

**GRACIE
BARRA**

SHOW ME YOU MEAN IT

GRACIE BARRA BONDI

THE ATHLETE GUIDE

BY RICKY PACHON



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

START HERE - GOALS AND PLANNING

THE LONG GAME

Set one long-term goal, build the plan with your support team, and stick to it long enough for the results to show.

SAME FOR EVERYONE

10 MIN READ

01

WHY IT MATTERS

Getting to the top of this sport takes a long time. It's built over a long stretch, not week to week.

Diet, strength, skills and recovery all need time before the results show. A plan that changes every few days never gets that time, so nothing ever gets built. Going in knowing it's a long haul is half the battle: one bad comp stops feeling like the end of the world, and you stop rebuilding everything after every loss.

The longevity and development of my athletes matter more to me than any one result.



FROM THE COACH

A friend of mine, French athlete Freddy Lele Talla, IBJJF World, Pan, Brasileiro and European champion, still took two years to win Worlds. It's a long road for the very best too, so plan for the long road.

RICKY

02

THE STANDARD

NON-NEGOTIABLE

- **One long-term goal**, and your coach knows what it is.
- **A plan for every area** (Jiu-Jitsu, strength, diet, recovery, mindset), built with the person who owns that area.
- **Follow the plan consistently.** It's set ahead of time on purpose, and it doesn't change week to week.
- **Give it time.** How long each part runs is set by your plan, not by how you feel this week.
- **Changes go through the professional first.** Never on emotion, never after one result.
- **Taper for the majors you've planned for**, set with your coaches, not for every comp.
- **Talk to your coach before you enter a comp**, not after.
- **No weight cutting under 18.**

I'll help you build the plan and I'll back it. Following it is your part. These are your goals, and I won't fight you if you don't take them seriously.

03

HOW TO DO IT

STEP 01

SET ONE LONG-TERM GOAL, HONESTLY

Everything in your plan hangs off one big goal that we keep in mind the whole time. Everything else is training.

Be honest about what that goal is. If it's to go to a comp and have a good experience, you don't need all of this. If you want the goal to be as close to a guarantee as possible, especially against athletes who've trained years longer than you, you have to go all in: properly lock in, properly focus, essentially go pro. Both are fine. Tell me which one it is so we can plan for it.

For teenagers, the long game is also why you don't cut weight. Your job is to grow. Fight at the weight you are and grow into the next division (the full rule is in [Diet](#)).

STEP 02

BUILD THE PLAN WITH YOUR SUPPORT TEAM

You don't have to build this plan on your own, and you shouldn't. Each area has an expert. Together they build one long-term plan around your goal, and each one guides you in their own area.

AREA	WHO OWNS IT	WHAT THEY PLAN WITH YOU
Jiu-Jitsu	Your Jiu-Jitsu coach	Your technical focuses, your volume, and which comps you enter and taper for
Strength	A strength and conditioning coach	Strength blocks, conditioning and load, built around your training and comps
Diet	A sports dietitian	Whether you're building, maintaining or leaning out, and your weight class
Recovery	A physio	Niggles, injuries and what your body can handle right now
Mindset	A sports psychologist, if it's in the budget	Pressure, confidence and your routines around comps

On Show Me You Mean It, your coach and one dietitian consult cover most of this. The full team comes with Pro (see [Going Pro](#)).

Connect them. Your strength coach should know your comp dates, and your physio and strength coach should talk to each other so the program updates together.

STEP 03

FOLLOW IT CONSISTENTLY

The plan is proactive. It's built calmly, ahead of time, with the people who know each area, and it's meant to be hard to change. Your job is to follow it, day in, day out, including the weeks when it feels slow.

NOT THIS

"I lost on a takedown at Pans, so now I want to work takedowns. Actually, now I want to work on..."

A new direction every few weeks. Nothing ever gets built.

THIS

"Guard retention is my focus in this plan. That takedown loss goes on the list for my next review with my coach."

One direction, held long enough to actually change.

STEP 04

GIVE THE RESULTS TIME TO SHOW

Imagine changing your diet from bulking to cutting every week. Your body would never get anywhere. Every other part of the plan works the same way: a strength block, a technical focus and a new habit all need time before you can judge them.

How long is up to you and your plan. One athlete might spend a few weeks on guard passing, another a few months. Your coaches set the length, and you give it the whole of that time before deciding it isn't working.

Set an intensity you can hold for the whole plan while still pushing yourself. Going as hard as you possibly can usually ends in tendinopathy and overtraining injuries, because the body doesn't get enough time to recover. A lower intensity, held for longer, gets you further. More in [Recovery](#).

STEP 05

BUILD BETWEEN COMPS

Most sports have an off season. Strength work is usually blocked into it, so the heavy building doesn't strain you while you're in season and competing. Jiu-Jitsu doesn't really have an off season: there's always another event. So we learn to push and balance strength work in the breaks between comps, and that takes a longer window to see results.

- **Taper for the majors, not every comp.** Agree with your coaches which events you'll taper for: your one big goal and the majors you've planned around. If you taper for everything, you never keep your strength gains.
- **Small comps are training.** Go in a bit tired. Losing a small comp mid-block is fine if it protects the work for the big one.
- **Protect the strength work.** Your strength coach needs to know your comp dates so they can build the blocks between them.
- **Limit travel and rule-set changes.** Every trip costs training days and sleep, and switching between Gi and NoGi mid-plan makes it hard to build anything.

Plan your year around your one big goal with your coaches. These are the big international events most athletes plan around:

ROUGHLY WHEN	EVENT	NOTES
January	IBJJF European Championship (Lisbon)	First Gi major of the season
March	IBJJF Pan Championship (USA)	Big, deep brackets
Late May to early June	IBJJF World Championship (Gi)	The big one for most Gi athletes
October	IBJJF Pan Pacific (Melbourne)	An international major in our part of the world
November	AJP Abu Dhabi World Pro	AJP's world championship, held in Abu Dhabi
December	IBJJF NoGi World Championship	The big NoGi major
All year	AJP tour events, Opens, nationals, state titles	Good experience. Usually training comps.

