

Metadata: <https://www.youtube.com/watch?v=yX7G40FiPrY>

Guys, today I'm gonna talk here about one thing that I always see people talking about a lot, especially like the guys who are just starting in Jiu-Jitsu. They start Jiu-Jitsu already thinking about the very end of their career, of their like time on the mat. They start Jiu-Jitsu thinking like how long I'm gonna take to get my black belt. So the truth is that there is not like an exactly time that you're gonna take your black belt. What I see a lot in most of the schools is that the average is something like around ten years. Let's call like one year as a white belt, one year or one year and a half, then two or three years a blue belt, two or three years a purple, two or three years a brown belt. It's gonna go somewhere around like ten years of Jiu-Jitsu. Some people get it way faster. In my case, for example, I got in seven years and a half. I started Jiu-Jitsu in the beginning of 2001 and I got my black belt in the end of 2008, in like September or October. So it all depends about like how much you train, how much you devote yourself for Jiu-Jitsu. If you are a competitor, it depends a lot about your results. It depends about a bunch of stuff. I see some guys getting the black belt like very quick. I think if I'm not wrong, Daniel Maia got like five years or six years, something like that. I'm not sure, just guessing some number here that I heard. And I know other examples as well. So there is not like a rule for how long it would take to get a black belt. It's all about you and about like your results, not only talking about the competition and this and that. And nowadays, IBJJF has even like a deeper rules about like how long you have to stay on each belt. Before, if you win the world's like the first year is a blue belt. You won the world's, you'll get the purple belt. If you won the world's, if you win the world's purple, sometimes your teacher will give the brown belt and then you would go very quick. Nowadays, it's way longer time. For example, I think nobody can get the brown belt if only one year is a purple, for example. And I think same thing with blue belt and brown to black, I'm not sure. But anyway, all I want to mean here is that there is not one exactly time that you're gonna take your black belt. So if you are a beginner and you're just starting Jiu-Jitsu, stop thinking about that because you're gonna drive yourself crazy if you focus like oh I'm gonna get my black belt in 8 years. It's not about you, that's not your decision, it's your teacher's decision. So my tip here is like focus on your day training. Try to not think about the past and try to not think about the future. Just try to think about your day training today. What are you gonna do today to improve and to be better than you were yesterday. But as I said here, I see like that the average for a person to get a black belt, it's normally like between 8 and 12 years or even like 13 years. When you see someone who took like longer than 12 or 13, 14 years, it's normal because the guy got an injury, he had to stop Jiu-Jitsu for a long time, and this and that. But if you're training in a constant base like three times per week, five times per week, it might not take that long. It might get like with 10 years, 11 years, maybe 9 years, something like that. So I think that's one question that many people ask like themselves and they are shy to ask their teacher, to ask the instructor. So here goes the answer. I think the average is around 10 years. I didn't make any like a statistics to see that, it's all about my experience. You see some people getting very quick, normal because they got some amazing results, and you see some people take a little longer. In my case for example, I spent one year as a white belt, I got a yellow belt. One year as a yellow belt, I became juvenile, I got a blue belt. Then blue belt was my longest belt, I spent three years as a blue belt. I think it was very important for me because it's the belt that you're gonna build your base, you're gonna build your foundation. Then as a purple belt, I spent only, was kind of like less than one year, and it was in 2006. Nowadays according to IBGF, it's not even allowed anymore. You gotta spend a lot longer than that. I think you have to stay at least one year and a half or two years, I'm not sure, on the purple belt. I gotta check in the IBGF rules. But anyway, and then I spent less than one year as a purple belt, and one year and a half as a brown belt, and I got my black belt. So if you put all of this together, it's around eight years, or seven years and a half, or something like that. But anyway, just want to say here again, don't focus on how long you're gonna spend to take your belt. Try to enjoy the journey, enjoy like the

daily of your training. If you compete, try to enjoy every single tournament. Try to focus all about getting better than yesterday. Many times I used to joke like, I want to be better than yesterday and worse than tomorrow. That's my goal. I want to be better than yesterday and worse than tomorrow. I hope tomorrow I'm better than today. And that's how I try to focus on my training, and even like focus on my teaching. As a teacher, I want to be better than yesterday, worse than tomorrow. That's the goal. So I hope it helps, and that's it. Thank you guys. Osu!