

Q18 - Why did you start training jiu jitsu?

Why did you start training jiu jitsu?

my russian systema instructor suggested it

was thinking about pursuing a career in law enforcement. Also I hate working out for the sake of working out and needed an exercise outlet that was fun

Originally for my kids and the gym rats got me to try it. I loved it.

I Always wanted to learn BJJ, ever since UFC 1.

Self defense and MMA interest

It seemed fun, effective and challenging

Fun

It's like chess with your body.

I worked at a Muay Thai gym, Eddie Edmunds, the BJJ instructor asked if I was interested, at the time I wasn't but Eddie persisted and every once in a while he would ask if I wanted to come "roll" with everyone. His persistence paid off for both of us.

Exercise

For self defense and exercise

5 months ago

Lose Weight

In a Kali class I was taken down and submitted with an arm bar. The professor told me "come to jiu jitsu and I will teach you how to defend and get out of that."

Learning a martial art was on my bucket list and I decided I wasn't getting any younger!

I started in the mid-90's at the Gracie Academy after UFC 2 and had the Gracie tapes. BJJ was most like wrestling and very effective. I had long layoffs in between due to life, kids, relocations, divorce, injuries, etc. currently off for 8 months due to travel and herniated discs in back.

Wanted to practice MMA, but due to concussions, just continued with bjj

Self defence

I got choked once and started bjj

amateur fights

I WATch uFC

I have been doing indoor rock climbing for much of my adult life, but in summer 2014, there was a flood and the climbing wall was closed for several months, so I started looking for another fun

physical activity. I had been interested in martial arts since childhood and tried karate for one quarter in undergrad, but it wasn't a good fit. I thought about trying judo but after doing some reading online, found out that BJJ came from judo but was practiced mostly on the ground, which works well for me because I have a disability that affects my balance and limits my ability to stand independently. (I use a powerchair to get around.) I showed up to the beginner class on day one and the rest is history.

Always liked wrestling

It seemed like fun.

To learn to fight

Fun, and my kung fu school was dabbling in bjj.

Become more well rounded as a martial artist

fun

I wanted to do a competitive martial art.

Grappling looked fun and more complex than striking arts. Submissions are interesting.

I was dabbling in MMA and took a shine to BJJ, and whilst working away from home I stumbled on a BJJ gym which led to my focus switching to Jiu Jitsu.

I walked past a jiu jitsu school one day and thought it looked interesting.

Overall fitness improvement. Lose weight

Exercise and weight loss

Lost interest in striking based martial arts

I did some martial arts as a kid and was good at it but I was a very independent child and didn't rely on my parents to take me places, like the dojo, so I got involved in other sports and school sports. After doing Crossfit for a couple years I decided I didn't want to throw weights in the air and destroy my body with movements that are pretty unnecessary. I wanted to do something physical but also intellectually stimulating. The jiu jitsu I did as a kid was definitely not the same as bjj, so I didn't really know what I was getting into.

I had graduated college (where I had played lacrosse through my senior year) and then did the running/lifting thing for about a year inconsistently. A friend of mine saw Never Back Down and convinced me to go to a local MMA school with him for a couple intro classes. I had done kungfu and taichi as a kid and always had an appreciation for martial arts and watched a little UFC. After learning more about BJJ outside of the generic MMA classes that were taught I decided to buy a gi and attend just those classes. After about a year there, I moved out of state and found a school in my new city of Charlotte - Fight to Win where I've been since

exercise and mental maintenance

Interest was started by watching the old UFC fights

Fitness/Hobby

I watch a lot of MMA, was always intrigued by the ground game.

I first took a class 16 years ago as I was doing kickboxing/Muay Thai. I couldn't afford it though. Did no-gi but with terrible instruction for about a year, 2007-2008ish. Now, in 2016, have really just started formal training at Alliance.

To defend myself

I'm a scrawny dude and wanted to be able to defend myself

I saw that I could get a good workout while lying on soft mats. That sold it

I wanted to learn some self defense against bigger opponents

Someone I look up to trains and I was curious and bored with my fitness routine

Royce Gracie in UFC

Long interest in martial arts and mma.

I started training Jiu Jitsu because I need to challenge myself and learn something completely new, the first time I tried bjj I found it hard, awkward and uncomfortable. Actually I don't even think I enjoyed it much at first but that mental hurdle motivated me to keep at it. Now; I am addicted.

Royce!

Enjoyed the grappling from MMA and kept getting schooled my real Jiu Jitsu guys

Improve my health.

After 20 years of heavy lifting, It was time for a change.

Always was attracted to grappling, even as a child with my brother. Watching UFC, i enjoyed the ground more than the stand up and i decided to start bjj.

Lose weight

Divorce, high blood pressure

Friend got me into it

Learning useful skills while care of physical fitness

Because I was invited to the gym to train and learn Jiu Jitsu and fell in love with the sport.

Had a choke demonstrated on me and I knew I had to learn this

Health benefits

Grappling just looked so fun. Ufc fighters who didn't do well on the ground were crushed.

Fascinated by the art form, missed the combination of physical challenge/camaraderie I previously got from other sports.

I wanted to know what to do when the fight inevitably goes to the ground and want to do when someone gets closer than punching range.

To make myself a more rounded martial artist.

Keep in shape, learn how to grapple for self-defense.

Mma

For me it came long after Royce Gracie demolished people at UFC 1, but it was still one of the reasons, but one of the big motivators was watching the documentary Choke with Rickson Gracie. Seeing Rickson was inspiring I saw the beauty and grace of Jiu Jitsu and just knew I had to learn it, I had to be a part of that.

Essentially my brother convinced me he had found a cool and very effective martial art for smaller people (we both weigh around 140). After listening to him speak about the ideas of bjj such as technique over strength and gently submitting your opponent I decided to give it a shot.

I was training boxing but the lack of contact made me bore so i saw the bjj guys rolling and i was hitched

To expand my understanding of grappling.

Interest in MMA

For fun

My boyfriend does it and it seems fun.

Thought it was Judo, but ended up loving it even more.

Fitness and a love of martial arts.

Fitness and self defense

Exposed to it in the Army and wanted to be a more competent fighter, initially focused on MMA.

watching the family from the sidelines or joining them on the mats... Mats are way more fun!

Saw Renzo Gracie legacy Demian maia /big nog favourite mma fighters thought id give it a go

because of mma

to compete in MMA matches

Fun, self defense, full body exercise

To learn ground work for Judo

Lose weight. Fight mma

I wanted a good workout that challenged me and something for self-defense

Peer pressure from my brother and I had been following combat sports (ufc) for years

For sport and exercise purposes. The self-defence is a nice side bonus. I first heard about jiujiitsu from watching UFC.

Missed doing martial arts. Wanted to lose weight and do something fun

A friend got me involved

Went to a judo academy to retake judo that I had taken in my infancy. Got a little intimidated as they were all black belts. At the same time Royce Gracie was starting to win the UFCs and some friend

wanted to start jiu-jitsu, so I went along. It was close to my apartment and my friends were all white belts. They all left after a few months and I stuck with it.

it was essential to increase ground fighting in MMA

I enjoy watching UFC and wanted to try it for myself. No interest in competition. Simply self-satisfaction.

Initially to become what was then called a "well rounded" fighter

To compete when I wasn't able to box any more.

Got to thirty years old and was out of shape, not doing much physically. I was always a fan of MMA, but wasn't sure if my body could handle the impact, so I went with Jiu Jitsu because I figured I could do that for a long time. Seems to be working very well!

To protect myself and my family. Also as a form of exercise to improve my physical fitness.

Watching UFC

Turtles and Kurosawa got me hooked on the fighting arts at an early age. When I many years later watched an MMA event I realized it was exactly what I'd been looking for and the natural next step was to try to understand the ground game. After I felt the top pressure of a black belt I was hooked.

It looked like fun and a challenge.

moved to a new city and wanted some form of activity to spend time on.

My son and husband started and got me interested

I was getting myself ready to try for the defence force and my friend suggested it would help with my fitness, strength training and to introduce me to some martial arts.

Because the boxing coach looked really dodgy and the jiu-jitsu crew were much better organised, as well as better looking.

I like jiu jitsu, gentle art but hard to master.

Because i've watched the UFC and find the ground game fascinating

Did HEMA before. Wanted to get into MMA, tried my hands with it but stuck with Grappling.

saw ultimate fighter season 3 and thought I could do MMA. Turned out i enjoyed BJJ way more

A friend of mine a Blue Belt under Ralph Gracie told me about the effectiveness of Jiu Jitsu and showed me the first UFC's. After that I was hooked however I had long breaks over the years.

Ufc

For a physical and mental challenge, and to learn a practically applicable martial art.

looking for a new hobby/sport

to deepen my understanding of my style of kung fu

I started kickboxing but didn't want to get kicked in the head...and in all the years I watched MMA the submission game is what I loved the most

Mma

To push my limits, to be in shape, to learn a new sport, and to be more serene

It looked interesting. Wanted to get into Martial Arts.

Lose weight, learn a "fighting" art without getting trama in the head, like boxing

It looked fun

I wanted to get healthy and learn something at the same time.

I fell in love with it, the grappling, submissions, exercise,lifestyle all of it!

Fellow karate friend introduced me to it.

Looking to stay involved in martial arts after wrestling

For fun

K1 champs were getting killed on the ground in pride

Tried out MMA, the ground game was my favorite part of MMA so started training BJJ as well.

Free and always wanted to train.

I enjoy watching the sport uaed in the ufc

Got beat up by and heavier dude. Didn't like the feeling of being mounted and not knowing how to get out. Figured I should learn the small man vs big man martial art.

To round out my game as I am an amatuer MMA competitor

UFC 1

Bj penn

Because of MMA

Something to do

Fun new sport

to suck dick

interesting

I started grappling in the Army and wanted to further my training/knowledge

To learn the art of self-defense

Found it of interest, and would add to my fighting repertoire.

self-defense, lifestyle, to get in shape

A friend is gym owner and he convinced me to give it a go.

after trying out several matrial arts i noticed that grappling is the most fun

Fascination of grappling game. I had some of it on judo and mma lessons but wanted to learn more so went on jiu-jitsu class.

My little brother started training bjj. I challenged him to a fight. He dominated me. So I started training bjj too.

I saw Royce Gracie in UFC 2 and decided BJJ would be worth knowing.

