



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

GOING PRO - LEVEL 2

GOING PRO

Same standards as Show Me. Pro adds the structure, the data and the professionals that help you hold them over time.

PRO VERSION

9 MIN READ

01

WHY IT MATTERS

Show Me proves you'll do the work on your own. Pro puts a team of professionals around that work, so you can hold it, and build on it, over the long term.

Is it essential? No. There are athletes in Russia training in caves without the bloods or the DEXA scan. But modern professionalism and medical research help a lot. Knowing "I'm low in vitamin D, I'll take a supplement" is far more useful than struggling for four months without knowing why.

Pro isn't a requirement to start. It's where we go once your discipline is warmed up.

02

THE STANDARD

THE DEAL

- **Eight weeks of Show Me You Mean It first**, on your own, logged every day. If I see it in training and in your tracker, and your parents see it at home, we invest. If not, no drama: we stay at this level until you're ready.
- **Baselines before the plan**: DEXA scan, full blood panel, dietitian, strength coach.
- **One big goal and a long-term plan** built with your coach and professionals, at an intensity you can hold.
- **10 to 12 sessions a week**, strength work included, without wrecking sleep or study.
- **Physio every second week**, booked ahead.
- **Plan and budget agreed** by you, your parents (if you're under 18) and me.

03

HOW TO DO IT

STEP 01

CHECK YOU'RE READY

- You've done eight weeks of Show Me with honest logs (see the [8-Week Tracker](#)).
- You have one big goal and you're ready to follow a long-term plan towards it (see [The Long Game](#)).
- You, your parents (if you're under 18) and I agree on the plan and the budget.
- Your week has room for 10 to 12 sessions without wrecking sleep or study (see [Schedule & Study](#)).

STEP 02

SET UP IN ORDER, AND START EARLY

Before you can compete at the highest level, you need documented baselines. This is the order it works in:

STEP 1 **Strength coach.** They assess you and send you to the dietitian. I went to Ethos Performance.

STEP 2 **Dietitian.** A combat sports dietitian, such as The Fight Dietitian. Expect them to ask for a DEXA scan and your bloods.

- STEP 3

DEXA and full bloods. Body composition and a full blood panel (through your GP).
- STEP 4

The plan. Weight, body composition and goal weight set the diet. Session intensity, quantity and timing go back to the strength coach, and the training plan gets built.
- STEP 5

Physio and mindset support on the team. Physio booked in advance and connected to the strength coach so they update the program together. An accredited sports psychologist if it's in the budget.

Allow time. The setup takes about six weeks, so start early. A slow setup eats into the time you have to build towards your goal.

STEP 03

USE MY CAMP AS THE REFERENCE

This is what my Pan Ams and Worlds camps looked like as a brown belt, the closest I came to going pro. It's the top end. You build towards it.

10₊

SESSIONS A WEEK,
INCL. S&C, WITH A
FULL-TIME JOB

12

THE MAGIC NUMBER
FOR PRO VOLUME

2_{WKS}

PHYSIO EVERY
SECOND WEEK,
BOOKED AHEAD

3

TECHNICAL FOCUSES,
FOR MONTHS

AREA	WHAT I DID
Data	DEXA scan and full blood panel before the plan was written.
Diet	A combat sports dietitian, followed to the gram. One cheat meal a week. See Diet .
S&C	Ethos Performance. Three sessions a week: one conditioning, two strength. I didn't leave the gym until the program was done.
Jiu-Jitsu	Pro sessions on Tuesday and Thursday mornings with world-champion-level athletes. Every weeknight at the School, teaching and drilling with my Students. Sometimes triples.
Week	Monday, Wednesday, Friday weights gym. Saturday complete rest. Sunday comp or a second rest day. A comp every two or three weeks.
Recovery	Physio every second week from the first niggle. A stretch after every weights session and 10 to 20 minutes after every morning session.
Sleep	Phone locked from 10pm to 10am: ten hours of sleep plus an hour either side. Analog alarm clock. See Sleep .

