

Metadata: <https://www.youtube.com/watch?v=7r5x0zQVrBA>

Guys, today I want to talk about one thing here, that of course I would never mention any names, even though like no one specifically name is coming to my mind right now, but one thing that I see a lot happening in Jiu Jitsu, that we should never do that, especially like in Jiu Jitsu and in life as well. Many times when I visit Jiu Jitsu schools, or even like in any Jiu Jitsu school, many times I see the higher belts treating the lower belts like nothing. Like almost like, I'm not going to say humiliating them, but treating them like you mean nothing to this school. Guys, that's the type of attitude that I hate on people, and you see that on life as well. Many times you see like the rich guy who doesn't care about that poor kid, or the poor guy, or the, some competent guy who is a very high level who doesn't care about that employee that does the cleaning of the company, or this or that. So guys, I believe that in Jiu Jitsu, every bar is the same. Even like if you have a higher belt or lower belt, for me it just means that you are training for a longer time than this guy, but it doesn't mean that you are better than him, or anything like that, you know. You are just training for a longer time, you know. But of course you expect that the lower belt is going to have respect about the higher belts, but I mean like, you as a higher belt, you should give him the example as well about what's respecting people, because at the end of the day, you are the higher belt over there, so you are the one who should be giving the example, you know. So this is one thing that many times I see that, and it drives me like kind of crazy, you know. We need the lower belts, and we need the higher belts, so every bar should be the same on the mat. It doesn't matter who you are, from where you are from, how long you are training, if you are very good in Jiu Jitsu, or if you are very bad in Jiu Jitsu. So my tip here is that try to treat every bar in the same way, even on the mat and off the mat as well. In the Jiu Jitsu school and on your company or anywhere, or where you work, at the end of the day, everybody faces problems in life, everybody is there, and some people maybe are having a bad mood on that day, but they are still training, so then comes one higher belt and treats them bad, and then they are already having a bad day, this and that. So it's the type of thing that we should go on the mat happy and trying to help everybody, and with everybody, it doesn't matter lower or higher belts. So that's what I would focus here a lot, it's like, be that kind person, you are going to give the example for the others, so that's the goal. Don't be the jerk who wants to show off your belt, who wants to show off that you are good in Jiu Jitsu. If you are good in Jiu Jitsu, people will see that you are good in Jiu Jitsu, you don't need to treat bad other people just to show that you know something, that you are better than this person, than the other person. So that's my tip here, and I hope it helps, and I hope if you are one of them who treats the lower belts in a bad way, let's change your attitude, and I bet with you that that's going to be better for you. People will be nicer with you as well, and you are going to have even more fun in Jiu Jitsu. Osu!