be successful.

14. The Golden Ratio

The ratio of time spent drilling vs. sparring, the golden ratio, really depends on how often you're able to get in there and train per week. Usually for any given session, thirty minutes of drilling time will suffice. It also depends if you're a quality driller versus a quantity driller. The quality driller may not be able to fit 800 reps into a thirty-minute time frame but the reps he is able to do, he is able to get something out of every single one of them.

A quantity driller is just racing to achieve a certain set of numbers so he can brag about it to his friends later on in the dressing rooms. "*I did 5 million reps of this today. How many reps did you get?"* The quantity driller's road to the mastery of the technique will be so much longer. This is simply because he's not internalizing all of the hidden concepts between the techniques. Thirty minutes for drilling should typically be enough. Try to get a minimum of 100 reps into this time frame.

The ideal ratio of drilling versus rolling (the golden ratio) also depends on what type of BJJ practitioner you are, whether you are a competitor or what is referred to as a 40+ grappler, a regular room grappler who doesn't compete very much or a regular room grappler who doesn't compete at all. The ratio also depends on the season. If you're competing for a world title or any major title, you would have to drill a lot, until the game day. But, once you're about a month away, your training is mostly about rolling and dynamic drilling. You will further hone in on and determine which of your techniques are

the most effective. If, by this point you don't know the techniques and haven't put in the necessary reps, dynamic drilling would be pointless.

If you don't put the time and effort into drills and reps then all you are doing is stacking bad habits on top of previous bad habits. At that point you would have to go back and deprogram yourself from all that bad drilling. To avoid bad habits, it is best if you start your training with good habits right from the start. Get this:

"The ideal ratio is pretty much relative to whether or not you're a competitor."

- If you're a competitor and you only compete a little bit locally, then 60/40 would be a pretty good split.
- If you don't compete, you can probably go as far as 70/30
- The 40+ guys, if you compete, 60/40, if you don't compete then 70/30 is fine.

14.1. The golden ratio for beginners

In the beginning phases of training, drilling is very, very important. Often times I see school owners allow beginners and newcomers to spar and to roll. Sometimes this is really sad to see because the beginners don't really have a concept of what it is exactly that they should be doing. There have been plenty of times where a new person goes to a BJJ school and they will be asked to roll and on top of the rolling they will ask, "what should I be doing here, what should I be doing there?" This is a good indicator that this person has no idea what they are doing.

A new student should not be rolling or sparring. They should be taught a set sequence of moves to drill and they should practice these new skills and sequences before testing them with resistance or within live rolling. Some schools have a separate class for

beginners. They can't roll or spar until they have at least two months training under their belt, in the regular class. The regular class for the beginners is where a lot of the drilling takes place and they are eventually introduced to rolling and later to sparring.

For most beginners, if an exact ratio had to be measured, it should be:

70/30

This ratio (70% Drilling and 30% Sparing) will really help you build a good base early on in your training and if you're really good with drilling techniques early on in your training then you may be able to cut a lot of curves off of the time it takes to get promoted. Once again it's all about drilling reps. The more quality reps you do the better you will become. Don't rush to start sparring because you can injure yourself or even worse, hurt your confidence. This may make it hard to try sparring or competing. Practice, practice and practice. This is what is going to build your game plan and your confidence.

15. Picking a Good Partner

The best drilling partners are the ones who have no ego. Their only goal is to help you progress. There are drilling partners that you must avoid like the bubonic plague. Everyone has seen "that guy." When you're drilling with him and you try to do a technique, he just wants to be stronger. He doesn't want you to get the technique. He just forces you to try to muscle through everything. Once you do it, he then tells you, "If you would have done this, I would have just done this." This is the type of person you should avoid like the plague.

If you are that person, you should know that you're not being helpful to the people who are trying to practice their drills with you. You should allow your partner to tell you what he or she wants and you should then follow through and allow them to learn the technique and master it so it becomes natural for them. It is fine to give some feedback, but allow your partner to give you instruction.

The type of person you should be drilling with is one who will give you input when you ask. Only when you ask for it and you should be asking for input regularly. The person you are drilling with should not be someone who is just going to flop over when you move your weight just slightly. He should stay solid and pretty much give you the kind of feel that a normal opponent would give you without all of the trouble and without too much resistance.

A good training partner will be alive. You don't want a person who's drowsy and very lazy. He shouldn't look like he's going to fall asleep on you. He should be attentive and on command. The minute you ask him, “Did you feel if my weight was in the right spot?” a good training partner should respond with constructive criticism. For example, he may say, “Yeah it felt good but I felt like it'd be better if you were over here or more over this way.” Also try picking a partner that is more experienced than you as they tend to help and know how you should be doing your drills. Those are the guidelines under which you should pick a good training partner.

16. Using Grappling Dummies to Improve Your Drilling

Grappling dummies are a great drilling tool to improve and strengthen your techniques. They are great for doing your flips, triangle chokes, arm bars, omoplatas and more. Put it is not the best for grappling. It's very difficult for grapplers to use the dummy in a top position because they can’t stand into a base position, they can’t do bull-fighter passes, they can't stack pass and they can’t force you to go to the turtle position. They also can't do any hip rewind passes. Overall, grappling dummies are very limited to any type of top position usage. The best way to practice these drills is with a real partner.

On the other hand, when you're on top, and the grappling dummy is on the bottom it’s an awesome tool to have because they typically weigh 120-150 lbs. Grappling dummies are a really good way to get live reps in on a non resistant partner. So you can apply the

techniques with as much strength as possible so you learn to perform the technique with full speed and strength.

There are good articles and more information about grappling dummies and other training tools and equipment that might come in handy if you plan on really getting good at BJJ here. Go to this site, I highly recommend it:
http://www.budovideos.com/shop/customer/home.php or you can also check out this other site at http://www.bubbadummy.com/
There are a lot of other sites you can go to, you can find them through Google search. Just enter “grappling dummy.”

17. Solo Drilling

Solo drills can be incredibly useful and they are a great supplement to training at an academy. If you can't make it to an academy, they can still be great but typically you're going to want to find a grappling partner. There are plenty of forums online that you can use to find grappling partners. There are students practically all over the United States.

You can accomplish a lot in jiu-jitsu by doing solo drills. Some of the greatest jiu-jitsu players such as, Andre Galvao, Cobrinha and Lucas Lepri, all did a lot of solo drills and it helped them out with their jiu-jitsu tremendously.

The best method for solo drilling is to make sure you have the right equipment, such as, a stability ball, some mats and an area where you're able to drill techniques without being crowded.

“You should drill your solo techniques for an hour to an hour and a half.”

One thing that I did early on in my training was to get the stability ball, lay the mats out and use a video camera. I'd film myself drilling various techniques to make sure that my body mechanics were moving the way they were supposed to.
Filming yourself is one of the best things you can do because you get a bird's eye view of the techniques you're doing. This way, you can determine if you're doing them correctly or if your angle is off or if your body weight is improperly proportioned. You can see on the video everything you can't see when you're actually doing the technique.

Drilling in progression (aka start solo then with a partner, more resistance changes to posture etc.) Drills that have progressions are based on contingencies. Every drill, every technique that you're going throughout jiu-jitsu is going to have a progression. Whether or not you'll be able to match that progression comes based on your greater understanding of the technique. Contingencies generally don't surface until you've reached phase two: the progression phase.

In phase one or the isolation phase, your focus is not to determine contingencies. Your focus is 100% on one task at hand and that is to become proficient at the technique with an unresisting, willing partner. When you have reached phase two, that is when the progressions and the contingencies start to take place, because at this stage you explore the technique in further detail and you begin to get a better overall view and understanding of the technique that you have been drilling. It typically doesn't happen sooner than this.

18. On Changing Techniques While drilling

You should change the position you're drilling after you have performed a minimum of about 1000 reps. If you do less than a 1000 reps you will not be ready to move onto the next drill. If you keep jumping from drill to drill you will know a lot of moves but you won’t

be able to apply them as well as someone who has mastered a few drills. I am sure you have heard the saying, “A Jack of all trades and master of none”. This is exactly what you will be if you jump from one drill to another without perfecting any of them; it will be a waste of your time.

To get the most efficiency and the most bangs for your bucks, you need to practice your drills and continue to build a good quality technique. In order to do that you have to put some time into doing repetitions. I know by now I must sound like a broken record but, I can’t stress it enough. Repetitions make the best combatant.