AREA	WHAT I DID
Mindset	Mindset, the Ryan Holiday books, philosophy. Five sessions with a sports psychologist. A lot of the writing we use today came from those camps.
Technical	Three focuses the whole camp (for example single legs, guard retention, upper body guards). Studied skill acquisition and designed my own games.

Full details are in [Focused Training](#), [Strength & Conditioning](#) and [Technical Empowerment](#). Pro doesn't make it easier. It makes it sustainable. Read [Expect the hard weeks](#) before you start.

STEP 04
HOLD AN INTENSITY YOU CAN SUSTAIN

Pro for you is a long-term plan at an intensity you can hold while still pushing yourself, not a short sprint that ends in injury. Holding a lower intensity for longer gets you further (more in [Recovery](#)).

That doesn't mean easing off. The goal is to push hard and recover enough to stay healthy. You'll be sore, angry and tired almost every session, and feeling flat on its own isn't a reason for a recovery day. Push, then let your physio and your sleep do their job.

STEP 05
BUDGET FOR IT

Going pro isn't cheap. These are **rough estimates** for Sydney in 2026, rounded, to help families plan. They aren't quotes. Prices vary by provider, location and time, so do your own research and get quotes before you decide what's right for you and your situation.

ITEM	ROUGH ESTIMATE	HOW OFTEN
Strength coach	About \$300 for the initial assessment and consult, then about \$70 to \$100 a week for planning, coaching and gym access	Weekly, ongoing
Sports dietitian	A combat sports package (consult, meal plan, one to two months of check-ins) is about \$800 to \$900 upfront, then about \$20 to \$30 a week for ongoing support. Diva Arun (APD) charges about \$150 an hour; the first consult is usually around two hours, plus a meal plan	Weekly check-ins; worth keeping if you're an adult making weight
DEXA scan	About \$100 to \$150	At the start, then every few months
Full blood panel	Often bulk-billed through your GP. Allow up to about \$100 for a gap fee or a test Medicare doesn't cover	At the start, then as advised
Physio	About \$150 to \$200 a session. The longer 45 to 60 minute consult sits at the top end	Every second week

ITEM	ROUGH ESTIMATE	HOW OFTEN
Sports psychologist	About \$250 to \$350 a session, often sold in packs of 3 or 5. A single session can cost more. A pack of five is roughly \$1,250 to \$1,750	A pack of sessions during a camp
Instructionals	Submeta about US\$20 to \$25 a month; one-off instructionals about US\$100 to \$200	Monthly, plus one per focus block
Kit	Lock app, alarm, tripod, heart rate monitor: under \$100 if you didn't buy them for Show Me	Once
Rough estimates only, not quotes. Training fees, comp entries and travel are extra. Private health extras may cover part of physio, psychology and dietitian visits, so check your fund. Medicare only helps in limited cases, such as a GP care plan for an ongoing condition; your GP can tell you whether one applies.		

\$1,350+

ROUGH SETUP, ABOUT \$1,350 TO \$1,650

\$1,050+

ROUGH TYPICAL MONTH, ABOUT \$1,050 TO \$1,500, BEFORE TRAINING FEES AND TRAVEL

\$650+

THE SAME MONTH WITHOUT A PSYCHOLOGIST, ABOUT \$650 TO \$900

Here's how those totals add up, using the low and high end of each estimate:

ROUGH SETUP		ROUGH TYPICAL MONTH	
Strength coach assessment and consult	\$300	Strength coach, 4 weeks at \$70 to \$100	\$280 to \$400
Dietitian package	\$800 to \$900	Dietitian support, 4 weeks at \$20 to \$30	\$80 to \$120
DEXA scan	\$100 to \$150	Physio, 2 sessions at \$150 to \$200	\$300 to \$400
Bloods (bulk-billed or a small gap)	\$0 to \$100	Psychologist, a five-session pack spread over a three-month camp	\$400 to \$600
First physio visit	\$150 to \$200		
SETUP	ABOUT \$1,350 TO \$1,650	MONTH	ABOUT \$1,050 TO \$1,500
		Without the psychologist, about \$650 to \$900 a month.	

If those numbers aren't possible right now, that's okay. Show Me You Mean It still works. The discipline is the hard part, and it's free.

