

Metadata: https://www.youtube.com/watch?v=6c_EI-wa8T0

Ok, guys, Brado Ferreira here, huge honor for me, guys, today I'm replying to a question from Carlos Grana, he says that he's a BJJ purple belt, but sometimes he feels more like a BJJ blue belt, and he has a hard time training with lower belts, and he's asking if that's normal, if that kind of feeling is normal, and he trains Jiu-Jitsu around 2-3 times per week and has been doing Jiu-Jitsu for 5 years. So, Carlos, I truly believe that this is more than normal, you don't have to worry about that, and many times it could happen that you were training with people younger than you, or maybe more athletic than you, or maybe people that have more time to train Jiu-Jitsu than you, so I understand that you want to kind of compare yourself to the others to make sure that, to kind of see where you are, but I truly believe that the best comparison that you could have, it's you against yourself. So that's why I truly believe that competing in Jiu-Jitsu, I don't know if you enjoy competing or not, and I'm not pushing you to compete, but that's why I truly believe that competing in Jiu-Jitsu is the best way to measure your performance, because, for example, I think I'm a good example to talk about that, because when I was training, I always felt I was that kind of person that would do much better in the competition than in the training. So, if I would compare myself against the Bernardo training, I would always believe that I was doing very bad, but if I would compare myself about the Bernardo competing, my results was showing that I was always improving. So all I'm saying is that, if I had never competed, probably I would not improve so much in Jiu-Jitsu, because in my mind, I would be thinking that I was doing very bad. While competing in Jiu-Jitsu, I could always measure where was my performance and say, oh, if I won this tournament, and it's better than last year that I won that tournament, and now I'm a purple belt, now I'm a brown belt, now I'm a black belt. So I want to say here that it's very hard to measure how you're doing training every single day with the same training partners. They catch your game, and now they know everything you do. They could be younger than you, they could be more athletic than you, they could have more time to train than you have. So I would, if I was you, I would just relax and not judge yourself that hard. You are probably one of those that, it's almost like perfectionism, you're always trying to do better and better and better. And that's great, that's how people get better, is always having that kind of mentality. But don't worry about it, don't think about it, don't ever think about quitting Jiu-Jitsu because of that. Just keep going. And one thing that's very fun about the Jiu-Jitsu journey as well, that has happened to me a bunch of times, so that's why I want to share here. There were many phases in my career that I would feel kind of like, I'm not learning anymore, I'm just getting worse, I'm just getting better. And then sometimes it sounds like one click, one day, you have another spike of learning, you know, like you start learning, learning, learning, learning, and then for a period of time, you stay staggered here and you don't get better anymore. And then you get better again. So the learning curve, it's not like this, sounds like more, it's like this, then you go here, then you go here, then you go here. Sometimes it almost feels like it goes down and then goes up again, almost like the stock market. So I would not blame yourself at all for having those type of feelings. And try to keep your ego inside and don't worry about the lower belt who is bringing you up and just focus on yourself and try to find different ways to test yourself. You know, like I remember when I was training, my way to test myself was competing and sometimes on camps that I would go train in different schools and there would be almost a competition, right? Because I was training people that I had never trained before. So I could kind of see how was my performance on those days. But training with those guys that I train every single day and I have the type of game that I do every single, on every single training or row or tournament, I do the same thing. So once they learn what I do, they can stop what I do. So it was very hard for me to measure myself on training. So that's why I'm saying like, don't, don't, don't stick with that on your mind and try to keep it away and keep your ego on the side and just keep going. And you'll see that you're going to get better, you're going to stop, you're going to get better again, then you're going to stop, then you're going to get better

again, then you're going to stop getting better and that's normal. So that's my tip for you. I hope that that helps you. And it was a great question. Thank you. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.