Months are approximate and shift a little each year. Check [ibjjf.com](#) and the AJP calendar before you plan around a date.

DO THIS

BEFORE YOU ENTER A COMP, ASK

- Is this my big goal, a planned major, or a training comp?
- Does it break a strength block, or change the rule set I'm preparing for?
- Have I talked to my coach before entering, not after?

STEP 06

WHEN SOMETHING NEEDS TO CHANGE, ASK FIRST

Plans do need to change sometimes. When they do, the change goes through the person who owns that area: your coach for Jiu-Jitsu, your strength coach for the weights gym, your dietitian for food, your physio for your body. They'll guide you in their area and keep the rest of the plan intact.

REACTING

- Changing focus after one loss.
- Switching to a cut because a comp is coming up.
- Dropping the strength plan because you feel flat this week.
- Copying a program you saw online.

A REAL REASON TO TALK TO A PROFESSIONAL

- An injury, illness or a niggle that isn't settling.
- Your bloods, DEXA or weigh-ins say something's off.
- You've grown, or your life has changed (new school, new job).
- The plan has had its full time and isn't working.

Feeling flat, sore and frustrated is part of a hard block. It isn't a reason to rebuild the plan. Write it down, sleep on it, and bring it to your next review.

STEP 07

WRITE IT DOWN AND REVIEW IT WITH YOUR COACH

Fill this in with your support team, then sit down with your coach and go through it. Print it, or copy it into your notes. Your coach can't plan around goals you haven't shared.

WORKSHEET

MY LONG GAME

MY LONG-TERM GOAL

MY LONG-TERM GOAL

DIVISION (BELT, AGE, WEIGHT, GI OR NOGI)

WHY I ACTUALLY WANT IT

GOOD EXPERIENCE, OR ALL IN?

MY PLAN BY AREA, AND WHO OWNS IT

JIU-JITSU (FOCUSES, COMPS)

STRENGTH

DIET

RECOVERY

MINDSET

MAJORS I'LL TAPER FOR

STAYING ON IT

HOW I'LL KNOW IT'S WORKING

WHO I TALK TO BEFORE I CHANGE ANYTHING

HABITS I'LL HOLD EVERY DAY

WHAT I'LL STOP DOING

REVIEWED WITH COACH ON

Three technical focuses, max, held for as long as your plan says: for example single legs, guard retention and upper body guards. See [Focused Training](#).

COMMON MISTAKES

-
- ✗ **Flip-flopping between bulking and cutting.** Set the direction with your dietitian and give it time to work.
-
- ✗ **Redesigning the plan after every comp or loss.** Put the lesson on the list for your next review and keep going.
-
- ✗ **Tapering for every small comp.** You never keep your strength gains. Taper for the majors you've planned with your coaches.
-
- ✗ **Chasing every event.** Every new event, trip or rule set breaks a block. Pick your big goal and the majors that lead to it.
-
- ✗ **Changing an area without asking the person who owns it.** Ask your coach, strength coach, dietitian or physio first.
-
- ✗ **Going all out until something breaks.** Pick an intensity you can hold for the whole plan.
-
- ✗ **Treating one bad comp as the end.** It's one result on a long road. Log what you learned and keep building.
-
- ✗ **Keeping your goals to yourself.** Your coach can't plan around goals they don't know. Fill in the worksheet and review it together.
-

CHECKLIST

DO THIS

BEFORE YOU START A PLAN

- ☐ One long-term goal named, and I know whether it's "good experience" or "all in".
- ☐ A plan for each area, and I know who owns each one.
- ☐ The majors I'll taper for are agreed with my coaches. Everything else is a training comp.
- ☐ Three technical focuses, max, set with my coach.
- ☐ Strength work planned around my comps with my strength coach.
- ☐ Worksheet filled in and reviewed with my coach.

BEFORE YOU CHANGE ANYTHING

- ☐ I've talked to the professional who owns that area.
- ☐ It's for a real reason, not one result or one bad week.
- ☐ I talk to my coach before entering any comp.

NOT PROFESSIONAL ADVICE

This is planning guidance from a coach. Your plan for diet, strength, recovery and mindset should come from qualified professionals who've assessed you. Who I'd start with is on each pillar page: [Diet](#), [Strength & Conditioning](#), [Recovery](#) and [Mindset](#).



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PILLAR 01 OF 06 • STRUCTURED DIET

DIET

Work with a dietitian at either level, then follow the plan exactly. Under 18, you eat to grow, never to cut.

SHOW ME VERSION

PRO VERSION

9 MIN READ

01

WHY IT MATTERS

Everything else (how hard you train, how often, how well you recover) sits on top of what you eat. That's why both levels start with a dietitian.

Diet, strength and conditioning, and focused training are the three things that build your day-to-day plan. Get this one right and the other two get easier. Anyone can get a plan and follow it "more or less". The difference is in the detail, and that's usually where the results are. Show Me and Pro differ in how much structure, detail and support you get, not in whether you see a professional.

02

THE STANDARD

NON-NEGOTIABLE

- **A dietitian at either level**, and their plan followed exactly. Not "more or less".
- **No junk as a habit**. One planned cheat meal a week, at most. No dessert every night.
- **Under 18, no weight cutting**. No amount. You eat to grow.
- **Breakfast, lunch, a pre-training snack, and dinner about two hours before bed**. Protein at every meal. Vegetables every day.
- **Water all day**. Electrolytes when the session is long, hot or a double.
- **No alcohol, smoking, vaping or recreational drugs**, and no living on energy drinks. See [Clean Athlete](#).

You can talk to your dietitian and find a compromise that works for you. That's what they're there for. "A bit of junk most days" isn't a compromise, though. Calorically, there just isn't room for it.