Self defense and fitness

For fun

I just wanted to try something new and i have always been amazed by the human body biomechanics

Watched a competitob and it inspired me

Maintain conditioning for running, self defense supplement

I've always wanted to but didn't have a great support system. Decided to finally take the dive and love every minute

Liked jujitsu part of watching ufc

Always loved to wrestle my friends. After high school, there was no more sports, i cried after my last soccer game. I lifted tons of weights. It was fun, but inwanted to "do domething" with all my muscles id grown. I joined the judo club, and it wasnt quite right. My friends back home i used to wrestle and box with in living rooms and back yards got involved in mma. I started training as soon as i got back. Became a teacher and had to specialize, so i chose bjj. Best choice ever.

I needed to protect my family from a very terrible situation. I had two years in my mind to train some kind of self defense and use of pistols to feel safe for when a certain individual was getting out of prison. After the two years the person remained out of our lives and I became addicted to Bjj. It was a healthy outlet for me.

Went to Brazil in 1997 as an exchange student. And saw Royce in ufc.

Wanted some ground game for taekwondo

It was love at first site watching Royce Gracie destroy his opponents in UFC1.

I lost a fight to a jiu jitsu guy.

Officially, to get fit. (also to kick ass)

Avoid the rush hour traffic.

it develops selfconfidence, gives some phisical and phycological advantages and i wish to find a sport i can do all my life

Always wanted to try it since i've been watching UFC. I knew I'd enjoy it.

To learn a effective self defense.

My brother started before me and took me to a class when visiting him. I found a school immediately when I returned home from Ohio.

Shocking by seeing Pride on TV. After that, a friend talk to me about bjj and made me curious.

The majority of fights end up on the ground. I wanted to learn how to fight and defend myself on the ground.

A friend took me to his gym and I felt in love from day 1

I started training because on one of my first lesson I got tapped out by a much lighter and shorter training partner and I knew there was a lot more to this than brute force.

looked like fun, easier on the body than muay thai

Try something new

I was sick of 'bullshit' traditional martial arts, and wanted to learn something truly effective.

I was overweight

I started training wrestling and really enjoyed the disciplinary aspects of the art. However, when the next season rolled around I could no longer afford 3 hours/practice 3 times a week so I had to stop. Luckily a friend's dad had started training at a local academy that had just been developed and said I should come and try it out. I loved it after the first class and have not stopped training since.

I received a black belt in Kenpo Karate and I knew this wasn't enough. I wanted to be a complete Martial Artist. I however never train in Karate now.

Fan of UFC

It started gradually from more and more exposure to MMA with the ultimate fighter and UFC, then I tried some grappling in the army. After some time traveling I found a gym that I really liked and started there. Never quit.

To try something new

Sambo school closed down

Fun productive hobby

fun and exercise

To learn how to defend myself and my family. To teach my family.

I was always into wrestling with my cousins and siblings, so my mom signed me up for my first Jiu-Jitsu class so I could learn how to do it properly.

It's a form of chess, but done with the human body. It also gives a person a good measure of themselves, and with that experience the individual gains transcends into other areas of a person's life. Whether it's perceptions of certain events, more of lucid thinking, relaxed emotional understanding of others or sometimes more out of the box utilization of problematic thinking.

I liked joint locks and chokes, but my karate style didn't focus on them much. I also wanted to be able to fight on the ground, which most martial arts overlook.

I had done Traditional Jujutsu, Judo, Sumô and I now do Kali so I decided that this would be a good thing to improve my ground work.

To get fit

I wanted to know how to grapple and learn submissions

went with a pal

Friends did it

As a replacement for playing Rugby

I enjoy grappling. I like the physicality of the art.

Went from boxing to BJJ to do MMA.

Because i wanted something real that wasnt a mc dojo art and something that wouldnt result in me coming to work with a black eye at least once a month.

At first to spend time with friends I haven't seen in a long time

sport

out of curiosity, seeking new challenges

Passed by a gym which proposed jiu jitsu initiation, fell in love immediately

Watched Fabiano Iha armbar someone on UFC Unleashed.

I liked watching MMA and had a friend who already trained BJJ when I moved to a new town.

Invited to try it out by a friend and from that moment on I did nothing else.

Something about it appealed to me, it was completely different than anything I had ever done before.

I had wanted to start since watching the UFC but didn't have the opportunity until recently

To fight one day in the ufc

Started with MMA, broke my jaw. Rehab, then I tried MMA again but was afraid, so I started BJJ

Health

Realizing the importance of grappling during combat in any forms as well as how it is necessary to learn them in order to defend yourself from people who use them,

Took too many shots to the head in training my entire life and playing rugby. Wanted to train in a martial art where I would not risk so many concussions.

I got tired of conventional exercises and wanted to use my body for combat application

To keep moving competition self defense competence

Intrigued/workout

WAS TRAINING MUAY THAI IN MY EARLY 20'S , BJJ DUDES HAD A PACK MENTALITY, I DUG THAT, SO I JOINED THEIR PYJAMA GANG.

I was close to 300 pounds and didn't do much but "party". Tried to get away from some extracurricular bad habits.

Because it looked very effective

It looked interesting and make me a more well rounded fighter.

I became fascinated with the technical aspect.

I am in a police special unit and i wanted for my job.

I wanted to improve my submission skills for Sambo and MMA, but I couldn't do it for a long time, hence why I left a lot of questions blank. I'd really like to train more (I have been training like 2 hours a week for 12 weeks this year, but apart from that, only stand up)

Health

expand my horizons

For MMA

I wanted to develop a ground game.

long time interest in combat sports

To get in shape and lose weight.

ufc 1

because i was done with judo and i wanted to still to do somekind of martial art

UFC

I wanted to train MMA, but couldn't find a good gym. This was the closest alternative.

To support an interest expressed by a child... But then I fell in love with BJJ for me.

Try something new

Wanted a new challenge with martial arts discipline. Enjoy the style of BJJ plus the club was very close by

A friend convinced me to try mma and I enjoyed jiu jitsu the most. I got bored and tired of playing rugby, so I moved to jiu jitsu.

Survived a couple assaults. Kenpo helped in one but the second BJJ would have been better

To be a well rounded MMA fighter

Seemed interesting and was different than the Krav Maga that my husband studied - he couldn't coach me.

For fun

Hell of lot easier than muay Thai training , athleticly speaking..... Seriously though, the fact that each training session is extremely practical is what brought me to bjj

Because I am strong

Yearned to satisfy my 'fighting spirit' :P Looked it up, tried it out, fell in love on the first day - knew I was meant to do this

To get in shape and for self defense

I was bullied and picked up wrestling, and trained jiu jitsu on my off season. Now I fully train BJJ

Wanted to be like Royce.

I wanted to become an MMA fighter. I had a few amateur fights, suffered a rib injury and decided to focus solely on BJJ because I loved it and saw I train hopefully for the rest of m life

UFC and self defense

Fun

I wanted to train and compete in a martial art but didn't want brain damage

To assuage my competitive instincts

Mainly to supplement my judo, because in sport judo they don't focus that much on ground techniques. But it became something much more- although i don't actually have a belt, i've been training bjj every day for the last two years.

Promised a friend

Facinated with submission grappling ever since seeing Royce Gracie in UFC1 on VHS

Fitness , fandom of MMA, and a desire to learn the art of jiu jitsu

Watched the first UFC with Royce Gracie and wanted to learn the art.

Saw ufc

It represents the control of your opponent that I was always seeking in other martial arts

To get in shape

Needed to get healthier (quit smoking) and be more active. I was an avid MMA fan and loved the ground game from a layman's perspective and wanted to learn it myself.

I was training MMA and got tired of head trauma. BJJ was the only option, and it turns out I preferred it.

My Muay Thai instructor (who was a BJJ black belt) talked me into trying it

friends needed a crash test dummy. eventually switched to bjj as i enjoyed it more than aikido

I was already doing judo at my dojo when they started a bjj program.

To get in shape

love of combat sports and to remain in shape going into my 30's.

I wanted to learn about grappling, because I was always curious about it

Self defense after a bad relationship

Watched UFC from the early days, always had an interest. Don't like being punched in the face, so BJJ seemed the way to go.

UFC 1

I had just gotten out of an unhealthy relationship and I knew that I needed a change in my life as well as an outlet for energy and anger that I had. Jiu Jitsu became the perfect outlet for me to work out physically as well as mentally.

Got a free week of training after taking a Marcelo Garcia seminar at the MMA world expo. Took the week and never left the gym.

To try something new, to build confidence after a difficult life change

I saw how effective it was. Then, I couldn't quit just because I sucked at it.

I was training for white collar mma fight and had to do jiu jitsu.

Self-defense

I tried it and I liked it

Wanted to have a ground game for mma

Wanted to continue wrestling at club level but no clubs in my area. Only BJJ.

Must Thai was uninteresting, I had a stalker and my bf at the time trained/taught

Its effectiveness and sparring every class

My kid was involved in Bjj. I am military

For fun

Met my instructor

Ufc

I got hooked on grappling by training kosen judo while I was on an university exchange program in Japan.

Curiosity

To better myself and learn.

Saw effectiveness in seminar 1991 & 1992

an acquaintance of mine told me that if there was a heaven he'd like it to be a a bjj mat all day everyday

I was scared of BJJ guys at judo tournaments and needed to improve my ground game

Because I have seen its effectiveness in MMA

Sport

I liked the ground After I finished writing my PhD thesis i have found myself in a bad physical shape. I have seen an ad for BJJ academy, and as i liked the ground work in judo i decided to give it a go. I know that 8 months is not a long period, but i have to say that i fell in love with BJJ.

I trained Sankukai Combat Karate (it is kind of mix of traditional jujitsu, karate and MMA with Gi on) for few years. I liked the ground working with Gi but it wasn't the main idea of Sankukai so it was only trained quite rarely. Then new gym opened near me with BJJ courses and I was sold :).

I am a longtime fan of MMA and found the grappling aspect to be intriguing.

lose weight, self defense, challenge myself, start a healthy lifestyle

Self defense, fitness, lifestyle change

I had become interested in MMA and wanted to check out grappling

Always found it cool, and my grade school boy was at a tournament, and connected with a gym there.

Recommendation from a friend.

I was training for a long time kickboxing and I wanted to try something new. I was planning to compete in MMA, but I didn't have any grappling skills or experience in that area. So I did my research and I found that BJJ it's one of the core grappling martial arts for MMA. And I sad to myself I have to learn this. So when I started was hooked from the begining.

