



FOCUSED JIU-JITSU.

12 Training Strategies to Improve Faster
in BJJ by Adding Focus to Your Open Rolling

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If for some weird reason you got this ebook and aren't a member of my Chew Crew which receives my daily email letter.

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So if you enjoy the ebook you're reading. Join me for my daily email letter.

-Chewy

A QUICK WORD BEFORE WE GET STARTED

First off, I'm glad you downloaded the ebook.

I hope you enjoy it and get a few useful ideas to chew on for your training.

Before I dig into the training strategies themselves I just wanted to remind you of something that I feel is of massive importance for grapplers. Which is,

What you ignore is just as important as what you focus on.

What do I mean?

Well my friend, we all live in a world that is absolutely drowning in content and ideas. Your phone peppers you with information at the speed of a scroll. This can be a good thing but it can also be an absolute disaster. Too much information leads to information overload and indecision. And no action means no progress.

So the big focus of this resource is about narrowing your sights on something specific and putting on blinders to the rest.

Now, I imagine you got this book for 2 possible reasons.

1. You really like my YouTube videos or podcasts and wanted to check out my daily email letter. Welcome to the Chew Crew!

and/or

2. You saw some information about the ebook and wanted to dig in to learn some useful information to improve your BJJ game.

Well either way, you are most likely seeking information to aid you on your quest of being able to put people into chokes and joint locks more effectively. And I commend you for it. Now you have to do what is sometimes the hardest part.

Focus!

It's been my bearded experience that 1 well executed technique, position, training strategy or mindset idea is far more useful than a 1000 really great ideas that you never use. 1 great book can change your life if you read it. 100 great books do nothing if they sit on the shelf unopened, right? So don't worry about using everything in the ebook, it's not necessary.

That said, I created this ebook to help BJJ practitioners bring more focus and deliberate practice to their training.

As a coach I can structure training to include a lot of positional sparring and active drills that force my students into specific situations. But I've spoken to many people from around the world who say their gym only does full rolling. Nothing wrong with that necessarily.

**But if you want to improve in BJJ faster.
Just battling it out with open rolling and no goal isn't the best way to achieve it.**

Also, on my travels doing seminars. At the end of the seminar I will sometimes talk with students and ask them, "What are you focused on right now with your BJJ?"

The best students can usually answer that question instantly. They have a clear focus and goal they're working towards. The less skilled students struggle a lot of times to give me a clear objective they have. I don't think this is by accident.

And, over the years I've had the privilege of training and talking with some of the best BJJ practitioners in the world. And 1 of the things I notice about all of them is the focus they bring to training. They always have specific techniques, positions and goals they're working on.

So, what follows is a list of very simple and easy to act on strategies for squeezing out more skill and progress from your open rolls in the gym. Again, don't worry about using them all right now. Just find 1 that stands out to you and grabs your attention and then get to work!

Ignore the rest and execute!

I have countless variations of all the strategies and situational drills that follow. But I chose a small number of the ones that I believe would be easy for most people to act on. None of them require any special rank or privileges in the gym. And each one of these strategies could be used from white to black belt.

Some of it might seem too simple to work. But don't fall into that trap! We live in a world where everyone is trying to do more and more crazy and outlandish stuff just to get attention. It's why you can scroll through social media and see people show wild techniques that no one ever uses. They're doing it for views and likes and attention, not for your benefit.

Everything here has been tried, tested and used by black belts, world champions, ADCC champions, college wrestling champions and even olympic wrestling champions!

So if it's good enough for them, it's good enough for anyone.

Also, as a quick aside before we get into it. Whenever you're consuming instructional content like videos, books, etc. it goes without saying that you should concentrate on what the person is trying to teach you. With this book, that would be me. But just as important is...

As you read you should be alert to what ideas come to your own mind!

I can't tell you how many times a great, sometimes life-changing, idea has appeared in my mind like a flash of light while I was at a seminar or reading a book. Sometimes the ideas you're taking in combine together with your own knowledge and experiences to, sort of, dislodge something that appears.

So be on alert for those own flashes of ideas as you read on.

Alright, with all that out of the way, let's dive in.



#1

PICK ONE SUBMISSION, TECHNIQUE OR POSITION.

I'll give you an example of this in action. Years ago as a purple belt, I came across some armbar instructional material, one of which was a book by Dave Camarillo, and for a solid month, all I did was attack straight arm locks. It was the only thing I allowed myself to finish with. Also, during the weekly class I taught at the time it was the only thing I was teaching too.