Once you have put in about a thousand or so reps into each drill, then you are ready to move onto the next drill or until your body starts to feel the move is happening naturally and you don’t have to think about it. Most top combatants do not change a position until at least 2500 reps. At this point you should really know the technique so that it becomes second nature, and it becomes absolutely mandatory that you change to a new position.

This does not mean you stop practicing any of your previous drills, because when you pick a technique to drill, it's usually because you need that technique. Each technique you learn and practice helps you to plug a gap in your game. Just because you have mastered a technique it does not mean you should not practice it, it just means you don’t have to practice it as much as your new ones. Review your mastered techniques every so often just so they stay fresh in your mind.

“You should only do two techniques per drilling session”

Typically, most BJJ practitioners tend to favor one technique because that way they can focus 100% of their time towards one particular move and that way they are not spreading themselves too thin.

The biggest thing about drilling or one of the biggest setbacks, I often have witnessed is a lot of people are trying to drill too many techniques and try to pack too much into one

session. The result of this is they are not mastering any of them. They are only running through a number of techniques and they are not going to be very useful in their competition game plan.

The point of drilling high reps is that you want to achieve the mastery level. You want to be able to have it to an extent where everything is just muscle memory where you can act without thinking and your body will just do it for you.

I find a good time to change the techniques is once I'm getting out of the isolation phase and I am moving into the progressive stage or static phase. Once you move into the progressive phase there are several different myriads of possibilities and situations that can occur. Those are situations you want to discover in the progressive stage. Typically, you reach the progressive phase after 1000 reps in the isolation stage. You should not really change techniques until you have done enough techniques in isolation.

19. The Top Four Drills

The top four drills I would recommend are as follows: back take from the turtle, technical stand-up in guard retention, arm drag the back from closed guard and omoplata from spider guard (this where you shoot and pull the person into the omoplata). The reason why these four techniques are the best for me is because I feel they are directly related to a part of my game plan that I have drilled extensively and part of my game plan that I'm the best at.

1. **Taking the back from the turtle** is included because majority of my guard passing involves forcing my opponents to turtle and forcing them to give up their backs. It is something that I drill regularly to stay sharp.

2. **Technical stand-up in guard retention** is useful when you need to reset to zero. It's good to reset to zero by standing back up. It gives you the opportunity

to disengage and re-engage to start all over versus going down with a wrecked ship.

3. **Arm dragging the back from the closed guard** is an awesome technique that other guys don't really see coming. This is simply because the arm drag is very under-utilized.

4. **My favorite, the omoplata from spider guard,** like I have always said this is one of the best things in jiu-jitsu because it allows you to manipulate an entire side of your opponent's body using the strongest parts of your body. It's a pretty sweet thing.

20. Drilling and Preparing For Competition

When preparing for competition, drilling is very important. It's the best way to brush up on the techniques that you're going to be using. During the competition training you do not want to drill your practice game plan. There's just not going to be enough time to internalize and get your body accustomed to doing new techniques.

In the past I have seen guys drill new techniques as little as two weeks before a tournament. Then when it came time to compete, they would actually try the new technique and they would fail miserably. After they lost, they'd look around dazed and confused and couldn't figure out why they lost. So stay away from trying to add new techniques into your competition game plan.

During competition season, it's time to train the competition phase. It's very important to go over your competition phase, be it with your coach or with your training partners. If you don't have a regular partner, you can pull someone aside from your class who can

work with you so you can get your reps in. Try to find someone as good as you or better because this will really help you improve your “A” game.

This practice time is very important because it's your way to brush up and get those last few reps in and also improve your weaknesses. Also, you need to keep in mind how you're going to be drilling during your competition season. As you might know there is not only one type of training involved when you are training for a competition. You have your isolation training, your progressive and your dynamic training.

Typically what you will be doing when it's competition time is you are going to be mostly drilling dynamically. We do this because we need to get a feel for what it is going to be like in the tournament. When you drill dynamically, it's as close as it's going to be to the real thing.

Practice your technique, timing, speed and power, but mostly concentrate on your technique, because that is what wins most competitions.

20.1. Competition specific drilling (before your competition)

Well, competition specific drilling is in the eyes of the beholder. This is because what we would consider competition drilling is what other people would consider rolling or hard drilling.

By now you know there is more than one type of drilling. There is no one specific drill you should practice. You should try to practice as many as you can. When you practice for a competition put 100% of your effort into all of them. Go directly into your competition game plan and you should practice like this even if you don't compete. Your “A” game is no different from your competition game.

“How many weeks before the competition should I practice my drills” is a question that is asked quite often. It's a tough question to answer because everyone works at a different level and intensity. Because of this I would recommend about 4 to 6 months if

you have a lot of weaknesses that you need to work on, or 5 to 4 weeks before your competition if you have been practicing systematically already.

Work on your weakest technique first and develop them the best you can and then continue to work on your best techniques—the ones you feel are your strongest. But definitely work on any of your weaknesses, it's just too tough to single out any one drill.

The closest thing to competitive drilling is the way most competitors drill, which is referred to as the dynamic drilling. That's where the person progresses using the 25% to 50% resistance, to full resistance, speed and power in real time drills. When you practice in real time, full speed, power and resistance, it doesn't mean it's an all-out rolling match or a blood bath. It means to stay within controlled perimeters set for each situation. Your practice partner's goal is to do whatever he or she needs to do to stop you. Your goal is to do whatever you need to do to get that technique to work. The minute you step out of the confines of that control, you should stop and start over.

So, how many weeks prior to the competition should you start to prepare, really boils down to the way in which you have been drilling. If you've been drilling systematically, then I would say four weeks is enough. But on the other hand if you have not been practicing hard enough four to six months is good, as long as you practice hard and put in the reps.

20.2. Specific drilling to do for a tournament

When I am preparing or taking part in tournaments, the drills I use for training are the drills I include into my competition phase. During competition time and competition season, my focus is one hundred percent on the moves in my competition game plan. The reason being is because it is not practical to introduce new techniques to a competition game when you're competing at a world class level simply because it is too simple for your opponent to expose bad or poor technique especially when you don't understand a technique well enough.

Practice what you know well and the techniques you have confidence in. Practice them to the point of excellence, so when it comes to competition time you are ready and have confidence in your skills and abilities.

When you are practicing BJJ in general you should still practice hard but you can continue to try new techniques and continue to develop them. But as I wrote before, practice about one to three techniques at a time and continue drilling them until you have mastered them and have put in the required reps. Then you will be able to add them into your competition game plan.

21. Drilling Your Dominant Side First Versus Your Weak Side First

Learning a new technique in BJJ is of course, hard in the beginning and as you move along in your drills you might realize that you have one weak side and one strong side.

What do you do? Well, most practitioners will tell you, since one side is stronger, your right side and your left side is weaker. You should continue to practice equally on both sides. Don't favor one side over the other side, because as long as you continue to put in the reps equally on both sides, the movement will eventually build strength on both sides.

I agree with this to a certain point as far as reps go, because I believe in putting in the reps and the more you practice something the better you become. But generally in the beginning I never drill things on my weak side, until I have perfected my strong side to a point that I can say, "I'm quite proficient with this" and I feel the technique feels natural and strong.

"My reasoning for this is I would rather have one strong side, than two mediocre sides."

Also, once I get my strong side down pat, I can start practicing my weak side and if I am doing something wrong, I can always go back to my strong side and observe the details I'm doing. It is sort of like self-coaching.

For example, when you are drilling in the beginning of a class, you are able to do the technique 20 times, 10 on each side, but if you always do all 20 on your strong side, you will be able to integrate it into your game that much sooner.

One other thing to remember is that just because you have one weak side and one strong side it doesn't meant that you have to use the same move on both sides. For example, on the one side you might prefer using the Z-guard and on the other side you might go for the deep half. Try to discover which technique is more powerful on each side. One technique might be stronger on the right side and the next one might be stronger on the left side, and then drill them that way which means you are using your most powerful techniques on both sides.

22. Resistance and Speed of Your Drilling

It is important to build up your speed and resistance during your drilling. There are two reasons for this:

One: it shows you are ready to move onto the next level.

And two: you understand and can execute the drill at a fairly good speed and accuracy.

As I have mentioned before in this book the resistance phases are 0% to 25% to 50% all the way up to 100%. The varying degrees of percentages aren't just randomly thrown together, there is a reason for this scale. The purpose of starting at 0% resistance is to give you a chance to first run through each new drill slowly and with minimal resistance. As you start to understand the technique and you can do the moves quite smoothly then you can tell your partner to apply more resistance (up to 25% or less). Also, this is a good time to ask your partner for their opinion as to how they felt about your movement. By doing this you can make the necessary adjustments. You can continue to practice a new technique until you can reach the next phase, which is 50% and finally the real time phase or the dynamic phase.