03

HOW TO DO IT

STEP 01

START WITH A DIETITIAN, AT THE LEVEL THAT SUITS YOU

Guessing isn't a plan. Both levels start with a dietitian; the difference is structure, detail and support.

SHOW ME YOU MEAN IT

A ROUGH GUIDE YOU FOLLOW YOURSELF

- **One consult** (about \$150, up to \$300 tops) with a dietitian for a rough guide to your macros per day: protein, carbs, fats and fibre.
- You turn that guide into meals and follow it yourself. Until then, start from the [rough numbers](#) below.

PRO

A FULL PLAN, TAILORED AND SUPPORTED

- A **DEXA scan**, and **full bloods** through your GP.
- A **full meal plan with recipes**, built around your body composition, bloods and daily energy use.
- **Regular check-ins** as your training and growth change.

How each level runs day to day is in [Show Me and Pro](#). Pro comes once you've shown the discipline (see [Going Pro](#)). My own Pro setup was Ethos Performance for strength and conditioning, who sent me to The Fight Dietitian, a team of combat sports dietitians. They started from a DEXA scan and full bloods.

STEP 02

FOLLOW IT EXACTLY, DOWN TO THE GRAM

The plan only works if you do the plan. Weigh what it says to weigh. Eat what it says to eat. If something doesn't fit your life, take it back to your dietitian and change the plan together, rather than quietly drifting off it.



FROM THE COACH

My dietitian would write "two slices of bread" and I'd ask, "How many grams, crust included?" Slices aren't all the same size and I didn't want to be a calorie over or under. Is that intense? Sure. That's the level of detail it takes to follow a plan exactly.

RICKY

STEP 03

UNDER 18, EAT TO GROW

NON-NEGOTIABLE

NO ATHLETE OF MINE UNDER 18 CUTS WEIGHT. NO AMOUNT.

At the very most I've let about 300 grams go, which really just means "eat a bit cleaner this week". That's it.

Cutting is an unhealthy habit to build. Sports nutrition for growing athletes is a specialist field, and a lot of us grew up hearing "just eat less". A growing athlete needs the opposite, and that's what a dietitian is for.

As a teenager your job is to grow: taller, bigger, stronger, more muscle. I would almost always rather you be in a caloric surplus, gaining weight and muscle, training hard and following the rest of this plan, than "cutting seven kilos at 13 to drop two weight classes so I can win Worlds". That makes no sense long term, developmentally or competitively. Fight in the weight class your body is actually in, and grow into the next one (more in [The Long Game](#)).

Adults cutting with a dietitian sometimes trim 5 to 10% off a meal on days they're not hungry, with the dietitian's OK. That's for adults with a professional watching. It doesn't apply to anyone under 18.

STEP 04

TIME YOUR MEALS AROUND TRAINING

Timing matters, especially when you train twice a day or late at night.

MORNING	Breakfast. If you train first thing, give yourself about two hours between eating and training, or keep it small and easy to digest.
MIDDAY	Lunch in the middle of the day. A proper meal, not a muesli bar.
SNACKS	High-protein snacks between meals (yoghurt, milk, eggs, tuna, cheese, jerky). Hungry means a bad mood and low motivation.
PRE-TRAIN	Pre-training snack. Important. Easily digestible carbs one to two hours before: a banana, rice cakes with honey, a sandwich.
NIGHT	Dinner about two hours before bed. Eating late and heavy wrecks your sleep. If you're hungry before bed, a small snack of complex carbs and lean protein (Greek yoghurt, milk) is fine. Avoid fried, fatty, heavy food.

An example day. The shape of a day, not a meal plan: a teen training after school at 6:30pm.

TIME	WHAT	EXAMPLE
7:00am	Breakfast	Oats with milk and banana, plus eggs or Greek yoghurt
10:30am	Recess	Fruit and a yoghurt or cheese stick
1:00pm	Lunch	Wrap or sandwich with chicken or tuna and salad, a piece of fruit
4:30pm	Pre-training	Banana and rice cakes, or a ham and cheese sandwich, plus water
6:30pm	Training	Water. Electrolytes if it's long, hot or a double day
8:45pm	Dinner	Rice, lean meat or fish, and vegetables of a few colours
Bed	If hungry	A glass of milk or a small Greek yoghurt

STEP 05

DRINK ACROSS THE WHOLE DAY

Hydration is a big one. Drink water across the whole day, not two litres at once at 6pm. Use electrolytes appropriately: after long, hot or double sessions, or when you sweat a lot, not as a lolly drink with every meal.

- **Sip all day.** Carry a bottle to school.
- **Check your colour.** Pale yellow is the target. Dark means you're behind.
- **Weigh in before and after a hard session** (Pro habit). Every kilo you lose in a session is roughly a litre of sweat. Sports dietitians commonly suggest replacing around 1.25 to 1.5 times that over the next few hours. Ask yours what your number is.
- **Sip up until bed,** but don't skull a litre right before sleep or you'll be up all night.

STEP 06

START FROM ROUGH NUMBERS, THEN GET YOUR OWN

People always ask how much protein and how many carbs. Here are general ranges, so you have something to start with. **This is not dietary advice.** Your real numbers come from a dietitian who knows your age, weight, growth, training load and goals.

NUTRIENT	GENERAL RANGE	60 KG ATHLETE
Protein	1.2 to 2.0 g per kg per day in sports nutrition position stands. Many combat sports dietitians work around 1.6 to 2.2 g/kg. Spread it over 4 to 5 eats (about 20 to 40 g each).	About 95 to 130 g a day
Carbohydrate	3 to 5 g per kg on lighter days (about an hour of training). 5 to 7 g per kg on bigger days (1 to 3 hours).	About 180 to 300 g light, 300 to 420 g big days
Fibre	Australian guidelines: about 28 g a day for boys 14 to 18, 22 g for girls 14 to 18, 30 g for men, 25 g for women.	22 to 30 g a day
Fat	Usually 20 to 35% of your total energy, mostly from foods like olive oil, avocado, nuts, eggs and fish.	Let the dietitian set it
Vegetables	Every day. Aim for five colours across the day.	Half the plate at dinner

Sources: sports nutrition position stands (ACSM, Academy of Nutrition and Dietetics and Dietitians of Canada, 2016; ISSN on protein) and the NHMRC Nutrient Reference Values for Australia and New Zealand (fibre). General ranges only.