By the end of the month I started to hit armbars from all sorts of different angles and transitions. I remember having a roll where my partner, who was a very good wrestler, was throwing me. Somehow while in mid air I positioned myself in such a way that I landed on the ground right into a straight arm lock. I had never trained that armbar transition before. It just happened.

There's a certain magic when you just give yourself one thing to focus on for a long period and you ignore everything else.

My friend and multiple time world champion Bernardo Faria said he used this same strategy to develop his own submission game in BJJ.

1 of the easiest ways to get more from your training is to simply have a specific technique or submission that you want to use and then use it as much as possible.

I tend to go in 3-4 week periods of focus before I move on.

Now you'll use other stuff of course. Just try and use your technical focus as much as possible.

Action For Rolling: Pick 1 specific technique or position to work on. Restrict yourself to using that 1 thing as much as possible. Do this for your rolling sessions for at least a few weeks.



#2

WORK ON YOUR ESCAPES AND DEFENSE.

One of the things that I've done over the years is anytime I want to work on my defense and escapes, I will allow people to simply pass my guard or I will give up my back. I'll let people put me into the positions that most people normally avoid.

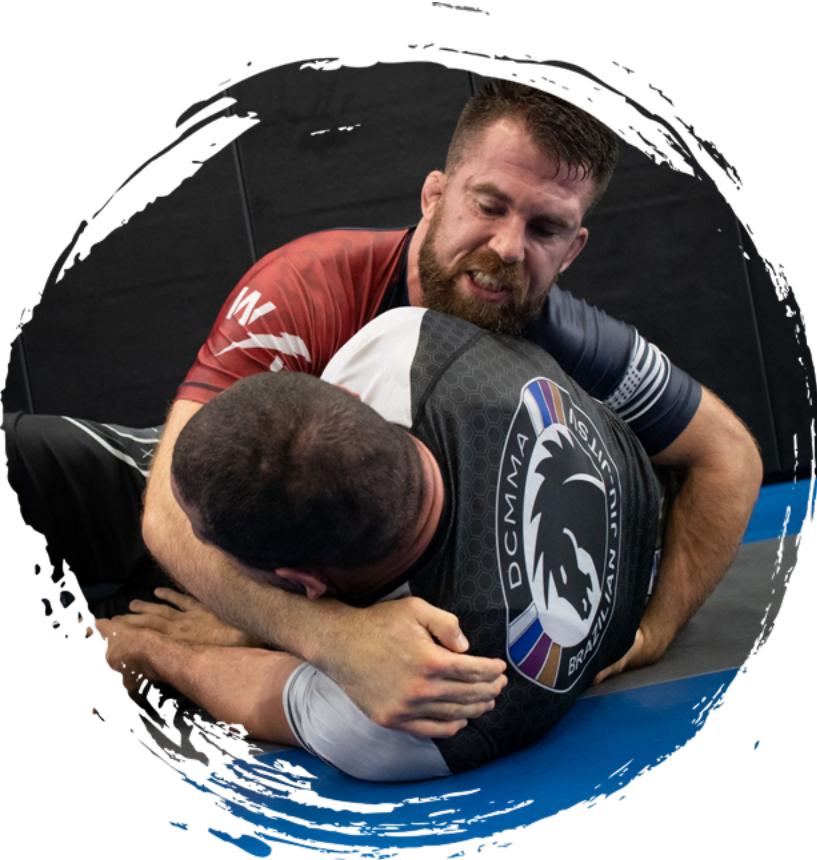
I do this so I can work on developing skills from those areas. This is important for all levels. You need it to survive in the beginning. And if you're a higher belt you need to keep those skills sharp since you may not have as many people who can put you into compromised spots like that. I've seen many black belts who had killer offenses and absolutely no defense.

Now if you're a newer white belt, then you're going to be forced to do this. No problem. It's normal. To get the most from this time spent escaping and defending... and to speed up your skill development with it. Try and focus on 1 specific escaping technique or aspect of defense.

Understand this. Your defensive skills atrophy just like a muscle you never use.

If you don't use it, you will lose it. At least some of it.

Action For Rolling: Put yourself in bad positions during your full rolls. If you're new you might not have much of a choice. If you're more skilled, purposely allow people to put you in these spots so you can keep your defense sharp.