The goal of practicing drilling is not to make it a pissing contest. Continue practicing your techniques with your partner and do as many reps as possible. Eventually your partner will begin to understand how you move and each time you increase the resistance your partner should make it a little more difficult for you to apply the move. This will happen naturally as your partner increases the resistance.

The goal is to be able to execute this technique against a person who knows it is coming and they still can't stop it. Because remember in a competition, your competitor will know very similar moves and techniques and know how to employ it, and where to move to make it difficult for you to apply them on him or her. This why it is important to practice each technique at the dynamic phase so you can practice it in real time, speed and power.

23. How to Make Drilling More Fun and Exciting

Drilling is only going to be as boring as you let it be. I personally like to look at drilling as an exploration phase. When I'm in static drilling and I'm trying to get past the 1000

hump, it can become very difficult. If you have been practicing as long as I have, then you know what I mean.

You have to keep in mind that once you get closer to 10,000 reps, you're closer to the mastery of that given technique. The point of doing those reps is to learn all of the different inner workings of each individual technique. You have to give yourself that opportunity to learn those inner workings because you're not going to reap the rewards later if you're not putting in the work now.

So how do you make it fun?

There are many things to do to keep things from getting boring and keep things from getting stale.

- You can listen to music. There are a lot of wireless iPod headphones that you can buy and use to listen to music to help you get in the zone.

You can create games out of things. There are plenty of things that we do to kind of break up the monotony of doing the technique over and over again, while kind of making it fun. In short, if it's starting to get boring, make it more fun. There are no restrictions, there are no confines and there is no rule book that tells you what you can and can't do if it's not hurting you or your training partner.

Other things you can do to help you make your training more exciting is practice with various partners. Sometimes practicing with someone new gives you a better perspective on the technique, which can only help you improve it.

Another thing you can do is practice in groups of three or four. For one, sometimes watching someone else perform a technique or a move may encourage you to improve your techniques and realize what you are doing wrong. This is good especially when you are having a hard time with a technique or a move. Secondly, it will help you to

maintain and keep a regular training schedule, because you know you have other people who depend on you to show up.

"But remember, when you are practicing in groups: it is not who is better, it is about helping each other improve our skills, so leave your ego at home."

24. Connecting the Dots

Well, connecting the dots and drilling transitions links back to the practice phase of drilling and the competition phase. You're not going to discover the transitions behind the technique unless you understand and know the technique. You don't know or understand the technique until you've drilled it at least 1000 reps during the isolation phase. I say that because unless you've drilled that many times, you don't really know what's on your opponent's mind or how he will try to counteract your movements. You really need to know all the counter-grips that he has available.

You will also have to know, how is he going to recover his base? How is he standing or maintaining his posture? You can't create a transition until you know all of the things that might occur during the transition. Transitions aren't just movements, they are scientific technique. That means each technique has a reason as to why you are doing them and they all have a cause and effect. It's not the best idea to create a disconnect between transitions and techniques.

25. Drill Single Techniques Versus Broad Section of Your Game

It's better to drill single techniques of a section of your game. The techniques that you will be training should be blocked together. For example, if you are drilling guard passing, you should pick one or two techniques that you really need to get your reps in on and drill those techniques within that block. I would recommend avoiding mixing things up like, drilling a guard pass, a sweep and a takedown together. You shouldn't mix things up like that because it's too difficult to get to and from those positions.

It's better to group things together that are within a different set. For example, if you're drilling a submission from top or a submission from side control. It's better to take techniques that are semi-related and group them together so you have a submission from the top side, a submission from the back and a submission from turtle. Take that and group them with your guard passes. It will give you some congruency. It makes continuity of a technique a lot easier.

When practicing or drilling techniques whether you are chaining them together or drilling them singularly is really dependent upon how proficient you are at the techniques you have studied. If it's a technique that you're not very good at, its best you drill it by itself until you can perform it naturally. Only after you have mastered or feel comfortable with it, should you chain it with other sets of techniques. Drilling a new technique by itself will help you to isolate the technique and understand it.

Just knowing a technique is not enough in order to become proficient at it. You need to understand the movement and why it is used and also understand every angle of the technique and only then can it be put into the competition game.

Typically, you shouldn't chain techniques together unless techniques are already in your competition game plan. This means they have become a natural movement. Also you need to be good enough to be able to chain them together skillfully. For example, if you have three techniques and you are not very good at any of them, you're going to have a real sloppy and bad combination of moves that will not be very effective.

The same thing can be said if you have three techniques and you're only good at one of them. One will be good but the other two techniques in the chain are going to be less effective. If on the other hand, you are proficient at all three techniques and you've practiced them about 2000 reps each, then you can chain them together very skillfully and actually see and feel them coming together when you're going through the drilling system.

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25.1. The importance of drilling single finishes

Single finishing drills are pretty much straight forward. When you drill a technique make sure you drill it to the finish, follow through with your movement. In other words, complete the full movement when you are learning or practicing a new technique. By practicing a single technique and learning it to perfection, it can be the big difference between winning and losing a match. Learn everything in detail, how much pressure to apply, timing, speed and learn to maintain your own balance. By drilling a singular technique, so it becomes a natural movement and it becomes your strength move, it may also become your finishing or winning hold.

26. Drilling the Triangle

What is a triangle drill? It is a triangle choke, a type of a figure-four chokehold, which strangles the opponent by entrapping your opponent's neck and arm with the legs in a configuration of a triangle shape while you are on your back and your opponent is on top of you. This technique is a lateral vascular restraint that constricts the blood flow from the carotid arteries on both sides of the neck, which flow blood to the brain.

"Triangle drills are based off of angles and pressure."

The thing to remember about the triangle is, you have to think about when during the triangle technique you are actually applying the choke and how and where is the pressure being applied.

Let's take a look at triangle drill closely. Obviously, it comes from your legs making a triangle shape around your opponent's neck. This is created with your legs by putting pressure on your opponent's neck and arm. This technique is used when you are on

your back and you want to use it has a finishing move or to tap the person out during a match. When you are on your back, try to get your opponent into your guard position. This will give you a chance to manipulate his weight and set him up for the triangle choke.

1) Swing your leg that is on the side of your opponent's free arm over and wrap it tightly over and around his head.
2) Grab the lower part of your shin of the leg that is wrapped around his head and neck. Pull it down to make sure it is locked around the base of your opponent's skull.
3) Swing your other leg up and over the foot of your leg, which is already wrapped around his head. This creates the triangle choke with both of your legs and the opponent's trapped arm.
4) Squeeze your knees together and push your hips up as you pull your opponent's head down.

The overall idea of it is you're using a right angle with your legs to cut off the carotid artery on both sides of his neck. You're using a downward pressure to squeeze his head into the blood vessels that are being blocked so no blood can circulate to his brain. The best way to do this is to cut off the blood on both sides of the neck. Some people do the choke differently. As long as the underlying principle is the same, how you perform the technique doesn't matter too much because it will have the same effect.

27. Transitions, Transitions, Transitions

Drilling for transitions can be really hard if you don't really understand how transitions work and why they work. So first, let's examine that. Transitions are basically movements that happen outside of techniques. Transitions require two people. One

person is doing one thing while the other person is doing something else. What makes it work is that you're moving one step ahead of the other guy's movement. You know where he's moving but you're not preventing or stopping him from where he's going. Instead you are going with him. The goal is to kind of flow with your partner. While he's getting his endpoint, you're getting yours a step sooner.

"To drill for transitions, the best thing I've found is to create what we call a micro-transition."

Typically, a transition will be grouped into about four different micro-transitions. For example, one of the popular transitions is taking the back when your opponent goes to turtle. As your opponent is going to turtle, there are small things that happen. When you watch techniques in a tournament, all you see is one big blur. A guy just magically appears on his back and you're left thinking, "WOW!! That was sweet. How the hell did he do that?" In order to figure out how to accomplish this, you need to break the transition down into micro-transitions.

The best way to drill transitions is to use a system of micromanagement. The thing that makes transitions so confusing is in most cases, they're a bit of a blur. A transition is one large movement or one large motion that involves both people moving at the same exact time. One person gets to an exit point and the other person goes to an entry point. In a lot of cases, this can be very confusing but it's not impossible to figure out.