I did some kind of jiu jitsu as kid with my friends and my mother and always wanted to do it

Friends

Get in shape

I have had long break from kick boxing and my friend ask me to try bjj.

I watched the first UFC's and was fascinated by Royce Gracie.

The same reason we all started...UFC 1

Because I was already a balck belt in two other martial arts forms and when I went to the Academy of Carlson Gracie in Brazil they kick my ass.

It was a natural progression from MMA.

I used to MMA then I fell in love with grappling and fighting on the ground

Physical health

saw it on UFC :)

UFC

I was terrible at groundgame.

Natural extension from wrestling and judo

MMA fan, Royce Gracie.

Idk, just wanted to

I started watching MMA and really like the exchanges on the ground.

I wanted to try a new kind of art other than striking

Royce Gracie

Self defense

My friend started and asked me to join. I didn't want him to be able to beat me in a wrestle as we always mucked around. Always had a desire to train a martial art, a friend training was the final incentive I desired.

Never been a fight. Self protection, enjoyment, conditioning.

Wanted to continue grappling and it was getting harder to find wrestling for adults where I was living

I had an interest in martial arts for some time. I found a gym in my neighborhood that taught martial arts and offered a fitness class. At first I wasn't interested in the fitness class, figuring I'd get into shape doing the martial art. When I realized how out of shape I was, I kept with the fitness class on its own for a while, about 6 months. After that my instructor, knowing that I wanted to transition into martial arts, encouraged me to try it out. I attended a class, having no idea whatsoever what BJJ was (I didn't even know that it was ground fighting) and got completely hooked.

Expand my grappling knowledge

Looked exciting

I had been looking for a BJJ school for a few years before Capital opened in my area. We were just expecting our first child and, coming off of endurance sports, I was looking for something I could "play" with.

Fun. Small person can do it.

I've a long-time mixed martial arts fan since I was a young teen, and I always wanted to find a gym to train at.

Interest in contact sports

Originally to get into MMA, but ended up focusing on doing purely Jiu Jitsu.

I enrolled my son and I wanted to be able to help him learn faster.

Just for the fun

I wanted to become who I was born to be, rather than who I was.

Wanted to fight MMA

Because of personal interests

I started sparring MMA and kept getting taken down and had no idea what to do.

Improve grappling technique. Cardio.

To fight/defend myself

for health reasons

Because I wanted to be tough

Self defense, confidence, health, and to see if I could hold up to getting smashed.

Avoid brain trauma from other combat sports

looked interesting

Ufc 2

Fitness initially, but shortly I was hooked!

watched Royce in UFC 1

I've always liked to "wrestle", needed hobby, girlfriend at the time did jiu jitsu.

*aikido

I was fat and wanted to get fit!

Wanted something like wrestling (and, eventually, judo).

Looks fun (I watch MMA). Convenient: Class offered at work.

Extend my previous training to the ground

Always been interested for many years. I want to become someone within jiu jitsu. I intend to win a world championship one day.

I went to a free seminar offered at my school. After seeing what the instructor could do, I wanted to know how to do what he could.

Self defense

after this guy slept with my boyfriend and i needed to fuck people up

1) physical fitness. I had started to gain weight, and wasn't happy with myself. I knew that I would not stick with exercise unless it was also mentally stimulating. 2) self defense. 3) I had become really interested in BJJ specifically because of my experience with other martial arts (aikido specifically). I listened to Joe Rogan, Sam Harris, Peter Boghosian and others talk about the benefits of being able to actually train with resistance, and was really intrigued.

Brother encouraged me to try it out. Karate school got a BJJ instructor on board.

Something to do with friends

Began training jiu jitsu to round out my judo game

my room mate in college would buy me beer if I went with him

self defense

Too old to keep striking/not very good at striking

I was training in To Shin Do and they had a ground fighting class, so I tried it and immediately fell in love with grappling.

Get in shape

Needed to have a ground game. It was absolute 0

Fun, get over mental health issues

1997 or 98

watching the ufc, finding something to stay in shape, stress reduction from work

I watched the movie Redbelt and was intrigued by the jiu jitsu, not the acting.

Cause i want to do mma

Saw it as useful for my job (law enforcement)

UFC

Stay healthy

Get back into shape, fun.

MMA fan and wanted to improve my knowledge

I wrestled in high school & college. Jiu-Jitsu looked like fun.

Added it to judo. Got in to judo because of the UFC

Curiosity and a desire to do something athletic.

looking for a new way to improve my fitness, and fulfill a childhood dream.

Get in shape

Tried a trial and got hooked

Try something new

had some experiencing with MACP, Modern Army Combative s Program, which is based heavily off of BJJ, so I started sipping the pure quill so to speak

Friend who was into to ufc dragged me to a university class as he didn't want to go alone. I had to stop rugby because of several knee injuries. I loved the contact side, respect and physical aspects of Bjj since then I've been hooked.

I trained in Okinawan karate and kenpo in and after collage, getting close to black belt in both, and then I moved. I picked up judo, and then I moved again, and I went about seven years without putting on a gi. Now that I'm a little more settled, I decided it was time to go back to a martial art, and jiu jitsu appealed to me for its effectiveness and as an alternative to striking arts.

Watched the UFC, got hooked. Wanted to learn to fight, but hate getting punched in the face.

Self defense

Get in shape.

I was interested in MMA at a young age and started taking classes that mainly focused on jiu jitsu.

Listening to Joe Rogan's podcast

Sport

For fun

My son asked me to do it with him

Wanted something to do after work that was martial arts related. Never trained BJJ so I decided to try it.

my kids were doing it

I was bored

Because I missed grappling

I really love combat sports and really got into watching MMA when I was very young. I wrestled in high school and made the jump into BJJ afterwards to continue the learning process.

Grappling was part of my KAJUKENBO curriculum.

Health and self defense

I liked sparring for exercise purposes

fitness and learn new sport

To see what it was all about.

Because I was fat and sad.

My children were all doing it. I wanted to do something with them.

Had had the interest in grappling for years but there was no school accessible to me, then a new one opened nearby in feb '16

Curiosity, divorce, and I lost a "gracie challenge" so I figured out I needed this in my life

I wanted to become more confident in myself.

Joe rogan

Not enough ground technique was being taught in Judo.

I was introduced to grappling through the ground fighting techniques in to-shin do (modern ninjutsu), I enjoyed ground fighting more than the stand-up portions and decided to pursue that with more focus.

Always fascinated by it after watching Royce at the early UFC tourneys.

To fight MMA

I took combative classes and whenever the fight hit the ground I would get dominated. I wanted to be able fight on the ground if necessary.

Because it filled in gaps that I had from my other martial arts.

We moved to a new city where I didn't know anyone. I'd been training other martial arts for ~20 years and I wanted a strong community of people to train with.

fitness

It was cooler than Yoga and needed mobility work for powerlifting

Basically was talked into it by friends and fell in love.

To get in shape and to learn how to protect myself

I wanted to start years before I actually did, but the reasons changed from that point to when I actually started. It went from cool, to tired of being punched/kicked/concussions. I trained in various martial arts growing up and as I got older, I needed to change focus due to the miles on my body and how my professional career progressed.

Fitness and self defense

I was fat and needed a change in my life

Loved martial arts my whole life, mostly striking arts but had not trained for @ 8 years. Looking to get back into martial arts after an injury side lined my weight lifting. Opened a business right next to a dojo that had jiu jitsu as part of its curriculum, got friendly with some of the members and gave it a try. Hooked.

I've always wanted to train since seeing Royce Gracie at the first UFC's when I was a kid

Started watching kickboxing, then eventually MMA. Just really wanted to learn BJJ, knew it was effective, fun and interesting.

I tried it and it was fun.

Wanted to learn the triangle choke

Wanted to learn to defend myself.

Was a part of the student program and with my judo background I thought it would be fun.

Wanted to get in shape.

To have a sport to compete in.

A friend recommended it.

inspired by connor mcgregor to start training martial arts

Fitness, Trained Muay Thai in same gym first and watched BJJ, MMA Fan

Self defense

My dad kept asking me to go, and I finally gave in. I was hooked after the first class.

To get moving, to accept new challenges (good for the brain), exercise, flexibility and fun.

I started training when I was still working at a police department because they gave us no formal self-defense training, and BJJ was always something I had been interested in.

Always wanted too. Muay Thai was getting hard on my body

It was offered at the school where I already trained.

For fun

Tried it once while training other stuff with a friend and fell in love with grappling from the first moment.

so my husband would have a training partner.

Needed something to balance life. Working in an office, two small kids at home. Always loved watching MMA. Needless to say, I almost dont watch MMA anymore - I watch jitsu.

I was interested in MMA, after doing some ground work my interest shifted to BJJ.

I was having a commitment issue with my forward throws and thought I needed extra ne-waza practice

To lose weight.

As an outlet for competition.

I wanted to do some sport, I went to try kung fu but it was only the following day, and they were just starting a bjj class so I decided to try it out

Fun, fitness...

Self defense and fitness

To leg lock my enemies

Seemed like fun, had seen Royce in early UFCs

Interest in martial arts

BJJ is fun.

I like the mental game

I was an MMA writer who wanted to fully understand all aspects of the sport he was covering. We can all relate to being punched in the face, but I had no idea what was going on during the grappling exchanges.

I had been training judo for a year and was most interested (and had the most success) in groundwork.

For self defence, to stop bullying.

To increase my ground fighting in Judo

I started training jiu jitsu because I had found grappling in general to be very enjoyable while wrestling in high school. Transitioning from folkstyle wrestling into no-gi and gi was easy, and I found jiu jitsu to be an effective means of correcting technical deficiencies in my grappling game.

I was out of shape and obsessed with the UFC video game.

My boyfriend was a blue belt and would beat me up all the time and I was sick of it

I was unsatisfied with my performance as a wrestler in high school and took up jiu jitsu as a way to continue developing as a grappler.

Aikido showed me some ground game but would not and could not scratch the itch

I started for 3 main reasons. I love mma. Its helps me stay in shape. It combats my depression

to give a try at MMA

Watched Batman

Grappling with friends was always fun

I was invited to try MMA and did that for a few months, then transitioned to BJJ as I moved to a new city for a job

fun and start mma

started muay thai, my gym began to offer mma and grappling about 3 months into my training. thought i'd try it out and got hooked.

I started BJJ because I had wanted to try it, and had started Judo several weeks prior and really enjoyed it.

