

Metadata: <https://www.youtube.com/watch?v=PtpLJ8HNrKg>

Okay guys, Bernardo Ferreira here, huge honor for me, guys today I'm replying a question from Alex Kemps and he asked like, hey Bernardo, BJJ White Belt and I'm going to my first competition, so what's your advice for me? So great question Alex, many times when I'm doing centers or even like teaching on my school or something like that, many people ask that and I truly believe that in your case the most important thing, it's going to be like, try to have fun, so try to not go to the tournament with that pressure that if I lose it's the end of the world, you know like, and I can, I imagine that probably you don't do Jiu Jitsu for a living, I mean like I think it's very rare that you find a white belt that does Jiu Jitsu for a living, I think most of the times when we are white belts we have other stuff in life and this and that, so what I like to say is like, if you win the tournament or if you lose the tournament, next day your life is going to be exactly the same, nothing is going to change, so it doesn't matter if you are on high school or if you are on college or if you have a job or if you have family, if you win or if you lose the tournament, next day you're going to go work, you're going to go to college, you're going to go to high school, I know that's your case, but, or you're going to go, if you own a company, you're going to work on your company the next day, it doesn't change anything, so try to go there and have fun, I think like, if you get nervous on your first competition, don't try to fight against it, this is actually good, because every time we are nervous, we have adrenaline, we perform better, I think the adrenaline, it's very welcome in that time, because I think the adrenaline helps you to do less mistakes, but, if you go to the tournament with that pressure, that if you lose, it's the end of the world, that you are scared, that you can feel like humiliated in front of everybody, that you did bad in the tournament, now you can have like, more adrenaline than you should have, and now that adrenaline can almost like paralyze you, so that's what you want to avoid, so I would say like, try to go to the tournament thinking things like, I'm going there because I want to be there, no one is forcing me to be there, I choose to go there and compete, if I didn't want to go to compete, I could easily stay at home, I could easily just go and watch, so I choose to compete, so as I choose to compete, I'm going to be happy on that day, I'm going to enjoy that day, and I'm going to have adrenaline, but adrenaline is going to be good for me, and even like another day, I was just watching one video that was talking about mindset, and it was showing like, how when you have a positive mindset, you perform better, so they showed one report, and they showed like, two group of people, one group of people, they talked to these people like, how stress is bad in your life, and the other group of people, they talked to those people like, how this stress could actually be good in your life, because when you have stress, you force yourself to perform better, and that kind of stuff, and then they realized that this group that they showed a positive message about stress, they ended up performing better than the group that they showed a negative message about stress, so all I'm saying is like, you will have adrenaline, but try to think that that adrenaline is actually very good for you, so don't try to fight against adrenaline, don't try to think like, oh my god, I'm so nervous, I'm so nervous, no, it's good that you're nervous, it's really good, because now you're going to avoid mistakes, it means that you're taking very serious, you only feel nervous for stuff that you take serious, if you sit at home and watch TV, you don't feel nervous a lot, because you don't take that serious, if you stop doing, or if you don't do well, if you don't watch the TV well that day, nothing is going to change for you, so if you are feeling nervous for that one, this is a good thing, so don't try to fight against adrenaline, so I think the two biggest tips I would give you here, is those two, like try to have fun, try to enjoy the moment, and try to not fight against adrenaline, just accept the adrenaline, and think that it's actually a good thing for you, and have a positive mindset, and that's going to help you, I'm sure about that, and regarding the tournament itself, I just made another video talking about it, the biggest mistake I see any white belt doing when they are competing, is that they try to rush through every position, and they end up not scoring on any position, I don't know how many matches in Jiu Jitsu I watched in my life, that someone got a

sweep, before he even established the sweep, he was already trying to pass the guard, and then also got a side control, he went to the mount, but he didn't stay three seconds on top when he got a sweep, he ended up staying because he went to pass the guard, but he didn't stay three seconds in side control, he didn't stay three seconds in the mount, and then he went to the armbar, and then he fell down, and then the person got out of the armbar, and now the match is almost like a draw, because he only scored the sweep, he didn't score the side control, the guard passing, he didn't score the mount, so if you are competing, it's your first competition, try to keep in mind that you can win by submission, or you can win by points, and you got to manage that, sometimes it's not possible to win by submission, so you got to win by points, and sometimes you see the submission, you get a submission, but for example, if you get a sweep, make sure to hold your opponent down and stay there three seconds, to avoid him standing up, and you didn't get a sweep, so you got two points now, so now work to pass his guard, once you pass his guard, establish the side control, hold his head, get the underhook, stay there for at least three seconds, I would say almost stay there for 10 seconds, take a breath, make pressure with your shoulders and face, relax, then when you get the mount, the same thing, establish the mount, breathe, take a breath, and then look for a submission, so I think that's the biggest mistake all wide belts do, so conclusion here, we talked about three things, we talked about how to enjoy the day of the tournament, try to enjoy, try to take advantage of that moment, you choose to be there, and it's fun, and try to accept the adrenaline, you will feel nervous, you will get adrenaline, but try to think that this is a good thing, it's not a bad thing, and everybody gets nervous, and the third thing, try to establish the positions even better, so I think that helps, that was a great question, and yeah, I made one instructional video all about mindset, so it's on bjjfanatics.com, so that's a good one as well to watch, about this type of stuff, Osu, thank you. Improve your jujitsu faster.