You can improve your transition by micromanaging it, breaking it down into smaller phases and then internalizing and understanding what's going on in each of the smaller phases. Try to understand why you are moving into each position, how does your partner react to each move, and how do you feel about each phase. Is it awkward or is it comfortable? Ask yourself questions and try to find the answer or ask your partner their opinion. Remember, you partner is not only your throw rag, he is there to help you understand and perfect your technique.

Once you micromanaged each part of your technique, then piece it back together. A good example of micromanaging a transition is the way to take the back from side control. You have your opponent in side control, he goes for the under-hook, he turns into you and then you take the quick step to go around to his back, while his back is exposed and it's off the mat. Now, this transition is a transition that became very, very popular around 2009-2010 and everybody wanted to learn it.

But it is so difficult, because when the movement is performed right, it is done so fast that it is a blur of movements. Some people that did try it made so many mistakes because they did not understand it. Their weight was not proportioned properly and they would fall and end up getting into the under-hook very quickly.

A lot of things need to happen. In order to train for this type of movement, you need to take every single aspect of the transition and break it down into small parts. For example, your opponent goes for the under-hook, that's the first part of the move. At this point you need to figure out where your weight is going to be so you can remain heavy. As he begins to turn to his knees, this is moving into the second part of the transition, or rather the second micro-transition. Then micro-transition three and micro-transition four, all the way until you have the seat belt locked up.

Once you understand each of the micro-transitions and you know how to apply the pressure on each of them, then you take all of the steps or moves together and make it all one big motion. The best way to drill transitions is to create micro-transitions, break them apart and figure out how they relate to the bigger picture and then put them back together as one movement.

27.1. Transition drills

Transitions are very important because it's the movements in which the techniques happen. If you look at the evolution in technique between all the belts, you can see how transitions develop. If you get a chance have a look at old footage of Andre Galvao, (when he was a blue or purple belt) you'll see him doing a lot of the same techniques

he's doing now, that he was doing when he first started and he wasn't very good at them then. Because, back in his early days, he had not yet put in enough reps with those techniques, so his transitions were a lot slower and choppier, then they are now. There are a lot of moments where he gets broken, because the person is able to counteract his transitions before he was able to complete whatever he was trying to do.

Drilling transitions are a major part of Brazilian Jiu Jitsu. If you ask any top BJJ practitioners, such as, Andre Galvao, the Mendes brothers and Cobrinha, they will all tell you the same thing: drill transitions on a regular basis. Once you get good at transitions, then you have figured out the trick to beating people that are better than you. It no longer becomes a technique based counter or re-counter game. If you can beat a person inside a transition then their technique doesn't even have time to flourish.

Only way to become good at anything is to take your weakness and turn it into your strength.

Drilling of transitions is the most important aspect of making rapid improvements in your martial arts skills. If you understand what all of the most important transitions are in BJJ and you focus on drilling on a regular basis then you'll make incredible improvements in your techniques very fast.

To determine the best transitions to drill for your game you need to first figure out where your weakness are and the areas and techniques that need the most work. The best way to drill your transitions is to practice with someone as good as you or someone much better than you. The purpose of doing this is so they can exploit their weaknesses while strengthening yours. A lot of people don't want to do this because they're afraid that it will hurt their ego. There is no room for an ego when you are trying to become good or want to improve your skill level. Practicing transitions with someone who is not that good will only hurt you because if you don't know what your weaknesses are, you can't ever fix them. So to find out the best transitions to drill,

basically see the people that are better than you, see where they're beating you in transition and fix it.

There are a number of transition techniques that you can drill. One of the most common transitions is the transition from where the person is directly parallel in a straight line to your legs and he creates the 45 degree angle where he cuts around. He is starting to do the guard pass. This typically happens a lot in the Sao Paulo style, the bullfighter pass where the opponent creates an angle, where they're not really so much trying to pass your guard itself but, they are trying to get around your legs, so they can begin a hip rewind. The key, in order to stop this transition is, you're going to have to counter them while they are in transition.

You know your opponent is going for your legs and he has them. At this point you know he's going to move one way or another so, this is the transition that you have to beat. You now need to develop your plan of attack or defense to his transition and create your own. This is just an example of how to practice transition drills. As you practice and drill various different transition drills you'll learn to strengthen the weak areas of your techniques.

Sometimes, there are transitions within transitions.

The key in knowing what transitions to drill at any given time is one hundred percent based on where you need the most work. There could be a time where you're drilling at a competition or you're drilling at practice and there is a technique where you're passing a guard and you're setting up a back take. That would be the best transition for you to drill and you need to monitor all the different scenarios.

A lot of the knowledge of knowing which transition to practice occurs during the drilling phase. The reason I say everything that you need to know happens during the drilling phase is, because you've done everything from taking it through isolation and static drilling and you've taken it through the live reps, where you're telling the guy move this

way or that way and finally you've practiced it in real time scenarios. You've now figured it out, throughout that whole process all the things within a transition that you can do. Because you have drilled it so much, you have built muscle memory and muscle reaction so you have stopped the transitions from even happening. Once you can get to this point of knowing how to react to transitions and counter with your own transitions you are pretty much ready for any situation.

27.2. So do you drill techniques or transitions?

It's very hard to differentiate between techniques and transitions. Transitions are just techniques that are grouped together that appear to be one big blur. We refer to the techniques inside transitions as micro-transitions. They are techniques that make up the transition as a whole. So when drilling, obviously taking that into consideration, your focus should be on drilling techniques as well as transitions.

You can't really single one or the other out because the two of them are virtually the same. It's just that the occurrences in which they happen are slightly different based on perception. Again, transitions are techniques but transitions are small micro-techniques that are grouped together into one big overall motion. Once you are able to separate and differentiate the micro-transitions in each step within the whole transition, you'll be able to understand why we look at things this way.

28. The Bestest Drills EVER!

28.1. Sitting guard

One of the best techniques used in the sitting guard is the single leg. There are a lot of practitioners that you see in competition, even to this day that use this position to hide proficiency. There are top guns that use this position often, like Lucas Lepri, out of

Alliance there is Tanquinho out of Soul Fighters and Bruno Frazatto out of Atos, who all have a really good sitting guard.

The best position out there is the single leg. The reason being, in order to stand up, you only have two legs and we need our legs for balance. The beauty of it is that it's easier to latch onto a leg than it is to do pretty much any other thing in BJJ. Grabbing onto a leg can be pretty easy because like I said, the legs are constantly being used. It's a lot easier to manipulate the person's weight based on the way that you're controlling this leg. So the most effective position is definitely the single leg.

28.2. Offence, defense and transitions

The best thing to drill, as usual, really depends on your game. There are a lot of offensive grapplers and there are a lot of defensive grapplers and drilling offense or defensive pretty much boils down to you, who you are as a grappler and what your best game is.

If you're more of an offensive grappler, then obviously drilling offense would be good for you. If you're a defensive grappler, defense would be a good thing to train. Personally, I like keeping offense and defense at about 60/40. This means 60% offense and 40% defense, the reason being is that, as long as you're always attacking, then eventually you're going to catch your opponent.

There are a lot of sayings in sports that say offense wins games, defense wins championships, but the thing is that, in this sport you have to attack. You have to have a good game plan. If you're going through the necessary requirements through the practice game plan, you need to understand what the person is going to do and how to attack that defense. It really boils down to your game and understanding the ratio of offense to defense. With drilling, it is really up to you and what kind of grappler you want to become.

28.3. Increasing intensity of drills and when to add them to your game plan

You are only going to combine different drills or levels of intensities once you have passed the static phase or the isolation phase. There is no way you are going to be able to scale up or add any other elements until you have a very in depth understanding of what is going on at the static phase. You're not going to reach that understanding unless you have put in the required number of reps (at least 1000).

If at any point you were to introduce any outside stimuli to the early phase, it would only hurt you. It will be negative and you will get bad results, because you are not going to understand what is going on inside the technique. If you do not understand and you are not focusing on one thing at a time, you're not going to know what's going on. You will only confuse yourself.

The best time to combine and increase intensity to different types of drills**,** is when you have put in the first 1000-2000 reps during the isolation phase. Once you get into the static phase where you begin to ask your opponent questions on what you should do, that's when you can combine things. But typically, you only want to combine techniques and moves that are in your competition game plan.

If you're in a segment of drilling a technique that you have practiced it with enough reps and you want to add it to your competition game plan that will be a contingency to what already exists in your competition game plan, then that is what you should do. It should be in the static phase, where you are asking these questions.