I stopped all physical activity after I had cancer, 10 years ago. I realized if I don't do something, I'm going to be a very unhealthy old man some day. Martial arts were always interesting, and in my research I found that I have access to a great gym nearby, and decided to give BJJ a shot.

Because Jiu Jitsu

I always wanted to do an armbar ever since I seen Bruce Lee do it in enter the dragon, also I use to wrestle and jiu jitsu seemed like it would be fun

Friend got me into it

Wanted to get fit and learn something for self defense.

daughter did first...looked like too much fun to not give it a shot

Because it's the most effective grappling style

I liked MMA and Judo training that I had done previously in high school and college. I was stationed in Japan and was looking to get back into Judo, but they offered BJJ on base. I thought the ruleset in Judo wasn't ideal so I was willing to try BJJ. After that, I really enjoyed the challenge.

My best friend, who knew I would enjoy it, continually asked me to try it until I finally gave in.

We had an mma coach leasing space from my karate dojo and when I quit karate I started training with him

I watched a shitty MMA movie and decided to give MMA a try. The membership was all-inclusive, so I thought I'd give Gi BJJ a try.

The kids class seemed like fun, but after a few years I found myself staying for the adult classes.

Fitness. A sport i can do with my son. Love he physicality

I wrestled in high school and missed grappling.

I wanted to be a Ninja

Was looking for an interesting way to exercise and realized I lived less than 1 mile from the Mendes Brothers' academy, so started at AOJ and trained there for 2 years.

Thought it looked interesting. Also, from an outside perspective, it seemed the most practical.

Self-defence, MMA

Looking for a new sport, was introduced to the idea of grappling during military service

I sparred with a Jiu Jitsu practitioner and realized the wisdom behind incorporating some ground game/grappling.

Wanted to do mma

Fun and exercise

exercise and self defense

I enjoy it

To get into shape and be active

Because it was interesting and fun

My neighbor and really close family friend started teaching my brother so I wanted to try. He showed me a lot of the basics, but when they moved I wanted to keep training.

I dabbled in it in college but stopped, and I wanted to pick up a martial art again.

Other exercise programs such as weight lifting, running, biking, and group classes were boring and I couldn't commit to regularly exercising. I also felt like I wasn't learning anything useful. I took up boxing, then kick boxing, and started training BJJ to help a friend train for MMA fights. Eventually phased out the boxing/kickboxing.

I was becoming a couch potato, so I looked for something that could reignite my athletic fire. It's working so far.

Curious

I've been a mma fan for a few years and wanted to learn a martial art and also get in better shape.

Because of my friends as and i already wanted to try it

Watched UFC 1 in early 90s and became instantly interested.

Got picked on.

Gracie Breakdowns

Self defence

Fitness and intrigue.

fun

Saw Royce in UFC

To lose weight

In 1998 I learned it was an effective martial art, and the black belt (Franco De Camargo) in my area was a very great person.

I'd sustained a career ending ballet injury and a friend who was into jits suggested that I try it.

Transitioned from a Wrestling family

For the ability to fight, make friends, and develop discipline.

Wanted to understand what the hell was the guard being passed that they mentioned on UFC fights.

Self defense

Because I loved mma. I also had a friend that was training and had told me to try it one day, so I went to a class near me the next day and fell in love with the sport.

Another way to exercise but it was also suggested it would help with ptsd and anxiety.

Army combatives

i saw it and like it

For fun and exercise.

Want to fight MMA and enjoy it.

I needed a healthy hobby and JJ looked like fun.

Life long interest in martial arts, including jiu jitsu, but never had the opportunity to train until recently

to stay healthy

Watched a bunch of UFC and how rogaines podcast, kept hearing about how awesome bjj was and thought I'd give it a go.

To be honest, I just did it on a whim one day and decided within a week that I loved it.

To make friends in a new community, to learn a good self-defense art.

Had a lot of fun training with friends in a garage, decided to pursue it more actively with the end goal being MMA. MMA is no longer in the equation for me, but now the end goal is continuing past black belt.

To get in shape and learn how to fight.

Lose weight, get fit

My mum told me it was like WWE

I wanted to try a martial art since I was a kid, but thought karate that had forms and punch/kick drills in the air pointless. I wanted 'hands on' and something that could be applied in the real world. Nobody knew what BJJ was in the late 80s so I didn't do any martial arts. Here I am years later finally trying BJJ.

Getting into MMA, but jiu jitsu just took over my life in a good way. It has done so much good for me and it will continue to do good for me.

My cousin is a black belt and introduced my children and I.

I was always an athlete and I missed competing. BJJ wasn't like martial arts. It was results-based. You could either beat a guy or not. A move worked or not.

I saw a video of Ottavia Bourdain climbing an ice cream shop owner like a tree and choking him to the ground. This led me down a youtube rabbit hole and I thought, gosh that looks like fun!

To learn grappling

To get in shape.

I was looking for a martial art for my daughter to practice. Watched her train for 6 months or so, decided I'd like to as well.

self-defense and cardio

I was tricked into it and fell in love instantly.

Effectiveness

Love of grappling.

Wanted to tie in boxing with a ground game for mma

Wanting to apply my physicality. Have always been a good athlete and maintained a passion for strength training on my own, just wanted an outlet to apply what I've "built".

I saw José Aldo leaving Nova União about 2 blocks from my apartment in Rio de Janeiro.

To learn how to fight.

Visible effectiveness vs other arts.

Always wanted to

I needed to be challenged mentally outside of my work and Jiu Jitsu fits that need.

Joe Rogan and his podcast

Wanted a different movement discipline

At this point in my life, partially for self-defense, but mostly to have something to do. Martial arts in general is one of those perfect hobbies: it's cheap and it is simultaneously a mental, physical, social, and spiritual endeavor. BJJ is also one of the most challenging things I've dealt with in my life in all of those aspects as well. In short, it improves the quality of my life.

I wanted to have an MMA fight before my 30th birthday. I didn't end up doing it.

I missed being an athlete since I missed going to school to play football or run track due to injuries.

I am a lifelong fan of martial arts, and I became a fan of MMA, so I decided to educate myself about the ground game on the internet, and eventually got interested enough to go try it out.

I thought I could fight MMA

Effective Martial art and Joe rogan kept talking about it.

My brother got me into it.

Self Defense

Inspired by Gracie family.

Always wanted to train a martial art; needed a physical outlet

Exercise/fun

SoCal is hot bed of bjj...getting tired of being hurt from CrossFit.

Liked UFC And friends were already training

joe rogan

To fight MMA

Self Defence

Some of my family members had already begun their journey, and I saw how it changed them. They were more dynamic physically and mentally and generally more peaceful, and I knew that I wanted that for myself. Jiu Jitsu doesn't come easily for me, but the more I put in, the more I get back.

Introduced by roommate

Needed a new hobby after we moved here as amateur football didn't exist.

I wanted to do MMA.

Confrontation anxiety - suggestion of a friend

It got me back in touch with my wrestling roots.

Was looking to get into martial arts for self defense and fitness purposes. Googled for "most effective martial art" - found BJJ

I missed the physical strain and challenge of wrestling. I'm also a large MMA fan which pushed me to explore other combat sports.

Exercise without feeling like exercise.

Fitness/Always been interested in grappling but just now have the time and money to do so.

Q19 - What is your favorite part about training?

What is your favorite part about training?

movement

full body workout and mental training/problem solving.

Family, sweat, blood, tears, fun, techniques, repetition

The physicality, aggression that is controlled.

Rolling and drilling

rolling

Choking people

Everything is awesome.

Family

Competition, friendships

It makes me feel good about the things my body can do. A self-esteem, body-confidence boost.

Rolling

The Challenge

Community. All walks of life do bjj

Great stress release. You can't worry about your email when someone is trying to choke you.

The camaraderie , the total focus, and instant feed back.

The humbling effect it has on everyone

Its fun and challenging

Roll

learning

THE EXPERIENCE, THE EXERCISE, LEARNING,

Constantly figuring stuff out while rolling and occasionally getting submissions

It's a fun workout

Getting something to work on an upper belt.

The mental release and physical exhaustion that I feel. The "working out of my demons "

Live rolling and testing techniques

It's fun and you meet lots of good people

fun

I love drilling as much as I do rolling.

Refining existing techniques and improving my understanding of body mechanics as a result.

Sparring

Feeling mentally refreshed after a hard rolling session

I'm having fun while training. It truly is a form of therapy, and has helped me out in more areas than I can imagine.

It reduces my anxiety and I enjoy the challenge of hand to hand combat

Using intelligence under physical duress

Getting better.

Love all of it, and go through phases but right now my favorite part is the mental chess that's played every roll

the feeling after training

Rolling

Fitness/Intellectual Challenge

It is as much mental training as it is physical training. It is hard as shit and I really appreciate that I will always have something to learn.

The feeling afterward that I've learned something and I'm making myself into a better person.

The hard grind every day

Rolling

Rolling after technique training

Feeling strong and overall great afterwards.

Learning

Implementing a new solution to a problem I've had in live rolling.

Learning and growing and hitting nice subs occasionally.

The friendly environment and people, the learning aspect, the confidence and patience I am developing when being put under pressure and in bad situations.

Cardio exercise

personal achievement, intellectual challenge

The family atmosphere and the way I can leave all my worries outside when I step onto the mats.

Teaching & Sharing, seeing my kid's class students compete.

Rolling

Everything

Fellowship

Health and way I feel

Working through fights mentally.

The interaction of doing what I love with my family

Everything

Community

Feeling like you improved, regardless of getting submitted.

Improved physical fitness, camaraderie.

The camaraderie and trust between classmates that come from testing each other and suffering together while being safe. I also love fighting to survive on the bottom and the feelings of accomplishment that comes from doing it well.

The camaraderie.

Increased sensitivity (e.g. weight distribution) and better understanding of body mechanics and leverage -- becoming efficient in other words. Learning new techniques and finally being able to make them a part of the game is always fun too. Keeping in shape without thinking about it.

Confidence in self defense /teaching

Honestly I enjoy it all, the drilling, the beatings you take during training, learning new positions and of course the friendships you develop is amazing.

I really love constructing games for other people around their body type and interests and putting sequences of techniques together. Plus sparring is the only way I believe I truly reach a meditative state.

rolling

The community and friendships.

Self defence ability

Technique

I really enjoy the "ah ha" moments when something comes naturally.

Rolling and grappling with training partners.