- **Protein** repairs and grows muscle. It keeps you full, so you're less hangry.
- **Carbs** are your training fuel. Low carbs, flat sessions.
- **Fats** are good for your brain and your hormones.
- **Fibre** helps you digest (and yes, poo better).
- **Water** keeps everything working, including your head.
- **Vitamins and minerals** keep your immune system up so you're not sick every second week. Fruit, veg, dairy, fish, sunlight.

Vegetables are the easiest win for most young athletes, because fibre matters. Get enough protein, enough carbs and enough fibre, do your runs and your strength work, and you will see improvements. It's not complicated. It's boring and consistent. And the same calories don't mean the same food: a big pizza and a plate of rice, lean steak and vegetables can have similar calories, but only one of them fuels a session.

STEP 07

MAKE IT EASY TO STICK TO

The best plan is the one that survives your week. Compliance is the science.

- **Reduce decisions.** Same breakfast, same dinner, same snacks. Boring is good.
- **Control your environment.** If there's junk in the pantry, you'll eat it. Don't buy it.

- **Pay for simplicity.** Pre-cooked rice, tinned tuna, frozen veg, rotisserie chicken.
- **Prep twice a week.** Sunday and Wednesday is a good rhythm.
- **No meal prep today? Match the macros at a takeaway.** Put that meal's macros into an AI or a nutrition app and find an order (Guzman y Gomez, Subway) within about 5% of the plan. Know your go-to order at two places before you need it.



FROM THE COACH

With The Fight Dietitian I was allowed one cheat meal a week, and that was them being generous. One meal, once a week, planned. Everything else was the plan.

RICKY

04

SHOW ME AND PRO

SHOW ME YOU MEAN IT

RUN THE GUIDE YOURSELF

ABOUT \$150, UP TO \$300 TOPS

- Book **one consult** with a dietitian (Diva, below) for your rough daily guide: protein, carbs, fats and fibre.
- Pick **the same breakfast and the same dinner** every day. You know exactly what it is.
- **You make it and you buy it yourself.** Not mum, not dad. You.
- Log it every day in your tracker. Honestly.
- No cutting if you're under 18.

Can't get a consult this week? Use the rough numbers above, build two breakfasts and two dinners you can repeat, and book the consult anyway.

PRO

DATA, A DIETITIAN, AND CHECK-INS

ABOUT \$800 TO \$900 TO START, THEN ABOUT \$20 TO \$30 A WEEK

- **DEXA scan** for body composition and a **full blood panel** (through your GP).
- A **sports dietitian** builds a full meal plan with recipes around your body composition, daily energy use, training load, growth and goal weight.
- **Weekly check-ins:** energy, sleep, appetite, cravings, what got in the way.
- **Weekly weigh-in,** same rules every time: same day, same scale, same clothes, first thing in the morning, after the toilet, before eating or drinking.
- Supplements only if your dietitian says so, based on your bloods.

Is the Pro version essential? No, but the data helps. Knowing "I'm low in vitamin D, I'll take a supplement" is far better than feeling flat for four months and never knowing why. The standard is the same at both levels.

Pro gives you more data and more professionals to help you hold it over time.

On cost: the \$800 to \$900 is a combat sports dietitian package (consult, meal plan and one to two months of check-ins), and the weekly figure is ongoing support after that. Add about \$100 to \$150 for a DEXA scan; bloods through your GP are often bulk-billed. Those are estimates, not quotes, so do your own research, get quotes and check what your private health extras cover. The full breakdown is in [Going Pro](#).

05

COMMON MISTAKES

- ✗ **Following the plan "more or less".** Close enough adds up over a block. Weigh it and follow it.
- ✗ **Cutting weight as a teenager.** Under 18, you eat to grow. Fight at the weight you are.
- ✗ **"Just eat less."** A growing athlete needs a sports nutrition plan, not a diet. Ask a dietitian instead.
- ✗ **Skipping vegetables.** Fibre matters. Half the plate at dinner.
- ✗ **Training on an empty tank.** No pre-training snack means a flat session.
- ✗ **Eating dinner right before bed.** Aim for about two hours between dinner and sleep.
- ✗ **Drinking all your water at once.** Sip across the day. Electrolytes when you've earned them, not with every meal.
- ✗ **Grabbing whatever on a no-prep day.** Match the macros at a takeaway instead.

CHECKLIST

DO THIS

THIS WEEK

- ☐ Book a dietitian consult (Diva's details are at the bottom of this page).
- ☐ Write down your breakfast and dinner for the next 7 days.
- ☐ Buy the food yourself. Cook at least one meal yourself.
- ☐ Pack a pre-training snack for every session.
- ☐ Carry a water bottle every day.
- ☐ Eat vegetables at lunch and dinner, every day.
- ☐ Dinner done about two hours before bed.
- ☐ Log your diet in the tracker every day, honestly.
- ☐ Under 18: no cutting. Fight at the weight you are.

NOT PROFESSIONAL ADVICE

I'm a Jiu-Jitsu coach, not a dietitian. Everything on this page is general guidance and my own experience, not dietary or medical advice. Get your plan from a qualified professional, especially if you're under 18, have a medical condition or are thinking about weight classes.

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. About \$150 an hour; the first consult is usually around two hours, plus a meal plan. Ask me, I might be able to sort a deal.

The Fight Dietitian

thefightdietitian.com (<https://thefightdietitian.com/>). Combat sports dietitians, the team I used for my own camps. Roughly \$800 to \$900 for a package, then about \$20 to \$30 a week; the weekly support is worth keeping if you're an adult making weight.