If you want to add the new technique you just learned into your competition plan, make sure you understand every aspect of the technique. Pick techniques you feel 100% confident with and you know you can perform them with quality, speed and power.

28.4. Drilling sweeps

The way that I practice sweeps is similar to the way that judoka practice judo. In the beginning of the isolation phase it is more important to drill sweeps slow and understand

the technical part of the sweep. You want to break it into parts so that way your body understands every single aspect of the move and every single key ingredient. That's not to say that fast and explosive is not the way to drill. But fast and explosive is not the way to drill in the beginning when you don't understand how to do the technique correctly.

When you drill fast and explosive and you don't understand the underlying mechanics, you're only building and creating multiple bad habits.

You're going to have to drill twice as much later on down the road just to get rid of the bad habits. The best way to drill sweeps is to break them down into micro-transitions. Master those pieces and then you can come back and combine them later. But first drill the entire movement nice and slow, then as you keep improving your movement start adding speed and power. The key is to keep things technical and focus more on quality than quantity.

28.5. The single most important drill

The single most important drill in my routine is what I refer to as the loose hips drill. It is when I get on the stability ball and I switch my hips from side to side. For me this is the best drill for my own game plan just because it keeps my hips mobile. The drill that I would say is just as important as this is the barbell drill that I discussed before in one of my previous programs.

The main reason these drills are so helpful for me is because they keep my hips loose, nimble, and flexible. I prefer to play a lot of guard, and for guard people, having flexible hips is very, very important because having flexible hips will allow you to open and close them. Having flexible hips makes certain sweeps possible while for other people who

don't have as flexible hips, they won't be able to do some of the sweeps as easily. This is part of what we see as the separation between smaller guys and bigger guys: it's having the flexibility in the hips. So for me, the single most important drill in my routine is not actually the technique drills, but the hip flexibility drills.

28.6. Drilling the stand-up

Drilling the stand-up game is very, very important. It's important because whether you're a guard guy or you're a stand-up guy you need to be accustomed to what it feels like to get to your game from the feet. All matches start from the feet; no matches start from the ground. If you're a guard person and you like to pull guard, its best to get reps in actually pulling the guard so you actually get accustomed to the feeling of knowing what it's like to stand up and pull guard.

Typically in jiu-jitsu in class we all start from guard or we all start from the ground so people are not very used to what it feels like to actually have to pull against a 100% resisting opponent who is not going to allow you to pull. A lot of times you'll notice that people don't get a chance to get a picture perfect clean pull like they would want to have. The reason for this is because of under drilling. The same thing applies to people who are doing takedowns. Sometimes, since you don't start on your feet as much, you are not going to be as good at a take down as you thought that you might be. So drilling the stand up game is very, very important because it will allow you to plug certain gaps and be strong in areas where the majority of jiu-jitsu players are weak.

29. Drilling guard

29.1. Guard passing drills

There is a really good guard passing drill that you can do to get good. If you're a person that prefers the bullfighter passes, then there is a really good drill that you can use. You

can basically grab the legs, push the legs to the chest and get used to creating the angle from side to side. But of course if you prefer the stack pass, get underhook and create the angle. If he fights the angle, lift the hips and force him to turtle.
The drills are dependent upon your game plan and where you want the guy to go. Sometimes you'll have a guy who is better at side control than he is at the back. For him, it wouldn't be much of an option to flip the guy over from a stack pass because he is as good at attacking back as he is attacking turtle and side control. So his concern would be a contingency based on creating an angle that keeps that guy from being able to flip over.

29.2. The best way to drill guard passes

The best way to drill reps for guard passes is to do the following:

- First, get someone who is decent at guard. You don't want a 300 lb, 4'2" guy because in most cases, guys like that don't play guard very much. So, your first step would be to pick someone who's got a pretty decent guard, a person who is fairly difficult to pass.

- The best way to drill reps is basically like everything else that you drill. You take any given thing or any given technique, you isolate the phase that you would like to train and you go for it. Now, everything has a few different phases. It doesn't matter if it's a sweep, a guard pass, a submission these are all different phases.

For example, let's work with the sweep. There's an entry point or an entry phase, which is similar to judo; you prepare the position that you're going to be using for the sweep. You prepare the position and then you enter it. Then there's the kuzushi or phase two as you may call it, where you break the balance of the person you're rolling with. Then there is phase three or the execution, where you capitalize on that broken balance.
How to drill "passing"? To get good at drilling is to break down the phases of what's happening. The first thing you're going to have to do, for example, is establish grips. You can't pass guard without establishing grips. The second thing is once you have the guard, you have to have great angles that are going to shut down the particular guard

that you're trying to pass. The third part is the execution where the actual technique comes in. As you can see, it is all done in a systematical way.

29.3. Drilling guard retention

In order to drill guard retention, you have to exam which guard you are trying to retain. Are you trying to retain an open guard? Are you trying to retain a closed guard? Are you trying to retain a De la Riva guard? If you're trying to retain a closed guard, there are things you need to know and do. You need to be able to control the hips of the person inside the closed guard.

There is a really good drill that I saw, I will try to explain it and hopefully you will understand it. It starts off in closed guard with your opponent standing up. You pull your knees to your chest and bring them in right as they begin to stand up. This is great because it teaches you how to manipulate the weight and balance of the person on top. If you're playing open guard, a great way to retain your guard would be to defend bullfighter passes. Learn how to understand and be aware of when the person on top is creating the angle that will prevent you from retaining your guard.

The biggest aspect of guard retention is to know when you are safe and to recognize when it is too late. A lot of times, you'll notice that people compete and play their guard. A person will begin to pass and after the person has been hanging onto his guard by his toenails, the guy on top eventually will pass. We have all seen that person on the bottom fight for his life to retain a guard and that final move is what makes or breaks it. The person on top passes because the person on the bottom, unfortunately did not realize early enough that his guard was going to be passed and he needed to be thinking about the intentions. He should have been thinking about retaining his guard instead of going about doing what he was doing.

Guard retention is not only considered a static technique. It's not only about technique 1 or technique 2, it's also knowing and understanding, whether or not to continue to play the position, or should you continue with the sweep or with the submission with the angles and grips your opponent has with his range, motion and his direction, that he is going to be able to pass. Guard retention is also knowing when to bail out on any given thing that you are doing and reset and start over again.

29.4. The best way to drill half guard

In order to best drill half guard, you first need to understand how the half guard works. You need to understand the underlying mechanics of why the half guard is there and why it works.

Back in the early 90's, the half guard was a position that was used to stop the person from passing the guard or from cutting through. Later, as time progressed, the half guard was made famous by a black belt from Gracie Barra named Roberto "Gordo" Correa. He popularized the half guard's use as a way to sweep people who were trying to pass the guard. You skip forward a few more years and the half guard has transformed into something totally different. People are basing their entire game plans off of the half guard.

Lucas Leite being one of the key examples has an incredible half guard and it's very, very difficult to stop. The best way to drill half guard is to understand what you're trying to accomplish.

- Are you focusing on sweeps?
- Are you trying to focus on takedowns?
- Are are you focusing on deep half and getting into the deep half and manipulating the leg?
- It really depends on what your end result or what your end game is. That is what is going to determine the best thing to drill.

I've found that the best thing to drill for half guard for me is first understanding how to get back to retain my full guard. By full guard I mean, having a person in a direct line in front of me and not at an angle. It was also important for me to learn how to enter into deep half guard positions as my opponent was progressing his pass. These were the drills I focused on and I found that this was the best way for me.

30. How To Keep Moving Forward

30.1. Plan a drilling schedule

I look at my past performances and I also watch what my fellow competitors are doing. I try to dissect what I was having problems with and I try to determine what was the cause or the problem that I ran into during my matches. Again it is very important to have someone video record your matches so you can review them later. Remember most of your friends or family members have video cams on their mobiles.
In most cases, it always leads back to something I drilled improperly or something that I didn't pay enough attention to while I was in the progression stage. That is generally where the problem comes in.

Sometimes, in a heated battle, things happen that you can't account for or plan for. No fight is going to be one hundred percent adherent to the game plan. You just have to try to make sure to stick to the game plan as much as you possibly can. Try to keep the fight within the confines of your game plan. There are times where this is just not possible. Other times, you will have to create a schedule based on what you see your competitors doing.

It's good to have competitor-based strategies. What I mean by this is it is good to know the people you will most likely be competing against. Therefore, it is a good idea to know what their weaknesses are and what their strengths are. This way, you can take advantage of their weaknesses and make sure that you strengthen and drill what their

weaknesses are, that way you'll definitely have a competitive edge against them in tournaments.