#3

DITCH FULL ROLLING & DO SITUATIONAL ROLLING INSTEAD.

Another useful strategy during an open mat is to grab one of your close training partners and just ask if they'd be willing to do some situational rolling.

A great example of this with my jiu-jitsu was when I was a brown belt. Leading up to a competition me and one of the black belts at my gym used this to improve our defense and offense.

At the time I had a very good back mount (still do) and he had a very good side control (still does). But his back mount escapes were his weak area and my side control escapes were my weak area. So we just took turns working from back mount and side control. He would put me in the bottom of side control and smash the ever lovin' shite out of me until I escaped. The timer would buzz and then I would put him in back mount and I'd choke him until he freed himself from being the little spoon.

We'd set the timer for two minute rounds and would go back and forth for a couple of hours at a time, just working from those positions.

This period of intense focus using situational rolling changed my side control escapes forever. It became 1 of my best escaping positions, even to this day.

Just think of it this way. If you were a musician and you were having trouble playing a specific part of a song. Would you just play the whole song over and over again to work at it? Possibly. But you might also work on that specific area you struggled with, right?

This is the same with situational rolling. Identify an area you want to work and only work from there.

Action For Rolling: Grab a partner and identify specific areas you'd like to work on. Then roll only from those areas. As an example, if you need to work guard passing. Start from guard and go until you've passed guard or your partner has swept or submitted you and then reset. Do this for any position you want to improve from.



#4

DRILL A TAKEDOWN AT THE END OF CLASS.

Something 1 of my black belts was telling me, was that recently he was at a wrestling camp with a very accomplished wrestler who's now a coach at a successful wrestling program. During the camp the coach said that at the end of the practices he'll have his wrestlers drill one specific takedown for just 10 minutes or so.

The reason why is that this specific takedown used to be one of their best moves and then they found that they weren't giving it much attention and they weren't using it as much in matches. Now they drill it for around 10 minutes after every practice and lo and behold, they're hitting the takedown more and more in their competitions.

This is something you can do that could help you get better with your takedowns. An area a lot of people in BJJ struggle with.

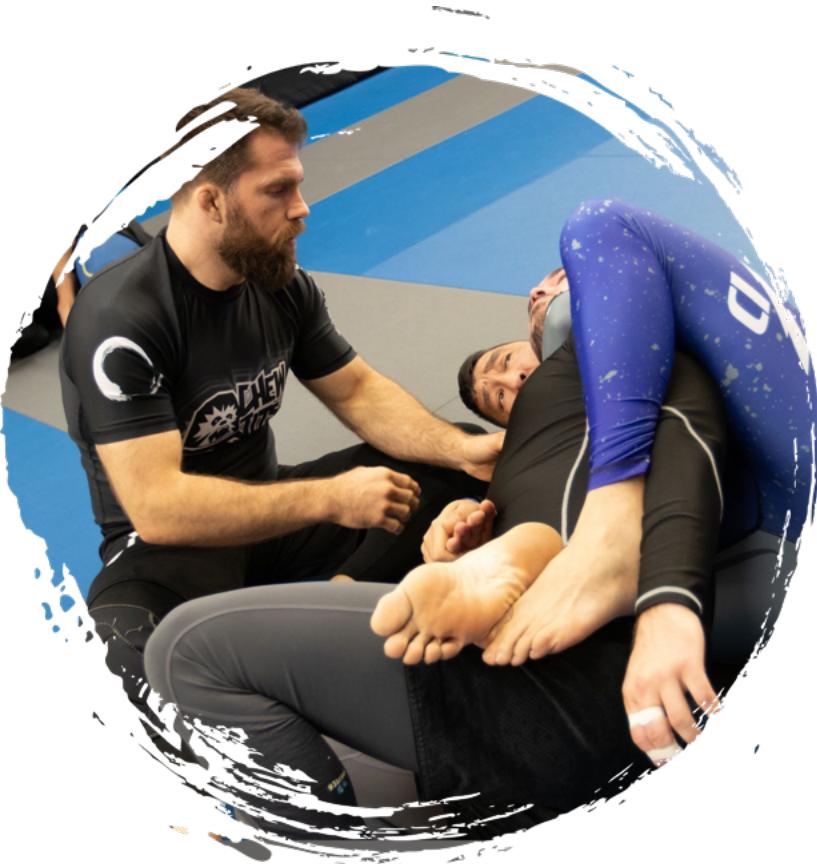
Grab a good partner and just pick 1 takedown and drill it for 5 to 10 minutes at the end of any training session or open mat.