Team camaraderie and the personal challenge

learning fundamentals

Friendships and fun

Developing new position/submission flows; general physical competition.

Everything

Rolling, comp training, social aspect

rolling

noticable self improvement week by week, and a lot of fun moments during rolls

learning techniques then putting them into practice

Physical activity mixed with mental activity

The grind

The people I meet and the personal growth/challenges, the ongoing learning

The pride, confidence and camaraderie

rolling / sparring

Rolling!

Sparring

Learning techniques and trying to apply them.

drilling and flow rolling

Applying new techniques in sparring or old techniques in new ways / from new positions.

Sparring, seminars

The community

Two or three hours where all I have to think about is what is happening in that moment. So, stress relief.

Rolling.

Improving myself, finding calmness & happiness. Helping people.

That you can both flow roll and go 100 percent in sparring and you don't even get hurt. Amazing!
Another thing is that you can roll anywhere anytime.

Preparing for competition.

seeing friends and learning

Sparring

It's lots of fun, good exercise, good for anger management and also a sport that my 2 very young sons can greatly benefit from enjoying with me in many ways.

The thrill of getting something right.

Rolling

When class is over I feel hyped and want to learn and try more.

Rolling

Sparring, hanging out with friends.

learning and applying new techniques

Continually growing and learning. The Zen concentration of it. The strategy of it and trying to outwit my opponent as he tries to outwit me. Getting my exercise while doing something really fun. Exercising that primal demon that wants to go to battle.

Comradarie and the moments when something clicks

Everything! Testing ideas/moves against resisting opponents to learn what works. The scientific method in physical form.

how much fun rolling is

rolling / sparring and troubleshooting problems.

It's basically fight club. The comraderee.

The companionship

Resistance an rolling after drilling

It's fun and I enjoy the challenge.

Drilling and Rolling

Live sparring

Getting in a good workout.

Everything! Well rounding myself as a human being! It makes me a better person!

The technicality of it

Rolling

Peaceful mind

working towards the submission with as little effort as necessary

Sparring

pushing myself, and learning as much as possible.

Rolling

Rolling.

When you are able to see noticeable results from your training

The game of sparring

Stress reliever

Rolling, testing myself

It's humbling

Fun, social exercise

group fucking

social kontakt

Training itself and the people I meet while doing so.

Honing technique

Sparring

rolling, sparing

The community that we have formed at Renegade.

sparring with a proper partner

sparrings - regardless martial art.

Fitness and team mates.

Learning new techniques.

Learning and growing

Sparring

having respectful training partners

Improving

A good workout in open mat.

The difficulty of it. There is so much to know and learn that every day is new, every roll I learn something. I also like that it takes a very long time to become competent.

Everything learning new techniques and rolling talking with teammates

The comraderie

The rolling aspect.

Human interaction

Learning new things

Forgetting about everything else going on in your life. It's 2 hours of mental freedom.

No gi rolling

Rolling and brainstorming technique and strategy

Getting a good dominant roll.

i like the detachment feeling during and after the trainig

Rolling.

Being able to beat bigger, stronger people.

I like the family atmosphere. I like challenging myself .

Sparring

The relaxed atmosphere allows me to play jiujiitsu slowly, calmly and enjoy doing unorthodoxed movements and techniques.

Technical training + sparring

The atmosphere in the gym on the mats and rolling with different people and constantly testing yourself and trying to out smart your training partner.

learning, feeling more fluid and coordinated

Live training

I like to practice techniques, and practice on rollings that focus us starting in specific positions.

The euphoria after a good class

Constantly being tested. Also, getting live feedback of strengths and weaknesses and being able to constantly evolve to minimize flaws.

Being able to keep up with the young guns, the energy in the gym.

Learning a new skill

Its hard and challenging but at the same time social and rewarding

Competing against myself

Getting smashed and learning

Learning and the people

I have fun with my friends. and and gets to build a relationship with my body based on funktion rather than appearance.

Learning and sparring

Pushing myself to the limits and striving to learn more every day.

The drive home , reviewing neurological the emotional, physical, thought process that happened in the lesson being tort that evening.

Cardio and challenging myself to get better. I'm a PhD student, so I can't always go when I want to go, but I like to be playful and make things fun.

My favorite part is the help that everybody gives each other. It's a very relaxed and friendly environment. I like sparring and I love to create new positions.

Trying out new techniques/rolling

Free rolling

learning

Constant learning

Team mates

Rolling

Live rolling.

working out

Getting a release for the «fighting spirit» that i used to take out on my little brother as a child :D

Learning to submit people

Rolling / Specific training

Rolling obviously

It's fun. High stakes problem solving

Solving the puzzle and helping others to do the same.

comraderie

Learning new details

The people you meet

Technical sparring

Great workout and change in lifestyle

Rolling, Learning new techniques and connecting them, Drilling and figuring out how stuffs work.

The constant puzzle solving in trying to find the path of least resistance.

The concepts and principles

"getting" a technique camaraderie

Everything, from the physical to the mental I love it all

IT IS QUITE LITERALLY THE ONLY THING I HAVE THAT I CAN BE COMPLETELY PRESENT FOR. NOTHING ELSE MATTERS EXCEPT BJJ WHILE ROLLING.

Movement

having fun with my team mates and learn new things

Situationals. I improve most during them.

The randoris.

I love every inch of it....

Free training with experienced partners and an instructor nearby to correct you in your researches

Mental chess game

comraderie

Sparring

Exercise and fun.

rolling

My teammates, meeting new people and making friends and of course...get better.

sparring

rolling

getting subs

Improving.

Mental break from life stresses. Focus on skill acquisition and practice. Relationships with team mates.

Always being humbled .. Being challenged ...

Friends

Staying thoughtful under pressure and when exhausted.

Physics

Rolling

seeing the progressions in my mind

Learning new things

Sparring constantly

Choking people

To be honest, it's hard to explain. I've written it out six times and have erased it all. I think the part of training that makes all the heartache you've gone through over the years go away are the rare moments when your love and devotion to and for the art drowns out all the noise. It's when you're rolling and you no longer think about how you didn't get that stripe, or how you let yourself down at the last tourney, or how this beginner white belt has just passed your guard... it's when, instead, you're concentrated so much on what you're doing that nothing else matters. You just are there, in your gym, your home away from home, rolling. It's when you don't think about what you're gonna do next, you only do something next, and next, and next. You only do something now. I love this feeling of just... feeling. Living in the now, you know? It's a little bitty part of what Jiu-jitsu gives me.

Fun, good for mind and body, social outlet with like minded

The people

No ego, rolling

The social aspects

Testing my physical limits, teaching and choking my best friends

submission

Mental aspect

As far as training goes I love sparring, as far as jiu jitsu goes I love the camaraderie

Friends

Drilling

Getting to roll with different people!

Rolling

Rolling.

I really like training as a whole from the physical workout, to learning technique, to rolling. If I had to pick ONE, it would be rolling because of the stress relief it brings.

Takes my mind off the rest of the world and the camaraderie of my school.

Successfully doing something I was previously bad at

The closeness of training partners and rolling

Problem solving

The stress relief.

Learning. always learning.

The challenge; seeing the improvements I'm making

sparring/rolling

The people I train with.

The family I've made

flow rolling and drilling games(king of first blood)

Rolling on the mats and seeing how I've improved, or learning about new ways to respond to different situations

Learning, friendships, mental portion of it, sweating

My friends, stress relief, feeling accomplished after a good roll

Embracing the grind. Noticing improvement over long periods of time. Getting good enough to incorporate new moves into my game like I'm playing chess.

Fitness & self esteem

I fell in love with Jiu Jitsu so quickly I hadn't realized it had happened. I train because I love it, but it is also a place for me to find peace and to feel comfortable.

Getting to roll with fantastic grapplers and friends.

Seeing my progression/improvement over time

Everything!

That I'm always learning; the mental part of the sport. The fact that I don't feel like I'm training when I'm drilling. Unlike other types of training, I don't watch the clock or wish it was over. I feel like I'm very "in the moment".

Becoming comfortable with the uncomfortable

Rollin

Drilling complex sequences and rolling

Improvement

If you tap they let go. Anyone can train and it changes preconceived notions among people.

Improving my technique and myself as a person

Working out. Proving myself in competition

Learning new moves

Playful Jiu Jitsu

Being in the moment

Rolling.

A good roll

Rolling with my training partners.

Improving 1-2 techniques

Depends which day you ask me but I tend to get off on sweeping or submitting someone who is much bigger.

Thinking about the progression of moves and subs

Rolling / Randori

The challenge physical and mental.

Must say that the favourite part is definitely the rolling.

Stress release, meeting people, learning new.

Rolling!

the workout

Rolling

Being able to focus on just the training and leaving everything else at the door.

Stress relief, friends, being active.

Sparring and socializing

Sparring

drilling

Specific training

Making friends and solving the puzzle

It is so versatile. Body health, strength, flexibility. Self defense aspects. Mental side, stress relief, find peace in pressure. Friends, world wide family. And much more ;-)

The camaraderie and friendships that I have with my training partners.

sparring

I love every Aspect of BJJ my favorite part of training is Training :)

Rolling.

rolling

Exchange between individuals

everythin

Sparring full speed without being getting hurt / whereas boxing where one can't do only hard sparring all the time.

Everything

Rolling

Fun workout. Surviving attacks and catching people stronger than me.

Comradery and the feeling of being confident in any situation

Figuring out minor details that make my game tighter.

Friends. And getting better. And friends getting better

The people

Learning every day

Noticing self improvement, gaining confidence

Rolling

The community

Usually, full on rolling.

Comraderie and the ability to go full speed with relatively low chance of injury

Maintain a healthy weight

That it provides cognitive-social-physical stimulation, in the forms of, respectively, the physical chess match, the community building we have at our school, and the physical training.

Rolling, Positionalsparring

Learning about myself and how to improve

Improve fitness

Rolling, constantly pushing my self, and learning new things

Rolling

The mental aspect and the way it helps me focus on the now.

The camaraderie. Grappling gyms don't have the toxic pedantry of traditional martial arts gyms.

Having fun

That you always are striving to perfect yourself while at the same time to are improving under pressure

The mental aspect. When I'm on the mat, my mind is free and clear, reduces my stress.

Rolling

developing technical skills. adapting my style to accommodate my aging body.

Makes me a better person, humility etc

Learning new techniques and drilling them

When I hit a move successfully

Seeing improvement.

