



Hello, members and family of World Jiu Jitsu Academy!

It's May now! Wow! Where does the time go? Another month has gone by and hopefully we all find ourselves the better for it.

April was crazy! We've had a lot of fun and good times, and it's been great having each and every one of you in class.

Before we get into anything, I'd like to remind you all that our class schedule has changed! The following is our new schedule:

#### **Monday & Wednesday**

Adult Beginner/Advanced 11:00am-12:00pm  
Lil' Ninja Elite (Age 5-7) 5:00pm-5:45pm  
Jr. Warrior Elite (Age 8-13) 5:45pm-6:30pm  
Adult Beginner 6:30pm-7:30pm  
Adult Beginner/Advanced 7:30-8:30pm



#### **Tuesday & Thursday**

Lil' Ninja Intro 5:00pm-5:45pm  
Jr. Warrior 5:45pm-6:30pm  
Marathon Roll [Tuesday], Drill-To-Win [Thursday]  
6:30pm-7:30pm  
No-Gi 7:30pm-8:30pm

#### **Friday**

No-Gi 11:00am-12pm

#### **Saturday**

Kids (All Ages) 9:15am-10:00am  
Adults Open-Mat 10:00am-11:00am



Other than reminders, the focus of this month's newsletter is competition. If you'll recall, we had the Minnesota Grappling Challenge this past month! We did a lot of training for that, and hopefully everyone's feeling a little more relaxed now!

Congratulations to everyone who competed! Regardless of whether you medaled or not, it's a victory that you simply took the risk and entered the competition. It takes a lot of courage to do that.

This month, we've brought in two of our friends who competed in the tournament, to ask them some questions about the experience. In his first time competing, **Chris Baldridge** won a gold medal in his gi division, and **Cory Kending** (competing in his second tournament) came out on top in both his gi and no-gi divisions. (Nice job, guys!) We asked Chris and Cory a few questions about the tournament, and we've compiled them here in a rare double interview.

#### **Behind-the-Belt Interview with Chris and Cory**

**WJJA:** One of the most important parts of any competition is the preparation in the weeks leading up to it. **How did you two prepare for the tournament? Any special strategies?**

**Chris:** "My strategy for preparing for the competition was simple; do more jiu jitsu. This meant double classes, three times per week, for the three weeks leading up to the tournament. But then I took four full days off before the tournament to make sure I had full energy and a clear mind."

**Cory:** "I needed to work on my grip endurance and ability to compete in back-to-back-to-back matches without getting tired. To do this, I ran short sprints followed by heavy lifts in multiple short rounds and during class I tried to push my marathon rolls to exhaustion. I also modified my Plan A's to funnel everything into a few key positions. My strategy was to follow a few good pieces of advice: from Professor to always attack (intelligently), from Quinn to use small attacks to make them uncomfortable and from the Jocko Podcast to default to aggression."

**WJJA:** Chris, as a first-time competitor, what was the night before the tournament like? Any nervous thoughts?

**Chris:** "I knew if I sat at home the night before the competition my mind would probably drive me crazy. I didn't want to lie in bed thinking about all of the things that could go wrong, so I met up with a friend for dinner and a movie instead. I planned it out so that I would get home when it was time for bed and go right to

sleep. The plan worked, I never had time to think (or worry) about the matches the night before."

**WJJA:** Cory, what inspired you to take on the competition?

**Cory:** "It had been over twenty years since I was in a wrestling tournament and I was a little nostalgic as well as wanting to prove to myself that I wasn't old yet."

**WJJA:** Any advice for someone thinking about competing?

**Chris:** "Realize that you are going to be exhausted. A five-minute match is about as tiring as a one-hour marathon roll. With this in mind, it's important to breathe and to not wear out your grips. I was shocked at how tired I was and I think managing that expectation is valuable."

**Cory:** "Everybody's journey is different, but if you decide to compete this is what worked for me on the day of my matches:

While waiting for your match to start, do your normal warmup routine from class. Don't do too much extra. Also, roll with a teammate at medium effort for a few minutes to get rid of the adrenaline dump in the warm-up area. And during the match itself, stay calm and focus upon what **you** are going to do, **not** what they might do."

**Chris:** Last note: the best thing about the competition was the support from everyone at WJJ. Not only was it fun to be a part of a team in the competition, but looking up and seeing 15-20 WJJ members there simply to support the people competing--that was awesome.





Thanks for the interview, Chris and Cory! I might also mention that the two would like to compete again in the future. Cory in particular mentioned a potential "long-term fantasy goal" of entering the IBJJF Pan Ams Masters Division. I say go for it!

Great job on the tournament, guys, and thanks for the wise words!

To inspire everyone to keep striving, we'll close with another quote, this one being from Dave Camarillo. Camarillo is a BJJ black belt who has trained with a number of very prominent names in the jiu jitsu world, including Rickson Gracie and Ronda Rousey; he's also the one whom the "Camarillo switch" is named after!

**"People think that it's a physical game and that it's 80-percent that. It's 100-percent the mind. The mind controls and moves the body. It sets the tactics. The ability to execute is not the body; it's the mind."**

It helps to remember that what matters most in jiu jitsu is your mental state. Whether you're competing or simply rolling with the flow, you need to be in-control up here first. Stay calm, stay cool, and then you can work on winning the game. It's good life advice too; the mind is the primary actor in anything and everything we do. If you want to do something right, then your head needs to be 100-percent there.

Keep up the great work, and I'll see you in class!

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... and a brief **Editor's Note:**

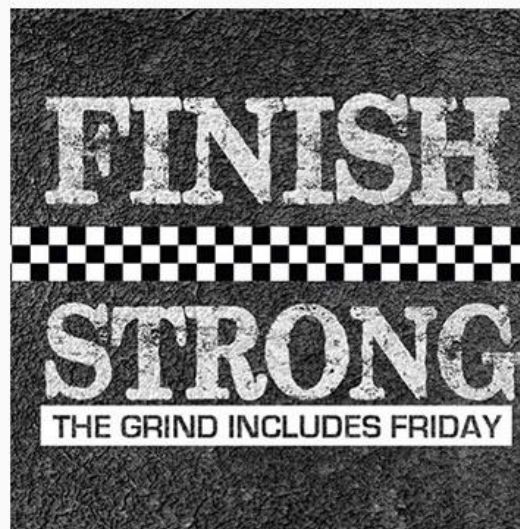
Next month we'll be starting a feature on the history of World Jiu Jitsu Academy! Look for it in the newsletter!

Also, write Professor a review on Google for World Jiu Jitsu Academy, if you can! Spread the good news! (FB reviews are good too!)

Best,

Joe Molohon

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'Til next time!

Professor Anderson