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>)



SHOW ME YOU MEAN IT
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PILLAR 02 OF 06 • STRUCTURED EXERCISE

STRENGTH & CONDITIONING

Get strong in the gym so you can stay technical on the mat. Finish the program, every time.

SHOW ME VERSION

PRO VERSION

8 MIN READ

01

WHY IT MATTERS

The goal isn't to go as hard as you can in every round. It's to get as good as possible on the mat, get as strong as possible in the gym, and then put the two together.

Putting them together is a coordination problem, and it's one you build. Technique first, then intensity: trying to get skill out of intensity almost never works. So your strength work happens in the gym and your Jiu-Jitsu sessions stay technical. And a good aerobic base never hurt anyone. You can do this at either level: a basic program you run yourself on Show Me, or a strength coach who tests you and builds the program around your Jiu-Jitsu on Pro. Even just going for runs makes you better.

02

THE STANDARD

NON-NEGOTIABLE

- **You don't leave the gym until the program is finished.** Every set, every time.
- **The gym is for the program.** Catch up with friends once the last set is done.
- **Warm-up and prehab every session,** slow and controlled.
- **Show Me minimum:** gym twice a week for 30 to 40 minutes, and runs two or three mornings a week.
- **Stretch after every gym session.** Stretching counts as strength and conditioning too, even though it's traditionally a recovery item.
- **Learn to lift from a professional** before you load anything up.

The finish rule was mine in camp. On some days I was so cooked that a session took far longer than planned, and I still finished it. I'm not recommending marathon sessions. I'm telling you the level of follow-through I'm looking for.

03

HOW TO DO IT

STEP 01

LEARN THE LIFTS FROM SOMEONE QUALIFIED

On the Pro version a strength and conditioning coach tests you and builds the program around your Jiu-Jitsu load (for me, Ethos Performance). On the Show Me version you have options that cost little or nothing:

- Join a parent's PT sessions.
- Find a basic beginner plan online, or ask an AI to build one, and follow it.
- Use the starter program below, after a qualified coach has checked your form.

Whichever you pick, take notes on your phone every session: weights, sets, how it felt.

STEP 02

WARM UP AND DO YOUR PREHAB, SLOW AND CONTROLLED

Warm-ups and prehab count as training. Bands and bodyweight, done slowly, really building the connection to the muscle. By the time you finish them you should already feel worked. Then do every exercise after that the

same way: slow, controlled, owning every rep.

Every session, 8 to 10 minutes: shoulder circles and band pull-aparts, ankle rocks, glute bridges, clams, bodyweight squats. If you've got a niggle, use this time to warm it up properly.

STEP 03

RUN THE SHOW ME STARTER PROGRAM

A simple starting point covering the basic patterns: squat, hinge, lunge, push, pull and carry. Stuff you can do in any weights gym. **Learn every movement from a qualified coach before you load it up.**

SESSION A	SETS X REPS	NOTES
Goblet squat	3 x 8	Full depth you can control. Chest up.
Push-up (or dumbbell bench)	3 x 8	Chest to the floor, body in one line.
Dumbbell Romanian deadlift	3 x 8	Hips back, flat back, feel the hamstrings.
One-arm dumbbell row	3 x 8 each side	Pull to the hip, pause.
Plank	3 x 30 s	Squeeze everything.

SESSION B	SETS X REPS	NOTES
Reverse lunge	3 x 8 each leg	Slow on the way down.
Pull-up (or lat pulldown)	3 x 8	Use a band or the machine if you can't do 8 yet.
Glute bridge or hip thrust	3 x 8	Pause at the top.
Dumbbell overhead press	3 x 8	Ribs down, no arching.
Farmer carry	3 x 30 m	Heavy, tall, slow. Great for grip.

- **Rest** 60 to 90 seconds between sets.
- **Progress** when every set feels smooth with good form: add a little weight next time.
- **If your form breaks, the set is over.** Lifting past your form is the most common way young lifters get hurt.
- **Finish with a 10-minute stretch** (the list is on [Recovery](#)).

Morning bodyweight routine. For mornings you're not running or lifting. Three rounds. It isn't meant to be intense or leave you sore. It primes your body for the day and builds the habit of a morning routine.

EXERCISE	EACH ROUND
Push-ups	10, full depth, controlled
Wall sit	60 seconds
Chinese plank walk	30 seconds
Pull-up hold	3 holds of 10 seconds
Clams	10 each side
Pogo jumps	10
Tall landings	4, land soft and still

STEP 04
BUILD YOUR ENGINE: ZONE 2 AND SPRINTS

Buy a heart rate monitor for about \$30, then do zone 2 runs and some sprints. A bigger aerobic base means you recover faster between rounds and between sessions.

- **Zone 2: 30 to 40 minutes** at an easy, steady pace.
- **The talk test:** you can speak in full sentences. If you can only get out a few words, slow down.
- **Rough heart rate guide:** about 60 to 70% of your max. A common rough estimate of max heart rate is 220 minus your age, so for a 16-year-old zone 2 sits roughly between 120 and 145 beats per minute. It's an estimate, not a test. A coach can give you a better number.
- **Sprints, once a week:** warm up with 10 minutes of easy running, then **6 to 8 sprints of 10 to 15 seconds**, hard but in control. Walk back slowly between each one (60 to 90 seconds) for full recovery. Grass or a track if you can. Stop if anything pulls.

STEP 05
FIND THE POCKETS IN YOUR WEEK

Up at 6, training by 6:15, showered by 7:30, and you still have time for breakfast before school (block 45 minutes for each session: see the example week in [Schedule & Study](#)). Ask yourself where you can actually find this time around school, study and Jiu-Jitsu. An example Show Me morning week:

DAY	MORNING (6:15 TO 7:00, THEN SHOWER)
Mon	Zone 2 run, 30 to 40 min
Tue	Gym, Session A

DAY	MORNING (6:15 TO 7:00, THEN SHOWER)
Wed	Zone 2 run or morning bodyweight routine
Thu	Gym, Session B
Fri	Sprints plus an easy jog
Sat	Rest
Sun	Competition, or rest

For reference, in my camps I did three sessions a week on Monday, Wednesday and Friday mornings (one conditioning, two strength) with a stretch on the end of each, on top of my Jiu-Jitsu and a full-time job. The full week is on [Focused Training](#).