Just to squeeze in a few extra reps. It doesn't seem like much but little bits of training like this stretch out over a period of weeks build up like drops in a bucket. You get what I mean, right? Leave a bucket under a leaky faucet overnight and the drops won't seem like much at first. But by the morning the bucket will be overflowing.

Never underestimate the “drops in a bucket” mindset. It’s what progress in BJJ looks like!

I've been training grappling since 2000. Most of my training sessions are forgotten. I don't remember what happened. They seem inconsequential. But all those little collected training sessions are what made the occasional breakthrough or gold medal performance possible.

Action For Rolling: This can be done with any technique. Pick a technique and at the end or even beginning of class, get some reps in for 5-10 minutes. It won't seem like much at first. But sprinkled out over weeks this strategy can be very helpful for developing muscle memory with new techniques.



#5

LEARN TO SURVIVE AND RELAX IN BAD POSITIONS.

(Newer White Belts. This is really important for you!)

This is something that I did as a higher belt to improve my ability to relax in bad positions. I wish I would have done this sooner because it was a game changer. Here's what I did...

I let people pass my guard and get into side control or mount.

Then... I just wouldn't try to escape!

I would just lay there and let them try to submit me and I would bring my hands together and get into a good defensive posture to just see how long I could slow down their submissions. I did this because my knees were banged up at the time so I couldn't roll like normal.

Now here's the good part.

After doing this for a couple of weeks while my knee healed up. When I got back to regular training I noticed I'd developed the ability to become very calm in the bottom of side control and mount and it made my escapes so much easier to use. Instead of being in a panic mode I was able to relax and think about my hand positioning and everything else. Just like I would any other position. This was not a skill I had before.

So, if you're someone that panics from the bottom of side control or the bottom of mount, then one of the best things you can do is let someone put you in that position and don't escape... just defend.

You're going to get submitted of course, it's just going to happen. But you see how long you can slow it down. What it will show you is that if you're very focused on your defense you might be able to last 1, 2, 3, 4, 5 minutes or longer during a roll. What this does is tell you that you don't need to be in a rush or in a panic to escape. You've got time!

This drill has helped many of my students escape the panic of being in a bad spot and learn to relax and be thoughtful when in the bottom of mount or side control. I hope it does the same for you.

Action For Rolling: Get into the bottom of mount or side control and just defend while someone tries to submit you. Don't try to escape. Just focus on surviving and staying calm. Doing this will improve your survival ability and make you more efficient with defense and escapes.



#6

ROLL WITH A SCOREBOARD IN YOUR MIND.

This is really useful if you're getting ready for a competition, especially if there's points.

If there's a point-based competition coming up I'd encourage you to roll with points in mind. What this means is that in the back of your noggin you're keeping track of who's scored what.

You do this to align your rolling style with the competition but also so you don't have to constantly look at the score table. 1 of my most painful losses in high school wrestling happened because I did that. I looked over at the points board to see what the score was, I turned back, and my opponent took me down. Now, I was up by 1 point and there was only seven seconds left, but once he took me down he got a near fall and won by several points. I lost a match that I should have won because I was looking at the scoreboard.

Another match I lost was as a black belt.

The guy had scored a sweep early in the match. But after that, I was all over him. For the next 5 minutes of a 6 minute match I almost had back mount several times. Almost submitted him multiple times. Too many “almosts” though. He ended up winning by points because I wasn’t keeping track. When the match ended I realized I’d been chasing the submission too much and not keeping track of where the points were.

Lesson learned for the Chewster.

Nowadays, when I’m competing, I know exactly where I am in the scoreboard because I’m constantly keeping it in the back of my mind. This is something I’ve trained in the gym using this mental scoreboard strategy. For the record, I went against this same guy several months after the match previously mentioned and beat him that time. In part because I played the point game correctly.

So, something you can do is roll with whatever the point scheme is in your mind. If you get a takedown on someone, that’s points in your head. If you pass their guard, that’s points. If they sweep you and you know that that’s two points, well then now they’re up two and you have to regain those points. You get the idea.

Doing this will also help you learn how to use BJJ style in that specific point scheme.

Because something to keep in mind is that it's not always the best or most knowledgeable BJJ practitioner who wins the match. It's the one who plays the game the best.