The grind

learning

How hard and challenging it is

Live sparring

stress relief. useful self-defense skills.

Rolling, focusing on the roll and nothing else, seeing where I've improved and where I still need to improve.

Sweat dripping from my nose

Rolling

Rolling.

Live rolling.

constant challenge

Learning.

When things finally click or I get new insight.

Self improvement & comraderie

getting to be the cucker not the cu k

99% no bullshit. I know exactly where I stand on each technique because I can test it literally that day against someone who is much better than me. This experience is gold.

Rolling / sparring

Learning and honing my craft

All of it

To crush my enemies, to see them driven before me, and to hear the lamentations of their women.

discovering new/better techniques

Learning

Makes me feel connected to and aware of my body.

Rolling

Flowing sparring.

Finally making a technique work

I just like it all

the camaraderie

It's a no bullshit environment. The mats don't lie.

Getting in shape, learning to defend myself

Rolling with higher belts

The community

Awesome community and workout.

the mental and physical stimulation keeps me engaged

Learning new techniques & concepts then testing them rolling

It's a lot of fun

Rolling.

the environment

Exercise in disguise

Learning and trial and error

the comrade

Stress relief uni work is extremely heavy it's great to completely forget the amount of assignments I have and focus on not getting choked out.

Sparring, and especially positional sparring (starting from guard, or mount, or whatever).

Rolling

Self defense

Hitting that one move that I have been working on when rolling with a higher belt.

Positional live drilling with the goal of practicing a certain technique on a resisting opponent (ie: king of the hill, or a similar live drill)

It's one of the most physically and mentally challenging things I've ever done. Rolling makes me feel more relaxed and less stressed about work, personal life, etc.

Competition, knowledge of knowing nothing

Rolling

Seeing my son progress

Clever tricks and troubleshooting moves. It feels very natural.

Learning new things. Rolling.

Normal life problems disappear on the mat

The camaraderie and brotherhood.

The breadth of technique.

Learning

Figuring out the physics

the high from struggle and perseverance

The challenge.

Learning techniques. Plus the social aspect

The camaraderie.

rolling. Endorphin glow afterward

winning.... no seriously, I enjoy learning and the camaraderie of the atmosphere.

Sparring. I think it has a really powerful effect that can set the mood of training that day.

Feeling progress

The mental and physical focus of rolling.

Rolling

Learning a new skill that is WAY out of my comfort zone.

People

Everything

Fun.

the level of trust involved while trying to choke the life out of your friends.

its hard and exhausting and the one time a day I can clear my head

Competitive friends, learning new skills, and seeing progress over time

The discipline and family feel.

Experiencing the growth that comes from pressure

sparring

Rolling to apply what we learn.

The people I train with

The camaraderie of shared exertion and the problem solving under pressure.

Everything. The art, losing, winning, the exercise, losing weight, getting strong, choking motherfuckers

Halfway through 15 rounds, just thinking about breathing and not getting passed, mounted or subbed and vice-versa

Going hard

Seeing my training partners, sparring, seeing noticeable improvement in myself and others.

Live drills or rolling.

Sparring of course.

The mental challenge of switching between different partner's styles quickly.

Finding zen-mind moments.

The work out

live roll

Friendships

Stress reduction

It is a good way to exercise my mind and body among friends.

Learning something new.

The ability to absolutely forget everything else going on in your life for that time on the mat. It's easy to forget about the rest of your life while someone is trying to choke you.

The physics of it and also the community

Getting smooth at a technique and then being able to do it in rolling

Tired, happy camaraderie after class. Drilling something to death and then getting it to work live.

Working with people to understand how the body works and how to manipulate it. The tricks and details that make a movement change so hugely and effectively.

Working in the moment. Not worried about the rest of the world.

Everything!

Live rolls at the end, I can put my few months of knowledge to the test.

Learning new things, applying them

Social aspects. I have a lot of friends.

Competing.

Rolling

The people are great

Learning a slick new move that is conducive to my body type (very petite female).

The physical exercise

The mental and physical Challenges

Learning something new

Learning new moves.

Seeing improvement

Knowing your opponent is fundamentally trying to stop you submitting or out grappling them, but you can still do it anyway. It means it's real, effective and I've actually amounted to being able to do something, mama!

Good days, and when I can teach someone something.

Making friends, competing, and having a really fun time

Learn, try new thing on sparrings

Being able to flow from one position, tweaking a technique and being able to find different ways to sweep, reverse or gain dominant position in live rolling.

Conquering the weakest parts of myself, the friendships, the game itself

Self confidence booster burns calories

The satisfaction of understanding and applying technical concepts and ideas; when a new fundamental concept clicks into place. Beginning to understand the "open elbow" concept was easily the most gratifying moment I've experienced in jiu jitsu.

The feeling of camaraderie

The comradery and feeling of pride.

being able to fight at 100% without getting hit

Getting better

Breaking through plateaus

Solving constantly changing problems under stress, and the stress relief that comes after completely exhausting yourself in the endeavor

getting better

applying a highly technical skill in real-time, against a resisting opponent, and getting to forget all problems and background noise from life. letting the body work and getting into the zone of not

thinking, just acting and reacting. i primarily use my brain in my work life so it's great to have something where my body can work.

The competitive aspect of hitting a technique that the other person does not want you to hit.

Learning new things -- I don't care about winning, or measuring myself (don't really even care about stripes and belts much). What fascinates me is every little observation about something I'm doing wrong, not doing, or can do better.

Improving my own abilities

Learning all the details and reasons why techniques/moves work.

Work out keeps you energized and healthy while you learn the art

That it takes a lot of thinking in order to submit your opponent. You have to be smart.

hugging sweaty dudes (duh)...and 1) the mat doesn't care; 2) we're all friends after match (until next match)

How chill everyone is.

Sparring

The idiosyncratic nature of it - how each person's unique body and mind shapes their game.

The physical aspect, the social aspect, my gym is amazing, competing

Learning from failure

Fast paced, back-and-forth rolling

The physicality.

Rolling

I'm just chasing that flow state. Every now and then it all comes together.

Choking people bigger than me.

Rolling is like meditation for me. It forces me to be totally in the present and, when I'm getting choked by a 200 pound partner who has me in full mount, I don't have space in my brain to worry about whatever was bothering me at work, etc.

Learning

Progression.

Development and problem solving. Social aspect plays a big part too

Using a sweep submission or an escape that I've been working on.

Getting good.

Rolling

rolling

the mental focus

The friendship and learning

Stress relief and self improvement

Meditative effect, the problem solving, channel for aggression and endless energy I have, the people

Applying what I've learned in sparring.

When we learn a technique in class that bigger guys (like myself) can efficiently employ in matches. That and when said techniques actually work.

Learning, sweating, empty mind.

Fun

The moment you finally manage to do a sequence or move you haven't been able to do, that moment when all the struggle pays off.

Learning new technics and the bond u make with your rolling partners

Executing a technique I learned in sparring.

Sparring, I'm the smallest guy in the gym so the challenge is fun.

Getting back

Too many to list, camaraderie, feeling of getting a good workout in while loving it, feeling of making progress/unlocking puzzles as you're able to execute techniques

Being with my buddies and staying fit.

rolling

Sparring

Friendships that I've formed from training

Testing myself

Rolling. Specifically the 'puzzle' aspect.

mat time/ live rolls

The state of flow.

Learning crazy new ways to use my body as a weapon

Conditioning and mental stimulation

The discipline that comes along with it. Also the family I have gained from training.

The people and learning something that can't be taken from me. At least as long as my body holds up.

The self improvement

getting better

Rolling

Constantly Improving to compete and making such good friends and mentors.

I enjoy drilling and helping teammates.

The cerebral aspects

working on new techniques

The chess like aspect of it

I was going to say it's a toss up between drills and rolling, but really all of that is just the learning experience. I am constantly going over the way me and my partners are rolling and trying to identify points of failure and areas where I'm improving etc. The mental workout that gives you on top of the physical one cannot be understated.

Seeing myself improve.

Learning/drilling techniques that suit my game.

Technical rolls against someone who can push me.

My teammates. I get a solid workout without even realising it

Everything

One black belt we have is very well studied in BJJ. He actually plans a class and creates a set of 'moves' that work in concert. We build 4-5 moves together and in the end it is easy to see how they relate and work together. By the end, you have a complete setup, attack, finish, with alternates. I appreciate his efforts much more than others that come in and just pick something to do and bounce from 'move to move' with zero cohesion.

Everything. Warm-ups, technique, drilling, sparring/rolling.

Being in control.

Chaining movements together with a fully resistant partner

The weird and wonderful things you can do with the human body

Rolling

Camaraderie and the great exercise.

Live training.

keeping healthy

The comraderie with my training partners.

Rolling

The human & physical chess aspect, and learning new stuff.

Social aspect and regular rolls

That rolling incorporates strength, flexibility, and conditioning all in one.

When the technique finally clicks

Getting more efficient.

Cerebral rolling.

Sparring

When the lightbulb goes off about a concept or theory and I gain a better understanding.

I love the comradery. I love the people I roll with.

Right now learning new things, and the people I train with.

I can't say exactly. Training itself is my favorite thing, I can't isolate one thing over the other.

It's fun

Learning new things and working on getting better.

When I'm training that's all I am doing at that moment, just training and hanging out with my pals. The stuff that stresses me is not there, and by the time I get out of training I feel refreshed and ready to handle said stressful stuff.

Problem solving, acquiring skills

Being in the present moment

The environment that perfectly combines intensity and relaxation.

Rolling

Testing personal & physical limits.

crushing the shit out of younger, buffer dudes and getting them to tap to pressure. :)

learning a skill, making friends, staying in shape

Comraderie

The friendship and learning

strategy

You are in the moment and all other aspects of life disappear.

Kicking ass

community.

It's fun.

The chess match.

Becoming better at grappling, the ceiling for improvement is so high that it's addictive to try and push to become better.

Physical chess match. Full effort against a "combatant" training partner.

Being lost in the flow of a roll.

Technical problem solving while rolling

The camaraderie at the gym mixed with the feeling of discovery as moves and ideas start to flow together.

Chess.

Interacting with training partners on the mats

Q20 - What is your least favorite part about training?

What is your least favorite part about training?

crab walks

minor injuries and getting other peoples' sweat in my eyes

Sweat from your partner in your mouth.