STEP 06

PUSH HARD AT A LEVEL YOU CAN HOLD

Too hard is a real thing. Intensity you can't sustain ends in tendinopathy and overtraining injuries, and a broken body before your big goal arrives. Push hard, but at a level you can hold for the whole of your long-term plan. That's how athletes actually get good (I learned it the hard way: see [Recovery](#)). These rules come from my strength and conditioning mentorship at Ethos:

- **Traffic-light your sessions.** Red is the hardest. Avoid red sessions day after day, and never two reds in the same day.
- **Make it a wave.** Ups and downs make the week sustainable. A lower day after a hard sparring day.
- **At least one full rest day a week.**
- **Usually no more than two sessions a day** (three is for full-time pros), and generally no more than two hours in a session. When I did triples alongside a full-time job, I was pushing to the limit in a way that wasn't sustainable.
- **Count everything.** School sport, footy, PE, a big weekend: it all adds to your load.
- **Cut the junk.** Sessions that don't serve the goal are just fatigue.

SHOW ME AND PRO

SHOW ME YOU MEAN IT

BASIC PLAN, DONE EVERY TIME

ABOUT \$30 FOR A HEART RATE MONITOR

- A parent's PT sessions, or a basic beginner plan from online or an AI, followed properly.
- A basic program for the key muscle groups, in any weights gym.
- Gym **twice a week, 30 to 40 minutes**.
- Runs **two or three mornings a week, 30 to 40 minutes**: zone 2, plus sprints once a week.
- Notes on your phone every session.

PRO

A STRENGTH COACH AND REAL TESTING

ABOUT \$300 TO START, THEN ABOUT \$70 TO \$100 A WEEK

- A professional strength and conditioning coach tests you and builds the program around your Jiu-Jitsu load.
- Three sessions a week: one conditioning, two strength.
- Your S&C coach and your physio talk to each other and adjust the program when something flares up.
- Strength and muscle blocks need uninterrupted time for the results to show, and your strength coach sets how long. You taper only for the big competitions you've planned with your coaches (see [The Long Game](#)).
- **What the cost covers:** the initial assessment and consult, then weekly planning, coaching and gym access. Those are estimates, not quotes: prices vary between coaches, so do your own research and get a couple of quotes. More in [Going Pro](#).

Same difficulty, different resources. The Show Me version proves you'll turn up and do the work. The Pro version makes the work smarter.

COMMON MISTAKES



Treating the gym as a social outing. Chatting, scrolling and mirror checks between sets. Do the program, then go.

- ✗ **Leaving with sets undone.** The program isn't finished until it's finished.
- ✗ **Rushing the warm-up.** Slow and controlled. It's where the muscle connection gets built.
- ✗ **Lifting past your form.** If your form breaks, the set is over.
- ✗ **Doing your conditioning on the mat.** Going flat out every round to "get fit". Strength and conditioning belongs in the gym.
- ✗ **Red sessions every day.** Make the week a wave, and take a full rest day.
- ✗ **Forgetting what else counts.** School sport, footy and PE all add to your load.
- ✗ **Skipping the stretch.** Ten minutes after every gym session.

06

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Two gym sessions, 30 to 40 minutes.
- ☐ Two or three runs: zone 2, sprints once.
- ☐ Warm-up and prehab done slow and controlled, every time.
- ☐ Program finished before I left. No skipped sets.
- ☐ No phone scrolling, no chatting between sets.
- ☐ Stretch after every gym session.
- ☐ Notes logged: weights, sets, how it felt.
- ☐ At least one full rest day.

NOT PROFESSIONAL ADVICE

We're not strength and conditioning professionals, and we don't want you getting hurt. The program on this page is a general starting point, not a personal prescription. Please get a professional to teach you how to lift properly, especially if you're new to the gym, still growing, or carrying an injury.

Ethos Performance (Meer Awny)

[ethosperformance.com.au](https://www.ethosperformance.com.au/) (<https://www.ethosperformance.com.au/>). My go-to for strength and conditioning. Combat sports specialists.

Find an accredited exercise physiologist

[Exercise & Sports Science Australia](https://www.essa.org.au/find-aep) (<https://www.essa.org.au/find-aep>)



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 03 OF 06 • FOCUSED TRAINING, HIGH VOLUME

FOCUSED TRAINING

Train a lot, and lock in every single time. The focus part is free.

SHOW ME VERSION

PRO VERSION

9 MIN READ

01

WHY IT MATTERS

If you only take two things from this whole guide, take these: lock in, and train way more. For me those are the absolute most important.

Skill comes from focused tries, and lots of them, over a long time. Whoever has the most focused tries at a skill will usually be better at that skill. Focus costs nothing, and volume is mostly a decision about your week.

02

THE STANDARD

NON-NEGOTIABLE

- **Focus every session.** Good questions, great effort, tough partners, no chatting.
- **At least four sessions a week.** Teens: adults classes or open mat at least twice a week, not just juniors.
- **Worlds level means training every day:** 10 to 12 sessions a week, including strength work.
- **A few focuses, held as long as your plan says,** with a technical focus you can name before every session.
- **Technique first, then intensity.** Never the other way around.

I won't chase you on any of this. These are your goals, and I won't fight you if you don't take them seriously. I'll just coach you at the level you're showing me, and I'll be ready when you are.

03

HOW TO DO IT

STEP 01

LOCK IN: THE FOCUS IS FREE

As your coach, I should walk into every session and think: "That athlete is so focused. They're asking such good questions about today's technique. They give me a great effort every single day. I want to coach that kid." Here's what I should see, as a minimum:

- Laser focus on today's technique and today's game.
- Good questions about what we're learning.
- Great effort every day, not just when you feel like it.
- Tough training partners, picked on purpose.
- Time spent in the positions you're bad at.
- No chatting with friends during the session. This is a huge one.
- Staying on the focus. Drifting into other moves costs you practice time on the skill you're building.