Action For Rolling: If you have a point-based competition coming up. Roll with that point system in mind. Keep track of the scoreboard in your head. Know whether you're winning or losing on points. This will help you adapt your game for BJJ competitions with points.



#7

FOCUS ON YOUR WEAK AREAS.

It's as simple as that. If you find an area of your game that's weak, then focus on it during an open mat or during an open rolling session. If it's an open mat, you could have people load up in a particular position. If it's an open rolling session, you could try to allow people to put you in those positions, or just ask them if you could start from somewhere specific.

An example of this from my training is that years ago after getting submitted multiple times from triangles, my coach made me start every round of full rolling in a triangle choke! I did this for almost a month and by the end of it my ability to escape triangle chokes shot up.

Random fact. I used to get caught in triangles all the time in competition. It was my kryptonite. But since that month of starting every round of rolling with my head buried into another man's crotch I've not been submitted by a triangle choke in competition.

Another time is when I was trying to improve my leg locks. I only allowed myself to submit with leg locks for almost a month. I struggled with them but the month long focus helped bring them up a great deal.

Action For Rolling: It's simple. Pick an area you struggle with currently. It doesn't have to be anything in particular, just an area you're weak from. Then focus on getting to that area as much as possible during your rolls.



#8

ONLY USE TECHNIQUES TO YOUR WEAK / NON- DOMINANT SIDE.

(Double the number of techniques you can use!)

This is such a good one.

Goto any gym and you'll hear people talk about their good side and bad side. And if you study people you'll find that most people have the same good sides and same bad sides.

This causes a glaring weakness waiting to be exploited for any who are willing to accept the discomfort of developing their weak side.

Here's some ideas to chew on.

I once heard Craig Jones years ago say that 1 of the reasons he was so successful is that he played Z guard to what is normally the non-dominant side for most people. Which means fewer people were used to dealing

with that side. This means they don't have the muscle memory developed to defend effectively.

See, BJJ is a lot about pattern recognition.

The more we recognize the patterns of our opponents the easier it is to stop them. This is why I tend to have more trouble with my purple belts in my gym than I do with some black belts in competition. The purple belts couldn't beat the black belts, but they know my grappling patterns better. Whereas the Black Belts are more skilled but, they've never felt my game.

But this pattern recognition has to develop via feeling over periods of time!

It's not about seeing it!

BJJ isn't about seeing. When it comes to BJJ, feeling is believing.

And you develop "feeling" for different aspects of BJJ by training with them.

Also, I remember hearing the great Dan Gable say something to the effect of...

If you want to double your techniques, do all of your moves to the other side.

It's good advice!

Also, it's been my bearded experience that when I can attack both sides I can exploit weaknesses in other people's game. If you go and watch some of my matches you'll be able to see that I usually pass to my right side, which is most people's weak side from the bottom.

So if you're ever in a class and your coach is reviewing information you already know. No problem, practice it to your non-dominant side.

And, if you're doing open rolling and want to challenge yourself and develop your game even more, force yourself to use all of your best techniques and positions... just do them on your non-dominant side.

Action For Rolling: Take techniques you already do well and simply focus on using them to your non-dominant side. This can also apply to drilling. If you're drilling a technique you already know, drill it to the other side.



#9

CHOOSE YOUR TRAINING PARTNERS INTENTIONALLY, IF POSSIBLE.

Not everybody has this choice, I understand that, but if you can, you want to be intentional with your training partners.

Think of your training partners almost like weights in the gym. Certain weights will be more challenging and depending on the exercise I might need weight vs another. When I'm rolling, I will choose different rolling partners depending on what my goals are at that time, and you should do the same if you can.

Here's some examples.

💡 If I'm trying to work on something brand new. I don't want to roll with the guy who is always ready for a gym war. I need someone, possibly a little slower or less experienced.

- 💡 If I'm trying to test out a new guard passing style then I'll pick people who play a specific style of guard.
- 💡 If I'm trying to get ready for a competition I need someone who can push me a bit and give me a good feeling for what I'll experience in the matches.

Light rolls, hard rolls, they all have their place.

And by being deliberate with the way you train you can get more from all of them.

Action For Rolling: This one works with the other ideas in the ebook. As you pick a focus. Try and pick partners that will help give you the level of intensity or challenge you need with that particular goal.