The best way to do this is watch videos of your competitors or record them when they compete against someone else. This will give you a chance to understand why they are moving the way they do and it will give you a better idea as to what you need to work on.

30.2. Techniques and system to incorporate to properly drill

The system is actually pretty simple. I take the one technique and I integrate it into the practice game plan. Then I drill it endlessly until it is able and is ready to go into the competition game plan. Once it is ready to go into the competition game plan I put it through the rigorous training of the competition program and then I add it into my actual competition game. At this point I know that will be the technique that I use when I'm competing.

The sole purpose of having two separate game plans between practice and competition is just knowing what you are best at and knowing what you are not so good at yet. Be able to make the distinction between the two without letting your ego get in the way and without telling yourself you are good at something that you're not. Also, it's good because, like I said before, you don't need to be a master of a thousand different techniques because nobody is that good.

If you look at some of the best competitors in the world and their skill sets, the techniques that they use are typically a very small number, but they are absolutely phenomenal at doing those techniques. If you watch the earlier competition footage of Marcelo Garcia he would arm drag to back take constantly. No matter who he was competing against. it was always arm drag to back take. No matter who he fought they knew it was coming, they saw it coming a mile away and they just could not do anything about it. So, the system that you incorporate should be something that allows you to get the kind of results and the kind that yields that kind of magnitude.

In short, you don't need to drill everything, but anything you decide to drill you should drill to perfection. Learn every angle, pressure, speed and timing that is required for each technique that you are going to drill. Once you have mastered one then and only then should you move onto the next. It is all about quality over quantity.

31. Drilling for the ultimate game plan

Usually, I try to drill positions in certain submissions. I try to keep them fairly even relative to where they are in my game plan. I have been guilty of training one position or one technique more so than the other. Generally, you're going to have situations like that where you're drilling one thing more than the other because it is a technique that you favor versus another technique. Or it is just a part of the skill set that you have developed.

It is impossible to be good at everything and that is the journey of jiu-jitsu. This is why every single day is a new training lesson.

Because there are so many things that you want to strive to be good at but the time you have to drill is limited. So you have to create a systematic schedule so you can get the most out of your training session.

Sometimes when you are into competitive jiu-jitsu, you do not have a lot of the time to explore a lot of the inner workings of jiu-jitsu and other techniques. Your focus cannot be on learning jiu-jitsu when your focus is winning tournaments. A lot of people say "well I thought if you're winning a lot of tournaments and you've competed in a lot of them, then you understand a lot about jiu-jitsu." That is very true to a point. You will learn a lot

of jiu-jitsu but, in a lot of cases, a lot of competitors have their set game plan that they use to win tournaments and they don't really use all of their techniques. They usually stick with a game plan and that game plan they know through and through, like the back of their hand.

This is the reason why you will see certain competitors, when the competitive season is over they are releasing instructions of some of their new techniques and they are teaching a lot about their season's game plan. They don't share everything but a lot. The reason for this is because during their competitive streak, they have learned a lot of new things and that is what they now drill and they try to master for the next season. So just understand that when a person is competing, in most cases, that person will be drilling one particular aspect of their game and sometimes it'll be difficult to drill everything. Sometimes it'll be difficult to keep things even.

31.1. How to structure your drilling to cover all major areas

Structure your drilling based on what you need the most or based on what your coaches determine you need. First figure out for what you need the most based on your rolling and on your performance on the mat. For example, if I am in an area where I'm passing a guard or I'm playing guard and I notice that a particular area of my game is being torn to shreds or I can't figure out what I am doing wrong, then that tells me that it needs to be drilled.

It's not always about techniques or the glamour. Sometimes it is about fixing small, minor mechanics. By fixing small minor things and making them better you make your game stronger. A lot of people will drill some sweet, crazy, inverted back take or the newest berimbolo out of Brazil, but their mount escapes are really bad. They cannot apply their cross chokes or cross collars and their mounts become incredibly horrible. People like this cannot finish from the mount and they cannot escape the mount or escape side control. These are things that are very, very important, but nobody ever

really places too much emphasis on them because they are not very popular. You need to structure drilling based on your needs more than your wants.

31.2. How to keep up with advances without having to change what you drill every year

Well, changing what you drill every year and making accommodations to a newer game plan are things you will always have to do in competitive jiu-jitsu. A good example of this is when Cobrinha and Rafael Mendes began to first fight each other. Nobody was playing the 50/50 guard pretty heavily until Rafael Mendes began to use it. Ryan Hall from Team Lloyd Irvin's strategy was one of the first to focus heavily on 50/50 in jiu-jitsu. It is my belief that the Mendes brothers saw this and tried to take it to the next level. Now, if you do not keep up with what is going on in jiu-jitsu, you're going to get left behind. It doesn't mean that you have to get good at all the good flavors or the new techniques that come out. But you're definitely going to have to be aware of what is going on and what is coming out. You will have to be able to address new techniques and accommodate them accordingly.

It is always important to maintain a good arsenal of fight power that is current and recent. More than likely you will be confronted by an opponent that will do something you have not seen before. Don't let it derail you from your game plan, just continue on.

This is another good reason to record your bouts so you can review it after the match and see it in slow motion. Then you can try to break it down and learn from it and figure out a counter for it. So if you ever run into this move again you will know what to do. So, continue with your regular training plan and every so often add or try something new. It will not hurt your learning curve; it will only increase your awareness and keep you current.

32. Other Things to Consider

32.1. Dealing with sloppiness

For me, sloppiness is never an answer and it is never an option. No top guns will every try to get away with a sloppy technique. It is never something I will allow into my training because if you allow room for sloppiness, you allow room for error. When you allow room for error you have more and more opportunities of ending with bad results. You will lose at competitive jiu-jitsu. This is part of what we learn in the 12 P's of piss poor performance.

When you're not practicing properly, you're not drilling properly which means you're doing things sloppy. The results that you're going to get are going to be sloppy results. You only get out of jiu-jitsu what you put into it. If you drill your techniques sloppily, you can't expect to perform well when you're competing.

Every single time I am drilling and every single time I train, I give it one hundred percent of everything that I have got. In that moment, I try to give it the most quality that I can offer. If I feel that I can't offer any kind of quality and my technique is becoming lax and lazy, I'd rather stop than to continue and review what I am doing wrong, so I can correct it. Sometimes it is just a matter of taking a short break for about 5 or 10 minutes and continue, by doing this I can prevent myself from picking up bad habits. If I keep training sloppily, I am most likely going to pick up more bad habits and I am going to have to spend more time deprogramming the bad habits on top of programming good habits. This is no way to train, it is just a waste of time.

32.2. Drilling live or in real time

Drilling live or in real time scenarios is always very, very, important. This is a very important aspect of drilling. But it is important to know in what context and when to drill live that makes the difference.

You are not supposed to drill live or have really, really hard live reps until you have a deep enough understanding of whatever the technique it is that you're trying to implement into your competition game plan before the time is right. It is like fine wine. You need to let it age. In BJJ you have to put in the reps and allow it to be ingrained into your memory.

I have seen people try to incorporate it into their competition game plan well before they are ready. It happens more often than I would like to say, but people training a technique, they will drill it thirty or forty times and they feel like they know it, and they take it live. It doesn't work out for them and they blame the technique. If you're going to drill the technique live, make sure that you do it when it is time and not too soon. The technique has to make sense to you in order for it to work, you have to understand why and how it works. You also have to know how to blend it into your game plan.

32.3. Drilling 100% intensity

I only drill my techniques at 100% intensity when I'm in the dynamic drilling phase and I am at the 100% marker. If I am not at the 100% marker, I will not drill at 100% intensity because it defeats the purpose of the drilling.

Too often contests are created between people in drilling and it only hurts the person who is trying to get their reps and trying to get his technique done because he is being cheated. You are not always just being cheated by the person you are training with sometimes you can cheat yourself out of reps by causing the competition.

So you have to have a degree of humility and know proper etiquette because training partners are hard to come by, especially good ones. So you have to take advantage of them when you have them because the opportunity might not always be there. They might not always be willing to drill with you.

32.4. The most important aspects of any drilling program

To get the most of the drilling program or to point out the most important aspects is pretty much being able to examine what parts you will be able to benefit the most from and taking those parts.

There is not just one important aspect to drilling in BJJ. Here are a few things that you might want to make to consider when you are drilling. First thing to do is try to get the most out of your time. It is important how you schedule your workout sessions.