When you try the new thing and it fails, good. Trying something new isn't failing to try your best. Trying is learning. The athlete who never tries anything new never learns anything new.

STEP 02

TRAIN AT LEAST FOUR TIMES A WEEK

Most people who come to me train about three times a week. That's fine for a Student. A true professional trains at least four times a week, and that's the floor.

GOAL	SESSIONS A WEEK	WHAT IT LOOKS LIKE
Training for fun and fitness	2 to 3	A great way to do Jiu-Jitsu. Not this plan.
Serious competitor	4 minimum	Teens: juniors plus adults classes. Adults or open mat at least twice a week.
Win nationals	5 or more	More sessions and harder sessions. Advanced classes, open mats, the toughest partners in the room.
Worlds	Every day	As many sessions as you can. 10 to 12 a week, including strength work.

Teens: juniors classes alone won't get you there. You can do juniors and adults, but four juniors classes a week won't give you the volume you need. Get into the adults classes (advanced, or fundamentals if there's no advanced) and the open mats, at least twice a week. This plan is built for teenagers and adults. If you're eight or nine, this isn't you yet, and that's fine.

The hard part for most families is lining all those sessions up with sleep and diet. That's the balance we strike together, starting with your [schedule](#). And be honest with yourself: if you could train five times a week and you choose two, the goal and the volume don't match. Change one of them.



FROM THE COACH

Ten sessions a week, including strength and conditioning, was my minimum, with a full-time job. I was physically weak at the start, so I couldn't handle more. Realistically I should have been doing about twelve. Twelve seems to be the magic number: pro-level volume without breaking your body.

RICKY

STEP 03

COUNT VOLUME OVER TIME, NOT JUST PER WEEK

Volume is sessions per week, times how long each one is, times how many weeks you keep it up. Someone training twice a week for three years will generally be better off than someone who trained six times a week for two months. Your body and brain need lots of experience with Jiu-Jitsu, and lots of time to process it.

5/WK

DAYS OF JIU-JITSU A
WEEK, KEPT UP OVER
THE LONG TERM

45_{MIN}

LIVE TRAINING A DAY,
NOT COUNTING
WARM-UPS AND
DRILLS

195

HOURS OF LIVE
PRACTICE IN A YEAR
AT THAT RATE

11,700

FOCUSED ATTEMPTS,
AT ONE TRY PER
MINUTE

We're in an economy of tries. Count yours.

STEP 04

FOLLOW YOUR PLAN'S FOCUS AND STICK TO IT

You don't pick your focuses. Your coach sets them in your plan (on the Worlds squad, that's your Worlds block). Your job is to follow them, name your technical focus before you bow in, and keep coming back to it, day in, day out.

How long you hold a focus is set by your plan and your coach: one athlete might spend a few weeks on guard passing, another a few months. Either way, give it long enough to actually change before you move on. In my own camps I held about three focuses for months at a time (single legs, guard retention and upper body

guards in one; leg entanglements, single legs and back takes in another). That was my plan, not a rule for yours.

STEP 05

STEER EVERY ROUND TOWARD YOUR FOCUS

Don't wait for a round to hand you your position. Take the round to your position. Even in a flow round or an open round, work your way into the exchange you're building, and stay there until your partner starts giving you the responses you need to develop the skill. Working single legs? Your rounds start standing. Working guard retention? Get to guard and stay there. If the round drifts away, steer it back.

STEP 06

GET THE MOST OUT OF EVERY PARTNER

You can get a lot out of any training partner if you're smart about it: bigger, smaller, lighter or less experienced. Put your ego aside. Not every session needs to be as hard as possible. Ask yourself, "What can I focus on and develop technically with this partner today?" Then teach each other, work set positions, and build something.



FROM THE COACH

For one camp my main partners were two of our teenagers, 15 and 16, both 30 to 40 kilos lighter than me. I took my strength out of it and we worked set positions: their berimbolo attacks, my berimbolo defence. Later a world champion tried to berimbolo me and couldn't. Those two made me better. Every partner in the room has something to give you if you set the round up well.

RICKY

Elite training is what you bring to the session, not the room you're standing in. When it feels like the room is the problem, look at your own focus first (see [Mindset](#)). Moving School, or even country, won't make your training elite on its own: your diet, your effort and your focus come with you wherever you train. Being in an elite room isn't the same as bringing elite training to it.

STEP 07

TECHNIQUE FIRST, THEN INTENSITY

Your strength and conditioning belongs in the gym (see [Strength & Conditioning](#)). On the mat, the goal is to get as good as possible. Hard rounds have a place, but not often, and the idea is never to blow your knees out going flat out every round.

Building skill out of intensity almost never happens. Build the skill, then build the intensity on top of it. Putting strength and skill together is a coordination problem, and coordination gets built in the right order. This is technical empowerment, not "harder" empowerment. If most of your improvement is coming from trying harder, treat that as a warning sign: intensity without skill is how people get hurt, even on a move they've drilled for weeks.

STEP 08

SEE WHAT A PRO WEEK LOOKS LIKE

Mornings I'd go to a pro session and get smashed by world-champion-level athletes. At night I'd come to Gracie Barra Bondi tired and sore, teach good classes, then train and drill with my Students. Rep, rep, rep.

DAY	MORNING	NIGHT
Mon	Gym (strength)	Gracie Barra Bondi
Tue	Jiu-Jitsu pro session	Gracie Barra Bondi
Wed	Gym (conditioning)	Gracie Barra Bondi
Thu	Jiu-Jitsu pro session	Gracie Barra Bondi
Fri	Gym (strength)	Gracie Barra Bondi
Sat	Complete rest	
Sun	Competition, or a second rest day	

Plus a full-time job. Some days were triples: gym, Jiu-Jitsu, work, Jiu-Jitsu. I competed every two or three weeks.