04

SHOW ME AND PRO

PILLAR	SHOW ME (8 WEEKS)	PRO
Diet	One dietitian consult. Same breakfast and dinner every day. You make and buy it. No cutting under 18.	DEXA, full bloods, sports dietitian with regular check-ins, weekly weigh-ins, supplements only from your bloods.
S&C	A basic program for the key muscle groups, zone 2 runs and sprints, a \$30 heart rate monitor.	A professional strength coach. Three sessions a week. Blocks long enough for results to show, planned around your comps.
Training	Locked in every session. At least four sessions a week, with adults classes and open mats.	10 to 12 sessions a week including S&C. Doubles. The focuses in your plan, held as long as it says.
Recovery	Sleep routine, no phone first and last hour, stretching, device-free recovery. Small niggles: tell your coach and modify.	A physio straight away for any niggle, then every second week, booked ahead and connected to your S&C. Phone locked overnight.
Mindset	10 minutes of reading a night. Mindset first. A short training log after every session and one weekly reflection.	An accredited sports psychologist (roughly \$250 to \$350 a session, often in packs of 3 or 5). A book a month. The same writing as Show Me, plus any exercises your psychologist sets. A rehearsed pre-match routine.
Technical	\$15 tripod, two sessions recorded and reviewed a week, the free Worlds blocks.	Every session recorded, Submeta, one instructional per focus, match and opponent review.

05

COMMON MISTAKES

- ×

Paying for Pro before the eight weeks. Show the discipline first. The professionals only help if the habits are already there.
- ×

Starting the setup late. DEXA, bloods and the dietitian take about six weeks to line up. Start early.

- ✗ **Taking supplements on a guess.** Take what your bloods say you need.
- ✗ **Paying for professionals, then not following them.** If the physio says rest the shoulder, rest it.
- ✗ **Running Pro as a short sprint.** Plan for the long term at an intensity you can hold.
- ✗ **Keeping your professionals apart.** Connect your physio and your strength coach so the program updates together.

06

CHECKLIST

DO THIS

BEFORE YOU START PRO

- ☐ Eight weeks of Show Me done and logged.
- ☐ One big goal and a long-term plan agreed with my coach.
- ☐ Budget agreed with my family.
- ☐ Strength coach booked.
- ☐ Dietitian booked. DEXA and bloods arranged through my GP.
- ☐ Physio booked every second week, in advance.
- ☐ Sports psychologist booked, if it's in the budget.
- ☐ Weekly schedule rebuilt for 10 to 12 sessions, with sleep and study protected.
- ☐ Phone lock set for the night.

NOT PROFESSIONAL ADVICE

This page describes my own camp and general costs. It isn't medical, dietary, psychological or financial advice. Your plan should come from qualified professionals who've assessed you. These are the people I'd start with:

Ethos Performance (Meer Awny), strength and conditioning

[ethosperformance.com.au](https://www.ethosperformance.com.au/) (<https://www.ethosperformance.com.au/>)

Find an exercise physiologist near you

[ESSA](https://www.essa.org.au/find-aep) (<https://www.essa.org.au/find-aep>)

The Fight Dietitian

thefightdietitian.com (<https://thefightdietitian.com/>)

Diva Arun, APD (Accredited Practising Dietitian)

Email divaamurthy@gmail.com or call [0435 456 447](tel:0435456447). Telehealth consults are available, so you can see her from anywhere.

Find a sports dietitian near you

[Sports Dietitians Australia](https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian) (<https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian>)

Clare Walsh, physiotherapist, Stadium Sports Physiotherapy, Moore Park

[stadiumsportsphysio.com.au](https://www.stadiumsportsphysio.com.au/team/) (<https://www.stadiumsportsphysio.com.au/team/>)

The Stadium Clinic, Moore Park (sports medicine)

stadiumclinic.com.au (<https://stadiumclinic.com.au/>)

Find an accredited sports psychologist

[Australian Psychological Society](https://psychology.org.au/find-a-psychologist) (<https://psychology.org.au/find-a-psychologist>)