- One way of doing this is before rolling & after stretching try to do drills for about 20 minutes with a partner.
- Secondly, practice doing passing drills more than offense moves. I would invest more time and energy practicing my offense during the roll itself.
- Finally, I would practice passing drills which tend to condition your body to react dynamically. Practice exploding high and fast, or slow deliberate passes with a lot of base and weight on your partner, or sometimes flow passes like flowing along the contours of your partner's body with lots of opposite turns, hip twists etc. Also do a lot of stability ball flow drills. In my opinion they go very well together in your overall workout.

32.5. Drilling speed

The speed at which you drill should be done at a moderately slow place. As far as speeds broken into percentages you should be going at about maybe 30-40% of your actual speed and that’s with no attributes thrown in. No muscle, no crazy he-man strength, no grunting or anything like that. Just a slow, calm, steady pace. It’s not a race.

It is all about learning new technique or improving one that you are not very good at. The purpose of keeping a slow study pace is so that you understand and feel the

movement and not just rush through it. You are an artist so take time and paint a masterpiece. You are the artist and the canvas and it is up to you what you want the final picture to look like. Make slow and study brush strokes.

Like the artist, if you take your time when you are trying to master a technique you will finish with a masterpiece of your own and when you perform it at your next competition you will look like a wonderful piece of art. Good techniques take time to perfect.

32.6. Drilling escapes and defense versus drilling your offensive game

Drilling escapes and drilling defensive maneuvers is very important to your game plan overall. If you develop too much of an offense or if you are too heavy with techniques that you have drilled on the offensive side, what's going to happen is your defense is going to be weak. With every good offense comes at least a moderate level of defense.

You have to have the basics of defense down. Now when I say defense, I'm not necessarily referring to escaping side control, escaping mount, escaping the knee on belly or the back position. When I say defense, I mean understanding the defense within your positions when you are not attacking. There are times where you're playing spider guard or you're playing closed guard and the person that is passing guard is doing a lot to prevent you from being able to initiate or from being able to engage and begin your sweeping sequences. During instances like these it is best not to attack at all but to kind of just weather the storm and just ride it out.

Usually in most cases in these kinds of instances people are very insistent and they end up getting passed because they were trying to go for something and the move just wasn't there. Sometimes being patient and just waiting for the right moment is the best technique, and typically this comes from having a very solid defense.

I will give you an example in spider guard. A good defense is when your opponent shuffles to one side you blade your hips, and you strut your leg and you create the angle that would be impossible for him to pass. He goes and shuffles to the other side. You go back and forth, back and forth, back and forth. Some would argue that is a guard retention drill, but guard retention and guard defense are very, very closely related. Another aspect of guard defense is to understand counter gripping, understanding you are okay if he controls your collar but if he has a hand in your collar than he is half way away from a choke. A hand in the collar is always 50% of a choke. All he needs to do is get deep enough grip, and he will be able to finish that choke no matter where he is.

So drilling defense is very, very important and I try my best to drill defense at least once to twice a month.

Now, that may seem like a very, very small number compared to the numbers of things I have in my practice and my competition game plan, however, I don't really drill the defensive stuff that often, and when I say that often, I mean I don't really drill the defensive stuff thousands on top of thousands of time because I don't want escaping the mount to be a part of my competition game plan. But that's not to say that understanding how to escape the mount and getting sufficient reps and drilling to escape the mount is not important because it is very important. So make sure that you try your best to drill a lot of escapes.

32.7. Using bodyweight drilling

I like to use bodyweight drilling all the time. There are many different ways and different methods of body weight drilling. Some people refer to it as calisthenics. At the old Terere (TT) School, they did a lot of body weight drilling where sometimes there were one and two man partner sets and what they would do is one would hold the other and one would climb around.

There is this one drill we would call the scarecrow drill where a person stands up and he stretches his arms out and your job is to start from the front of him, climb under his arm, climb around to his back, climb under his arm, or under his opposite arm from his back, and back to the front of him all while never allowing your feet to touch the floor. Now this drill is great because it teaches you more than one thing. It teaches you how to stay latched onto a standing opponent. It teaches your body how to understand weight distribution and the most efficient way to hang on while gravity is pulling you down. Also it is a great body weight exercise because it is hard to hold up 100% of your body weight when it is suspended in the middle of the air.

So I use body weight drills like that about three, four times a week. Typically they happen in warm ups and cool downs. They are not so much a part of the practice game plan but, they're definitely something that I do often in my training regimen.

32.8. Particular moves during rolls that can go towards your weekly drilling target

There are some moves you can do when you are performing your rolls that can go towards your weekly drilling target. For example, if you for instance want to go for the omoplata, while you're rolling and the omoplata is what you've been drilling during your practice game plan, it's perfectly fine to go for this. It's actually something that I would suggest. The reason being that when you're drilling something and you're still in the isolation phase, there are certain responses, certain reactions that your partner will give you that you will not really discover until you have reached into the progressive stage.

- For the record, it's ok to do this when you are getting your reps in for your practice game plan. It doesn't mean that you're prohibited from rolling or prohibited from sparring and you can still try the moves that you're drilling for your practice game plan. You can even try to incorporate them in while you're sparring, as long as you have enough reps in on them and you know what you

are doing. It is always good idea to experiment and see what works and what doesn't.

One thing you should never do is, do not get down or beat yourself up if a technique doesn't work as planned because you haven't mastered it quite yet. It's perfectly fine to drill moves and then use them later on in rolling or use them right after drilling. Sometimes people will drill something that they're still drilling in the isolation phase during their practice game plan and it doesn't work for them right away. They feel that the move doesn't work so they give up on it early on. They label it as a move that is not very effective for them and it is a slow percentage. It is not that the move is not effective it is because they have not drilled it enough. You need to give it the time that it needs for it to flourish and in order to do that you need to do the reps. **Remember practice makes it prefect.**

32.9. How to narrow down to the right list of drills

Narrowing down your moves to improve your chances as a competitor depends on drills that you use in your game plan. If you are a fan of Cobrinha and his passing game, then you'll know that the Brabo choke has been a staple technique of his game for years. Taking this into consideration, the Brabo choke should be a part of your practice game plan. You should take it into account of your training game plan or practice game plan. Or wait until your competition game plan.

Every competitor and anyone who does jiu-jitsu has their own small set of techniques that they like to do. To pick the techniques that you feel you need to do as a competitor really just boils down to what you feel comfortable doing, what techniques you're naturally good at. Sometimes people try to force themselves to do a particular technique because it was the flavor of the month grappling, that's not necessary. It goes back to the argument of "me vs. me".

You know yourself better than anyone else, so take a deep and close look at yourself without your ego getting in the way. Focus on what you know so well that they are as natural as walking or sleeping. You know what your strongest techniques are and which are your weakest. Once you understand this, you know which drills to practice and which ones you need to build up and strengthen.

As you can see there are no secrets when it comes to picking the right set of drills. It's all about self-discovery and knowing what you can and cannot do.

32.10. Intensity level of drilling

Everyone has a different intensity level when it comes to training. Some people only want to train to improve their health while others train because they want to compete. The intensity you should drill depends on what phase you are in, in your drilling sessions. There are three phases of drilling, the isolation phase, progression phase and the dynamic phase.

Now depending where you are in these three phases really determines how intense your drilling level should be. There are many other things to consider such as your health. If you are just starting you don't need to be so intense, start slow and build up from there. On the other hand if you have been studying for a while your intensity level should be very high. You should be putting 100% into every drill. So the intensity that you drill really depends on where you are in your drilling phase.

There's a difference between injury and being hurt. You have to be able to make the distinction between being injured and being hurt. Sometimes we might say that we're injured when in fact we're not injured, we got hurt a little bit. So the main priority would be to set your goals, achieve those goals and accomplish those goals.

32.11. Drill one technique 1000 times or several techniques 100 times each until you reach 1000

It's better to drill one technique 1000 times than it is to drill several techniques 100 times mainly because you'll get better at that one technique than you will at those others. With the other techniques, you're drilling in such a mass quantity that you're spreading yourself so thin. It'll take you a long time, possibly never, for you to get good. Whereas if you drill one technique a thousand times and you're drilling that one technique for a month straight, you'll get better in that one month at that one technique than another guy drilling a mass of techniques. It would take him years to drill those techniques to achieve mastery.