#10

HOW TO ACTUALLY USE THE TECHNIQUES FROM THAT INSTRUCTIONAL COURSE YOU BOUGHT!

If there is an instructional course that you're trying to implement into your game, then a really simple way to get more from your training is to review a specific technique or concept that's inside that instructional course right before you go to the gym and then work on it during the open rolling session.

**This kind of goes back to the idea of having one technique or focus,
But I'm being very specific to it.**

Instead of just choosing something at random. If you buy an instructional course on my website at www.ChewjitsuTraining.com or something and you want to make sure that you're actually putting it to use. Then something very simple is just pulling up your phone or pulling up your computer or whatever you use to access it and studying the material right

before you go to the gym. Then when you go to the gym, that becomes your goal, to help implement those techniques into your game. Then keep repeating this process for the same techniques multiple times.

I've done this with most of my instructionals that I'm trying to implement.

I'll find the technique I'm trying to add into the mix. I'll study it and then try to use it during a roll. Before my next rolling session I'll do the same thing and I'll repeat this process over and over again.

If you do this, what will probably happen is that with each pass through you'll pick up a little more information or new detail you missed because,

The more experienced you become with the position or technique the more able you are to actually digest the details.

You may have experienced this in your training before where you see a technique, you use it for a while, and then the more you use the technique, the better you become with that technique. Then at some point you rewatch the video or your coach shows the technique again and you realize all kinds of details you missed. The details were always there, you just weren't ready for them.

I personally like to go through this process of studying a technique, testing it out in training and then going back and studying it again at least five or seven times before I move on. This might sound slow and boring, but I'm not really worried about being slow and boring. I'm worried about being effective. You should be too.

I mean, let's say that you go through this "slower" process and you're only able to add one new effective technique to your game every month. That's

12 in a year! If you have 12 new effective techniques that you can use during a hard roll, that's a game changer. You are a completely different animal in jiu-jitsu at that point.

And to be honest with you, if I get 1 new technique or position from an instructional I consider it money well spent. I usually get more. But I know (because it's happened a lot) that even just 1 technique can radically alter my game.

Action For Rolling: Pick 1 thing from an instructional course. Study it before your rolling session. Then try it while rolling. Repeat this process at least 5-7 times before moving on.



#11

CATCH & “ALMOST” RELEASE

(Give your BJJ game crazy depth by not trying to finish.)

This is something that I do with techniques and it can help you develop the chains of attacks.

If you've ever watched a really high level grappler and they go from one attack to the next and to the next. They just keep attacking as a person's escaping or defending. With this style of rolling you're going to create that process by allowing people to escape.

Here's an example. Let's say you're really good with triangle chokes. Well, you catch the person in a triangle choke. Then instead of finishing them, you let them just have a little bit of space so that they can work on their defense and try to escape. As they try to escape you look around to see

what kind of other submissions and techniques are available and attack with those.

This is definitely a strategy for more advanced practitioners. But even if you're a decent white belt you probably have people that you're better than. People you know you can submit. So, give them some wiggle room in your submission and then look for more attacks.

This style of rolling helps you develop chains of attacks and will give you more depth for a particular attack in your jiu-jitsu game.

Instead of just having attack A, you will develop attack A that then leads to B, C and so forth. This takes your game to another level.

For my game this has been very useful. In competitions I have a very high rate of submission. But yet in the gym I don't finish as many submissions. Instead I get to the point where I know I could finish and get the tap and then use this "almost release" strategy. I'll also use this same strategy for sweeps, guard passes, etc.

Now this development of technical chains will naturally happen as people defend your attacks. But you can also deliberately create the situations by allowing people a chance to defend and then working from there.

Action For Rolling: Pick 1 of your best submissions. When rolling right when you have it sunk in and you know you could finish it. Give your opponent some wiggle room to escape. From there, see what other attacks you could use. This will help you develop the ability to attack with chains of techniques rather than just 1.



#12

NASAL

BREATHING

ONLY.

(Useful for conserving energy or slowing yourself down.)

This one might sound a little weird but it has some useful applications.

There are periods where I will only allow myself to breathe through my nose and not out of my mouth. This will naturally slow down the roll and lower my intensity since I can't offload enough CO₂ to keep up.

If you watch people during a hard roll. They usually move from nasal breathing to in through the nose and out through the mouth. Then the final gear is breathing in and out of the mouth. So by breathing through your nose you put a governor on your overall output.

