

Metadata: <https://www.youtube.com/watch?v=ZU1R-eCz51E>

Ok guys, Bernardo Ferreira here, huge honor for me Guys, today I'm making this video here to reply the question from 1023 He wrote on, that's his profile on YouTube, he wrote on my YouTube channel asking if Bernardo, do you find yourself competing again? So, 10, we never know about the future, right? Like maybe a super fight or something like that Even when I'm older But if I had to guess, I would say no And the reason why is because I competed a lot in my life since when I was like 14 years old Until 2017, when I was 31 And that was very, very, very intense Like since I started Jiu-Jitsu when I was 14 I pretty much like left everything of my life behind and I just focused on Jiu-Jitsu I mean, I finished my high school, I did college, but my main focus was always, always, always Jiu-Jitsu I don't know how many things I sacrificed to keep doing Jiu-Jitsu in the highest level To train as much as I could And I competed a lot of tournaments, you know, like there was years that I competed more than 20 tournaments Almost like 2 per month or so And I did that for like 17 years So I kind of got burned out about it And nowadays with PJJ Fanatics and all the websites, I'm very, very focused about it So I feel almost I'm competing again because I wake up every day trying to learn something new And how to grow my YouTube channel here for you guys, how to grow my social media So I'm very, very focused on that So I don't see myself competing again And I believe like I was competing in such a high level that I was preparing myself in such a high level as well So I would not enjoy to compete without being that old Bernardo, you know, like So if I would ever compete again, I would want to put myself into again I would want to like train as hard as I did I would want to stop my life for like 6 months, 1 year, whatever it is To make sure I could get in the best, very, very, very, very best shape of my life And nowadays I don't feel I could do that again with everything that's going on with PJJ Fanatics And so I would not enjoy to just sign up to a tournament or sign up to a superfight Just to get that feeling of competing again If I would ever want to do that, to compete again I would want to make sure that I was 110% ready for it, you know, like in the best shape of my life, ready And then I could feel like, okay, I'm competing now I'm doing what I used to do But without putting myself 100% into it, I don't see myself competing But who knows, right? Maybe in the future, like many years from now I really want to do that and end up doing one superfight or one World's Masters But especially right now, I don't see that happening But I had such a great time, I learned a lot It's unbelievable like how much stuff I learned competing Jiu-Jitsu That nowadays I bring even for my entrepreneurship life, you know Like how to never give up, how to always grind, how to have the discipline to train hard Which in this case right now is to study, you know Like I have been studying a lot like how to grow the websites and the YouTube channel, that kind of stuff So all that discipline, all that like mentality of like high-level athlete I brought that with me and I'm so thankful that I got that in my life You know, like if I ever have a kid, I even wish that my kid can go through this Nowadays I even understand like why sport is so valued here in America And I believe that's a lot because of that, because this mindset that Once you become like a high-level athlete, it doesn't even matter if you're the champion or not Once you're competing in the high-level and you're living that lifestyle of high-level You see like, I see life a little different now I wake up like super motivated to have the best performance that I can every day It doesn't matter what I'm doing So I'm so thankful to what Jiu-Jitsu brought to me, this opportunity to compete To understand about my mind, to understand about my body To understand better about how to win something, how to lose something How to deal with the losses, how to deal with the victors So I think that was like the best school I ever had in my life Was all these years that I competed, that I won tournaments, that I lost tournaments That I got injured, that I overcame, that I lost matches 30 seconds left That I won tournaments with 20 seconds left I think all those lessons, it's what I feel the happiest about life I don't even say the tournaments I won I think it's all these little lessons The lessons that I got about training, about G-Split About overcoming, about everything If I had 10, if I had a lot of kids I would want all of them, if possible, if they want To become a high level athlete,

just to live that Of course I would never force my kids to do anything But I think it's such a good lesson that I'm so thankful I don't know if I'm gonna ever compete again But I'm super thankful and grateful about everything I lived through these competitions So I hope that I answered your question