Injuries

Instruction

drilling

Being put in the spotlight

Nothing

Nothing

The time commitment

Rolling

Summer when it is super hot

When it's time to go home.

Those days when nothing works and you feel you're not making progress.

Hyper aggressive training partners and the risk of injury

Rolling with someone who just uses power

I love it all

Warmup

getting up and to the gym

BEEN A WHITE BELT HAHA I HAVE 3 stripes and been training for 1 year

Long warm-ups

Being injured.

Fake black belts and guys who are pussies that see bjj as a fad and a "sport." I put I started 8-10 years ago but my first time training was 19 years ago with relson Gracie. It was all about street fighting and I fell in love. I didn't have an opportunity to train again until 2008 and the guys now are wimps

Drilling

Getting smashed by athletic strong guys

n/a

Standing Judo techniques.

Pointless long warmups where we run around in circles for 20 minutes. This is not jiu jitsu.

The warm up

feeling frustrated when hitting a plateau

Lack of physical fitness which may lead to injuries. Hence, time off the mats.

Hitting plateaus can be emotionally taxing. Although these are also the times I experience the most growth

Potential for ringworm and staph

Getting smooshed and other people sweat dripping on my face.

The only downside is the occasional injury that keeps me off the mat

waiting till the evening to train and lack of experienced training partners

No least favorite

Injuries

Our school doesn't have a structured curriculum (that is shared with students). We kind of just learn the technique(s) of that day. Also, we don't have a fundamentals course or class.

So far, just the little minor injuries.

Talking instead of working

Warmups

warmups.

Getting injured.

Injuries

Getting beat up.

Injuries.

Having to wash my Gi!

Guys who do not wash their gi's

n/a

There is nothing about it that doesn't give me a sense of peace. Therefore this is nothing about it I don't like.

Injuries, fatigue & new, meat head, white belts that refuse to listen.

Cardio

The Landry afterwards

None

Recovery

Orienting newer reckless white belts

Training in the Gi with those who stall.

Pussies who complain

Wear on my body

Smelly

I'm a white belt, so getting smashed is my least favorite part.

Injuries and downtime from injuries! A far second, partner's poor personal hygiene, smelly gis, Bodie's, and getting partner's sweat in eyes, mouth, face. Blech!

Meeting new people.

Risk of injury.

Injury

I really do not have one, I enjoy everything about training.

Egos and injuries

warmup

Injuries.

Travel time to class

Injuries

Definitely the poor hygiene aspects: bacteria, people's sweat, smelly people, people who don't cut their toenails and cut you...it's all disgusting.

Getting hurt.

Work/life/training balance. Bridging the gap between hobbyist and competitive goals.

?

Drama

I do not 'drink the coolaide' so to speak, so I find the BJJ lifestyle fanatics (especially at higher belts) abrasive.

Currently being limited on what I can do because of pregnancy ... Otherwise grip fighting

injuries..

drilling

injuries

offensive body odor

Smelly gis

Getting frustrated

Admitting that I am full of pride and spite when I want to be full of humility

The off days

not improving as fast as I'd like

Sparring Spazzy people

warmups

Nowadays, getting hurt. I'm an old fart. Getting rashes is right up there too. Sometimes having to put up with the macho

takedowns

Practice drills (shrimping, etc). I just want to learn techniques and roll.

Unstructured drilling (rarely useful for me by some reason)

Cardio

Injuries.

Warm-up

Injuries.

To loose without giving my all.

Drilling techniques, a necessary evil.

getting changed on cold days

Working on my weaknesses, although I know I need to.

In winter when you sweat so much that your clothes become wet & when you stop you are freezing

Overdoing it and getting stomach cramps.

Injuries that stop me from trying more.

Running

Drilling

finding suitable training partners

Shitty training partners. People that are so soft they tap to knee on belly. When the instructor gets caught up talking to someone instead of teaching or starting the next round. Instructors on "Brazilian time" Getting kneed in the face by whitebelts.

Drilling and revising techniques that are not part of my game - although i still recognize the importance and value in this

Occasional injuries and not having time to train more.

learning and re learning due to lack of advanced class

conditioning & static non-dynamic drilling

Cardio training

The drama

Warm up !

Bruises

The dreaded warm up

Injuries

not training enough.

Crappy training partners

Being the smallest

Rolling with people that smell

Drills

backroll - touch the floor with your feet (warming up drill) getting overhead swept

Nothing I dislike besides injuries.

Recovery takes some time, cause I'm always battling injury. Its getting better and better, so the injuries are far and few between. Guys are on average 30+lbs heavier.

Warm up

Warm-ups

Plateauing

The warmup/exercising

Little injuries

Conditioning

Getting hurt

Joint damage

fucking women

rolling

The time required away from my family.

Getting injured

Teaching

Back rolls.

granby rolls for warm up

Kata elements.

Inexperienced practitioners that just want to hurt you as oppose to learning.

Conditioning.

Injuries

Enjoy it all

hard rolls with competition focused partners

Getting tired

That I can't do it 3x per day

Self defense

Maintaining a positive relationship with everyone. We have a large school, so it can be tough.

Warm ups.

Injury

Getting injured

Going through the cooling off period after training and feeling all the aches and pains.

Drilling (I know its important)

The speeches and allusion to the instructor as a "master"

1. Useless movements (doing stuff for the sake of working muscles as opposed to doing actual technique) 2. Techniques that are shown because the head black belt wants such moves taught.

sparring with aggressive bigger and stronger opponents

Drilling. Washing my Gi :)

Warm ups

It takes me longer to recover now a days.

Warm up

When my training partners don't want to drill techniques and they just sit and talk and screw around.

Warm-up (when disconnected from "useful" moves)

Partners that spaz out and try smash you regardless if you are drilling or rolling.

getting bruised and suffocated when rolling

Nothing

Speed drills

Trying to have energy for everything else in life

Egos, when partners start worrying about who tapped who. This especially makes me angry when people use terms like "win" or "lose" when they are just training on a nightly basis.

No air-conditioning

Long warm ups

Injuries

Learning

Injuries

Injury

washing gis

Nothing. Everything is my favorite.

Getting demoralized by higher belts.

When training with a partner who doesn't stop talking when trying to drill.

When people stop to talk during drilling or don't want to keep drilling after a few reps (though taking a rest because you're out of breath or talking while drilling is acceptable).

Warm up.

Warm up

Stentch training

bad training partners

Getting Smashed by bigger people

Injuries

Nothing really, but as a beginner advanced concepts can be confusing

Injuries

stretching

Too much smelly gym clothes and towels piling up..

Getting tired

Warm-up

Long warmups

I can't really think of something. Maybe rolling against someone who is way worse than myself.

I have non. All parts are important as a whole at least for me on a personal level.

warmups

Takedowns/throws

Injuries

Warm-up

Chronic injuries

None

People with bad personal hygiene, or people who don't tap; to me they are almost on equal footing.

Nothing

warmups

COMPROMISING POSITIONS, HAIR, SWEAT, ACHES AND PAINS (TIME OFF ABOVE ALL)

When it comes to jiu jitsu nothing. But I guess maybe ab work outs lol I will never have them.

returning to training after an injury or layoff

When it's over :(

The warm-up

When i live the gym.....

Moments when you don't learn (i.e. oversophisticated exercises that you'll never be able to apply in competition, unefficient training...)

Being sore after

meatheads that roll to hard - injuries

Positional sparring

The toll on your body.

cardio

Don't have any, I love everything about training.

injuries

non-bjj stuff like running for warm up

gassing

Injuries and periods during which I hit a plateau are my least favorite parts about training.

The 50 min drive home afterwards? The fact I can't do it every day?

Fear

Injuries

Screwing up open guard and getting crushed from side control.

Biochemistry

Injuries

Working with men that "have trained something similar" (new white belt student) and feels the need to coach me.

Washing my hair more than once weekly.

Not enough classes when I'm available

Stinky gis.

The heartache that comes with it. And the reasons for this are endless... a few examples, though? When I'm one of two people sitting out and my instructor asks the other person to roll. When someone I was promoted with at the same time receives a stripe and I don't. When I don't try my hardest during training, or a tournament and am ashamed of myself for it. And when I have put in more work than anyone else has for two plus years and my instructor chooses to give his attention to another blue belt, who doesn't devote nearly as much of their time to the mats as I do. Jiu-jitsu breaks my heart constantly, but it is also what makes it full.

Stinky dudes

that's a thing?

Injuries

Injuries, being 41 and not being able to heal as quickly as I used to

conditioning

Feeling defeated or stranded development

Occasional gym with politics

Expense

Post workout stretching

I like it all

Warm ups

Lack of Curriculum.

Some people's egos.

Injuries.

There isn't one

Injuries and the tendencies for people to come in and try to hurt you because they misunderstand how to train.

Running in a circle to warm up

Injuries.

Injuries.

Injuries

warm ups

My class runs late.

Dealing with my ego

warm up/exercise.

Getting frustrated by huge black belts crushing me down

Bad/negative training partners.

Bullies, people that smell awful, anyone with an ego

The grind. The constant minor injuries. Having new younger guys come in and destroy you with pure strength and aggression.

Injury

Being a female in a male dominated sport is difficult. It's great that there are more women every day, but there are still a lot of issues at small gyms and with gender biases.

Injuries of course.

White belt dudes

People who don't train hard.

As a smaller, older, weaker person, rolling/ sparring is not my favourite part, but I'm getting there.

Injuries

Some complicated move I still can't do.

Warm up

Washing my gi afterwards.

People assume a rank entitles you to some power. I don't like pressure to win or being expected to give a person a certain amount of effort only because I've achieved so much on my path.

Waking up the next morning

Loosing

Warm-up

Smelly people

Warm ups

Warm-up.

Gym bullies

Slow recovery after a tweak or a hard workout (i.e., age).

running.

Sweat & smell

Judo/ Stand up work

None

Warm-up

My old ass body

Learning a complex technique. I'm a slow learner.

Absolutely nothing!

Injuries

planning (laundry, eating, stretching, driving)

Injuries which keep me off the mat.

-

The pain my old body feels after

None

Drilling but it's necessary to build your reflexes

warm up

Take downs

Injuries holding me back from trying new tech

Injuries.

sparring with a stinky partner

People who do not show up for training

Drilling.

conditioning

The pain !

injuries

When my partner wants to talk more than train (drill or roll)

Some guys think every time they roll they are at the world's

Facing/conquering my own ego.