32.12. Drilling the only form of training you need for BJJ (Yes or No)

As much as I want to say that drilling can be the only form of training you need for BJJ, I would be lying to you. There has to be a sparring or rolling aspect mainly because there are moments in jiu-jitsu where there are things that you can't figure out. **There are things you can't discover until you're in the heat of the battle.**

However, the best way to figure out how things would work for you during rolling and sparring is once you have reached the dynamic phase of drilling. So in some ways, people can argue that drilling is the only aspect that you need. But to be competitive, rolling and sparring are definitely required. Also rolling and sparring is really good practice, even when you're facing mat bullies and guys you can't always beat. You'll learn things about yourself while rolling and you'll learn about your technique and your skill set and other things that you might not ordinarily know, if you only practiced drills.

32.13. The single best drill to practice as a white belt

The best thing to drill as a white belt would be learning how to retain your guard. The reason being is because if a person can't pass your guard, if a person can't establish side control, then they are going to have a difficult time submitting you. If a person can't pass your guard, then the roll is going to continue.

Learning how to retain your guard early on is a good thing you can do because it will keep you competitive. A guy who has a good guard (a good bottom game) will always be able to get back to his feet. This is not only good for competitive jiu-jitsu but also for self-defense because if you're able to get to your feet, you're able to get away from the threat.

32.14. The importance of drilling all fundamental positions religiously

It is important to drill specific positions on a regular basis simply because you are going to encounter certain positions in jiu-jitsu way more than others. A good example would be half guard. You're going to find yourself in half guard way more often than you find yourself in 50/50 or the inverted guard. The reason is because there are a lot more techniques and a lot more positions that are going to entice you to get to that position than there are for other things.

Another example is the closed guard. The closed guard is a great position for a heated match where you want to slow the pace down and get more control over the match and get more control over what's going on. The closed guard would be perfect for that. But if you have not drilled the closed guard then you don't have any basis for the closed guard. You're going to be like a sitting duck. It's important to drill fundamental positions regularly just because it gives you a basis to operate from.

These positions are fundamental for a reason. If you look at the half guard, anytime a person is going to do a cut through pass, they're cutting through the half guard. If you

look at the closed guard, a lot of people ask "how do you pass the closed guard?" You can't pass the closed guard. You first have to open the closed guard. Once the closed guard is open, then you have to pass the guard. There's no such thing as passing the closed guard.

Drilling the fundamental positions will give you an understanding of not only how to operate them but why you are using them and also what they are best used for. All of the fundamental guard positions came about so that you could defend against guard passes. Here are some examples:

- The half guard is there to defend the cut through.
- People are now using the De la Riva to defend the cut through pass.
- The spider guard pass came about to defend the bullfighter pass.

These are things you need to understand. As long as you understand the how and the why of the positions, then you'll be able to understand why it's important to drill these positions. This is why you need to drill these positions so religiously. Remember if you have a solid grip of the fundamental positions then you also have a strong base for your BJJ foundation.

32.15. Do all techniques require the same amount of time or can you drill some less than others?

All techniques do not require to be drilled the same amount of time in the isolation phase. You might pick up some technique much easier than others, but in order to help your body build muscle memory you still need to do reps. Just because you understand it and are able to perform it well only after 50 or so reps, it does not mean you can perform it naturally or without thinking about it. Overall, all techniques should be trained 10,000 reps if you have any intention of introducing them into your competition game. The reason for this is because it takes about 10,000 reps before you truly understand the technique.

There are sometimes varying degrees of understanding the technique in the isolation phase. Sometimes a technique will be in the isolation phase for only about 1000 reps and other times it'll be drilled in isolation for up to 7000 reps it depends on how complex a technique is for you.

A good example of this would be the inverted or the 50/50 guard. The smaller guys are able to play the 50/50 guard a lot easier than the bigger guys. When it comes to mastery, they're able to pick it up a lot easier than the bigger guys. So they would need to drill the technique let's say a 1000 times to get to the progression stage. The bigger guys might have to drill the technique 5000 times to make it internal.

I prefer drilling over specific sparring simply because I get a lot more out of drilling than I do out of certain types of sparring. Now, that's not to say that I don't feel that sparring is good. I think sparring is great but there is a time and a place for everything.

Sometimes a lot of people get things confused and they focus on sparring when the focus should be focusing on drilling. For example, when I am trying to internalize and get good at any new technique that I'm trying to incorporate into my competition game plan, my mind at that point is 100% telling me to drill, drill and drill to make sure that the technique is sufficient so that when I do spar, I'm able to do it. There's nothing worse than having tools in the tool kit that don't work. **We kind of refer to this as bent hammers and bent nails. They may still be tools, but they are not useful in any way possible.**

If you're having trouble with a particular technique, the best thing to do is to write down or record exactly what you're having trouble with. Once you've written down what is giving you the most trouble, you go back and examine your notes. Try to figure out what you are doing wrong and try it again.

If that second time you can't figure out what's giving you the problem, grab a video camera and film yourself doing the technique. When you film yourself doing the technique, there is a higher possibility that you will be able to see exactly where the problem is occurring and you can fix it.

Now, in most cases, you do not need to rely one hundred percent on yourself, you can ask your instructor how to improve the technique that you are having issues with. He will most likely ask you to perform it on him or on a partner and watch for your mistake. Then he will be able to advise you on what you are doing wrong and he will show you how to correct it.

Keep in mind that each instructor has a different style and he or she may do the same technique mildly differently but for the most part, they are going to be able to give some kind of input.

If the instructor can't give you any input, go online and look up some guys who do the technique you're trying to improve. See what it is they're doing. Watch competition footage. Worse comes to worst, reach out. Connect with other students/instructors on internet forums and try to setup a private lesson.

33. Final Thoughts

Drilling is relative to your body's understand and ability to perform a given technique. Performing a particular technique at a fast speed, when you do not properly or really understand the mechanics behind how a technique works is only going to develop bad habits. This happens because you are going to need to add in attributes that it does not need in order to get the technique to work. Most likely it will not work properly anyway because you are not doing it right.

A good example of this would be the armbar from guard that everyone learns when they first start doing jiu-jitsu. A lot of times what people do to compensate for not having a

good hip motion, is to use their legs to power through the armbar. They will yank and move their partner around. As an upper belt, you look and realize that this is not the way to do it because there are so many things that can go wrong. It is just not a proper technique and the technique is not working. You use your attributes to make up for the lack of knowledge of how to apply the technique. This is what happens when you try to drill something too quickly when you don't understand the logic behind the technique.

When you do not know the mechanic of a technique, your attributes kick in, taking over and it is your attributes that perform the techniques at this point, rather than skills. It is not the actual technique.

The best way I find, as an upper belt competitor, is to always start slow. Try to learn and understand the mechanics first. Gradually increase the speed. Now, when you actually begin to increase the speed, it depends on the drilling system that is implemented at your school. I have a three phase system, isolate the technique, move it into progression and then move it into the dynamic phase.

In the dynamic phase, speed becomes a more pertinent factor in drilling. Speed kicks in more because the percentage in which our opponent is resistant increases. When you have an opponent who is increasing resistance to 50%, he is going to have to move more quickly to keep you from doing things. He has to make sure he is not a step or two behind you. He needs to stop you from being able to do the technique so your speed and your partner's speed will increase. Increase of speed and power will continue apply when the resistance goes up to 75% or 100%. Once it gets to the 100% point, the muscle memory needs should kick in and your techniques can now be used in the live phase or in competition phase. It is developed throughout the dynamic phase of drilling.

It is best to keep your faith and try to make sure that you use this system—it works. You have to understand that you have to crawl before you walk. It's no different from getting on a bike and trying to ride a bike for the first time with no training wheels. You are most likely going to fall every single time and scrape your knees. You are definitely going to learn something in the process of trying to do it. So, the next time the bicycle tilts over,

you'll try to put your foot down. Sometimes you may catch yourself and sometimes you'll be too late. But the point is that you have to understand the mechanics of how to keep your balance upright.

The isolation phase of drilling is like having training wheels on your bike. Once you go into the progression stage, you're taking one of the training wheels off your bike. Now you only have one training wheel on your bike and a lot more scenarios that you have to deal with. Oh so now that a training wheel is removed from one side, there is a chance you might fall over on the other side. There are plenty of different things that can take place. Finally when you take off the last training wheel, you're still not going to be great at it but you're learning more of the dynamics.

Think of drilling to be very closely related to that bike analogy. It is no different from having a bike with training wheels. Don't rush to move through each phase of your drills. Learn, understand, develop and become part of the techniques that you are trying to learn. **Rome was not built in a day, neither was jiu-jitsu.**

34. Notes (intentionally left blank)