Now, why would I want to lower my intensity or slow the rolling down?

- 💡 There are some different reasons. If I'm coming back from an injury or something it helps me keep the intensity down so I don't reinjure myself.
- 💡 If I'm rolling against an athletic young fella, I usually nasal breathe and play defense while I let them use up their energy. Then when I'm ready I'll shift gears and go on the attack and allow myself to mouth breathe.
- 💡 I've also had some of my newer students do this to settle themselves down a bit. If they're a bit on the wild side, I'll get them to focus on only nasal breathing to slow down their intensity a bit. It helps too!

A bit of a weird one for some but it can be useful at times.

Action For Rolling: If you're rolling and want to slow yourself down or lower your intensity level. Only allow yourself to breathe through your nose. Useful for newer students wanting to slow themselves down and for people wanting to not go too hard.

A QUICK BLURB ABOUT THE CHEWSTER...

Alright friend,

That's a wrap.

I hope this ebook gave you some actionable ideas to take towards your next rolling session to squeeze out a little more skill development from it by adding focus.

Also, since you went through the whole ebook. Unless of course you just skimmed... Then I figured I'd save the little snippet about me for here.

If you're like most people reading this, you'll probably already know me from my Youtube channel or podcast. That said, if you don't know who I am then I wanted to save this for the back of the book instead of the front.

I wanted to get right into the meat of the ebook rather than talk about myself. But I figure, if you read all the way through you might actually want to know about the person who wrote it.

[Also, if you don't already get my daily Chew Crew email letter you should join up.](#)

That said, here's the gist of the Chewster.

My name is Nick, but literally no one calls me that in BJJ. Even my wife yells for Chewy if we're at a competition and she needs my attention.

I started training in highschool wrestling back in 2000 and then Brazilian Jiu-Jitsu 2003.

Over the years I've won competitions like No Gi Worlds, No Gi Pans and countless other events like Fight To Win, Grapplers Quest, NAGA and other IBJJF competitions. Also I've placed in things like ADCC Trials.

I run a gym in Louisville, KY and if you ever want to visit, please do. We have visitors all the time and a great culture at the gym.

I also run a popular youtube channel that you can check out in the links at the bottom of this page.

I live on some acreage with a wife, kid and horses.

The end...

As a quick aside to end this thing. As I'm growing older my goals with BJJ have shifted to a focus on balance and longevity and gaining skill as efficiently as possible, without doing excessive damage to my ole bucket O'bones.

You see, there is a cult that exists in BJJ...

Well I mean BJJ is kind of a cult itself, right? But this "cult" within a culture holds up the training volume and intensity of a 20 year old world champion competitor as the model to aspire to. This just isn't a smart idea for most people in BJJ.

If you're like the 99% of BJJ practitioners you're probably doing BJJ

For fun.

To learn fighting skills.

To become a stronger person mentally and physically.

To challenge yourself.

To get in better shape.

And so on...

You may want to compete a bit here and there but it's probably not going to become your whole life. And that's fine.

Sadly many people join the cult of hard training everyday whether they know it or not. I was an avid member of its ranks until my early 30s when I got out to focus on a more balanced approach. This allows me to train consistently with less injuries for long periods of time. True story, I've been injured less from 30-39 than from 20-29. And just for the record I won no gi worlds only rolling 3 days a week. The key to it was that I rolled with a very clear and intense focus like I talk about in this ebook.

So a lot of my content and attention goes towards this now. It's where I'm at and the message I like to pass on.

I've been training for most of my entire adult life and my body is still in great shape, I'm not excessively broken and I'd like to keep it that way, and I'd like to help others do the same!

Anyways, if you'd like to see what I'm up to, I've got links for you to use. But otherwise, I hope you found the book useful.

And if something from the ebook did in fact help you out. Let me know by sending me an email to the address you get when you join the Chew Crew daily email letter.

Good luck with your training and hopefully we'll cross paths on the mats one day.

-Chewy

Social Media Links

If you want to follow me on social media, there are links below:

[Chewjitsu - YouTube](#)

[Nick Albin \(Chewjitsu\) \(@chewjitsu\) · Instagram photos and videos](#)

[Nick Albin \(@chewjitsu\) / X](#)

[Facebook](#)

Alternatively, the best way to reach me is email. I spent increasingly less time on “unsocial” media. So if you want to get in touch, email me at

Chewy@Chewjitsu.net .