Injuries

N/A

Staying up too late after training

The ego's

Injuries - don't get too many injuries however

Injuries

Fitting it in with rest of my life and ramily

Stretching. It's not built into the classes, so I neglect it.

When there are no upper belts that show up to class and I have to roll with white belts

Having to spar with individuals who are not Athletic

My confidence taking a hit

Warmups

I don't know if there is one haha

Stretching

Injuries.

Getting hurt. It used to be that training was my focus and I'd be fine hobbling around with injuries in other parts of my life. As I've gotten older I've gained access to alpine sports and find them equally as enjoyable. I've stopped rolling no-gi to avoid the possibility of heel hook injury. I haven't stopped training or developing that game, but it's a game I don't have to play.

Getting back to my feet after a good session.

Having plateaus

gi burn

Getting stuck with a bad partner.

injuries

Silly politics, grown men gossiping like middle school girls

having to stop!

The technique of the week part of class. Total waste of time.

Crowding on the mat.

Warm ups

warm ups

Injurys

Long warm ups during the winter months!

injuries.

Drilling things I don't usually use, I appreciate it because I should have some knowledge on all positions but it still is my least favorite part.

Sweat dripping into my eyes

Warmups! :D

Wrestling. It's hard.

Health concerns.

sweat

Don't have one yet

Collar chokes

Injuries

when i go for a grapple but end up on the other persons elbow

1% bullshit. Some of the techniques in the self defense curriculum mirror TMA. I think BJJ could stand to update its striking curriculum. My sense (limited sense) is that much of the striking curriculum is imported from MMA, but I would like to see the approach taken by (for instance) Krav Maga, which looks at ways to train high percentage low effort low technical difficulty strikes, as well as defenses against common (as measured by actual statistics) attacks. The KM self defense curriculum builds off of impulsive reactions instead of looking for the "best" way to defend something. I'm not really sold that the best defense of a bear hug involves a throw, when a series of elbows is probably good enough.

Spider guard / grip heavy games. Hurts my fingers :(

warm ups

joint pain

sweating

Feeling lost

Risk of serious injury.

Warm up

None

Not veing able to translate drilling to rolling

The changing rules limitations in competition.

when i'm not training. lol.

I can't train as often as I'd like.

Being exhausted in the middle of a roll, not being able to breather while sparring

Getting smashed

Dealing w/ attitude

Doing my laundry every friggin day. Sore every morning.

injuries

Drills, although I know they are essential

Injuries

Warm up.

the competition between the schools.

Warm ups

Injury (few and far between)

warm up lol

Soreness, and frustration. Frustration in practising certain part of my game hard and not seeing the reward for often extended periods of time. The other things would be if I let a bad day interfere with training, bad uni results is an example but usually I can control these emotions

Warm-up and conditioning

injuries

The politics

Practicing the same technique for dozens of repetitions

I don't like it when people take jiu jitsu too seriously. I train because its fun, and an ultra-serious attitude can suck the fun out of training really quickly.

Demo self defense

Drilling

Being smashed

Belt Hierarchies. Risk of Injury. Gi burn. Not enough beer.

Warm ups

Rolling with guys twice my size

The aches and pains and joint issues that can sometimes result.

Recovery

The drive to school

Smelly people

injuries

The politics.

Getting handled like a baby. Still after 4.5 years. It's a mind fuck this sport. But the best one ever

Being older when I started.

stupid gruelling warmups. I'd much rather do slow-rolling or relevant drills

injuries

SQUATS.

Skin diseases and other injuries

Some warm-ups can seem to take too much time.

Getting stuck under a significantly larger opponent's side control or knee on belly.

The anxiety I get before going to class.

Skin infections

Sometimes it's hard to fit it in my schedule.

Dojo politics

people who are overly aggressive in just a normal everyday roll. You're not trying to win Worlds against me while you're a whitebelt kiddo.

warmups :(

Time consuming

It's all part of the process. I enjoy it all. Even the bad days.

Experiencing the pressures that cause growth...

nothing

Nothing

Getting hurt

Injuries/people who quit.

n/a

Injuring myself

Injuries

Warmups

Repetitive nonresistant drilling

Warmups.

The heat. AC can't keep up with a lot of people rolling.

N/A

Partnering up at the beginning of class

warm up

Getting dominated

Warm ups

The accumulated bumps and bruises of 10+ years of being on the mats

Injury

Getting squished/smashed by big/strong/heavy dudes as a 150 lb white belt

People who are trying to hurt you more than just Jiu jitsu

Training with people that win with strength and speed and they think their technique is better than it is.

Getting injured

Warm Ups haha

Not understanding the technique right away.

getting injury

Warm ups

Not being able to do it often enough

Making weight for competitions.

Self defense.

Tough warm ups

Washing gis

Rolling/sparring

Politics

Injuries

Warming up

The next morning

I think it's very addictive and that can impact on social life and relationships with those who don't understand your passion. Also, there are mentalities out there where everyone wants to prove something about Jiu-Jitsu to everyone else, whether it's them loving it more than you, or that they're better than you. They say it is an ego killer, but come on, there are a lot of egos in Jiu-Jitsu.

Tough days, physically unpleasant and technically unrewarding.

Injuries

warmup

Aches, pains and injuries

That one "idiot" in the gym.

Big white belts who don't know how to chill.

Belt-hunters who are trying to snipe higher ranked belts, not because they exist, but more because I still let them get to me. I try to rid myself of notions about what my rank means in terms of who should beat whom, but sometimes they still get under my skin.

Injuries

Injuries

Injuries

Injuries

Gis grinding on my face when in bottom side control or mount

plateaus

spazzy sparring partners

The injuries =(

I have a lot of trouble with two main areas. (1) I don't have a comfortable way to express concerns to others. E.g., how do you tell stinky gi guy that his gi is so stinky you don't want to roll? There are social barriers that I need to overcome in order to get the most out of my BJJ training, and I'm still trying to figure it out. (2) I've discovered that I have some real claustrophobia when someone has me in an oppressive position. I know it's an irrational fear because I can "practice" with my wife, and I can breath, move around, try different things, no problem. But put someone else on top of me, and for some reason I can't breathe, and I'm panicking, and it's all kinds of scary. Who knew? I'm gradually making progress on this.

Times of stagnation

Not having anyone to roll with

Rolling with people that try to harm others. Rolling with people that pick on white belts just because theyre easy to submit.

That the classes are too short.

being broken (recovering from ACL tear/replacement)

Getting squished but I'll improve.

Warm ups

Nagging injuries.

Nothing

The injuries

The part where you don't train

Injuries.

I feel like I've gotten more than my fair share of injuries over the years.

Warm ups and techniques I don't want to drill.

At 36, injuries. They are more frequent and slower to heal as I get older. I try to train as much as possible, but I'm learning that even when I try to go light, I can't train 7 days a week, or I get overuse injuries.

Sweaty partners. Arrogant partners.

Injuries and ridiculous gym practices or culture. The gauntlet, IBJJF rules, points matches, lack of self-defence training (with strikes) and sexism. These are not an issue at my gym, but it is a persistent problem in BJJ academies.

Formalities that take precedence over the more important training. Fortunate enough to have landed myself in a club that respects formalities but does not let it get in the way of training

Partners with poor hygiene

Getting crushed.

The drive to and from

repping techniques

Ankle locks

The pain afterwards

Time commitment for every class

Weird rules and stigmas created by the culture. Not a fan of the needless bowing and ossing. Trying to explain it to people who don't.

Feeling caught under side control.

The frustrations of feeling like you're not learning enough.

Getting there. Traffic in Rio de Janeiro is insane nowadays...

Injuries

stinky people and there stinky gis

the warm up

Getting crushed when mounted. Pushing myself when I'm tired.

I wouldn't say there's a least favorite part, but drilling guard passes or basic self defense that I already know can be really boring.

Getting destroyed

Time flies when you're having fun, it's too easy to spend a lot of time training and let other things slide

BJJ "Lifestyle and Culture" douchery.

getting smashed annoying injuries (cauli ear, bleeding lip, torn skin, sprained fingers)

Injuries

I enjoy every aspect of class

Realizing how out of shape I am physically

The odd times we get self defence based classes. I really only like the sports aspect.

None

Showering, laundry, nutrition, injuries

Formalities

N/A

I love every part of Jiu Jitsu but if I had to pick, it would be having to skip a class because of work or missing out on a class. There is nothing I don't like about it.

Lately our class has been focusing a lot on judo. Which is not appealing to me.

Injuries

training

Drilling

There are no aspects I dislike.

Hard core warmups.

The males who have to win

warmups

My cracked ribs and dislocated finger and toe.

Warm-ups. I understand their purpose and they are useful, but I much prefer learning.

Dealing with egos and injuries

Injuries

Having a professor who ignores the bulk of his class in favour of his favourite clique

Knee on belly days

Takedowns

Injuries

The list is long which is why I'm struggling with the blue belt blues and contemplating giving it up. Learning one small puzzle piece at a time that is unrelated or unplanned. Shitty training partners that either don't talk and give feedback, think this is the UFC belt match, etc etc. Zero feedback from instructors. Rarely is there feedback on your progress overall. Progress only exists in your own head

and is taboo to discuss with anybody. You wouldn't want your striping to be delayed because you inquired about your own progress...

Waiting

Guys going like it is the world championship

Politics

While I understand its value, drilling can get boring.

Younger practitioners that have big egos.

Drilling. It's the vegetables of the jiu-jitsu meal.

warm-ups

The smell and sweat.

Rolling with new, overaggressive people.

Injuries

Warmup and drills

Classes moving more slowly than I am capable of learning.

Injuries

My finger pain.

Dealing with meatheads.

Sparring

Knee on belly

How my back feels

Rolling against people who I don't like.

Waking up stiff and sore in the morning.

The pain and soreness from training too much.

All the laundry.

Injuries

Injuries

All the sweat.

Injuries and hygiene

Overly aggressive training partners. Gym politics.

D1 wrestlers

Getting hurt, frustration about lack of progress, laundry

Bad breath on partners.

warmups

drilling

Pushing myself and seeing improvement.

whiny or cocky people

Having to go 100% with another student who thinks a friendly roll is the fucking ADCC.

Certain training partners

The politics.

I hate the constant turn over of training partners, having groups of people train for years and then just disappearing sucks.

Lengthy time consuming warm ups

Gym politics!

Warmups

That my job forces me to be tethered to 7AM classes only.

Exercise. (Warmup.)

Worrying about skin infections