04

SHOW ME AND PRO

SHOW ME YOU MEAN IT

LOCK IN AND TURN UP

FREE

- **Focus every session.** The full list in step 1.
- **At least four sessions a week**, with adults classes or open mat at least twice.
- **Follow the plan you've been given.** The focuses come from your plan. Hold them as long as it says.
- **One good question** every class.
- **Pick a tough partner** in every set of rounds.
- **Log every session** in your tracker: what was my focus, did I get my tries in.

PRO

EVERY DAY, AS MANY SESSIONS AS YOU CAN

10 TO 12 SESSIONS A WEEK, INCLUDING S&C

- Training every day, doubles where you can.
- Three strength and conditioning sessions a week (see [Strength & Conditioning](#)).
- Focuses planned with your coach as part of your long-term plan (see [The Long Game](#)).
- Every round steered toward your focus.
- Recording and reviewing your rounds (see [Technical Empowerment](#)).

COMMON MISTAKES

-
- ✗ **Chatting with friends through the session.** Save it for after. Every minute talking is a minute not trying.
-
- ✗ **Juniors classes only.** Teens need adults classes or open mat at least twice a week.
-
- ✗ **Changing focus after every loss.** Lose on a takedown, chase takedowns, then something else. Hold the plan for the block.
-
- ✗ **Waiting for the round to give you your position.** Steer it there.
-
- ✗ **Only rolling with comfortable partners.** Pick tough ones, and get something technical out of the lighter ones too.
-
- ✗ **Going as hard as possible every round.** Hard rounds have a place, not often.
-
- ✗ **"I just need to try harder."** Trying harder isn't the same as training better. Go back to technique.
-
- ✗ **Deciding the room is the problem.** Elite training is what you bring to the session. Check your own focus first.
-

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Four or more Jiu-Jitsu sessions.
- ☐ Adults class or open mat at least twice.
- ☐ Named my focus before every session.
- ☐ Steered my rounds toward my focus.
- ☐ Picked at least one tough partner every session.
- ☐ Asked at least one good question every class.
- ☐ No chatting with friends during the session.
- ☐ Logged every session in the tracker.

NOT PROFESSIONAL ADVICE

This is coaching guidance, not medical advice. The volume targets assume you're healthy and build up to them gradually. If you're injured, sick or carrying a niggle, tell your coach before the session so we can modify it. When to see a physio or GP, and who I use, is in [Recovery](#).



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 04 OF 06 • REGIMENTED AND PROTECTED RECOVERY

SLEEP

Eight hours is the floor. Same wake time every day, and no phone in the first or last hour.

SHOW ME VERSION

PRO VERSION

8 MIN READ

01

WHY IT MATTERS

When it comes to recovery, sleep is number one. You will be sore and fatigued in a hard block no matter what. Consistent sleep is what makes that manageable.

Six hours of sleep dampens your brain about as much as a 0.05 blood alcohol reading. You would never train drunk. Don't train on six hours.

25%

WORSE REACTION TIME ON SIX HOURS

40%

WORSE EMOTIONAL REGULATION

30%

WORSE THINKING

Flip it around. When athletes in the sleep studies paid off their sleep debt and kept good habits, shooting accuracy improved by 10 to 15%, they sprinted about a second faster, and they were about half as likely to get injured.



FROM THE COACH

In my camps the rule was simple: no eight hours, no training. Eight hours felt like I'd been hit by a bus. Nine felt like a car. Ten felt like I'd just played a game of rugby. I was sore every day either way. Sleep decided how sore.

RICKY

02

THE STANDARD

NON-NEGOTIABLE

- **8 to 9.5 hours a night** for teen athletes. Eight is the floor. When the training load goes up, so does the number.
- **The same wake time seven days a week**, weekends included.
- **No phone for the first hour after you wake up or the last hour before bed.** Not less phone. No phone.
- **The phone charges in another room.** A separate alarm clock wakes you up.
- **A night routine and a morning routine**, every day.
- **A cool, dark, quiet room.** No snooze button.
- **A rest day that is actually rest.**

Sleep covers more than hours in bed: your room and habits (sleep hygiene), consistent wake and sleep times, less screen time, eating so food doesn't wreck your sleep, and the routines either side. Most of this page is a sleep aid. I will ask how you slept. If you didn't, expect to sit out.

03

HOW TO DO IT

STEP 01

WORK OUT YOUR NUMBER

Your sleep need changes with your training. Work it out like this:

PART	WHAT IT MEANS	EXAMPLE
Baseline	What your body needs on a normal day	8 hours
+ Load	Extra for hard training (more sessions, harder sessions)	1 hour 30 min
+ Sleep debt	What you owe from short nights this week	40 min
- Nap	Any nap you got today	0

PART	WHAT IT MEANS	EXAMPLE
= Sleep need	Tonight's target	10 hours 10 min

Then audit a real week: write down the hours you actually slept every night for seven nights. Most athletes find a short week and a long weekend. That's the first thing to fix.

STEP 02

SET YOUR WAKE TIME FIRST, THEN COUNT BACK

Pick a wake time you can hold every day, including weekends. That's the anchor. Your bedtime is your wake time minus your sleep need. A consistent wake time also sets your body clock, which makes falling asleep easier at night.

STEP 03

GET THE PHONE OUT OF YOUR FIRST AND LAST HOUR

- **Set a bedtime** and an alarm that tells you to put the phone away.
- **Charge it in a different room.** It does not sleep in your bedroom.
- **Buy an alarm clock.** About \$20, less at Kmart.
- **Use a lock app** if you can't trust yourself. Most phones have screen-time limits built in, and there are free apps that lock you out.



FROM THE COACH

I used an Android app that disabled my phone completely and cost money to unlock. It wouldn't even let me turn the alarm off, so I bought a battery analog alarm and used that every day. In my pro camp the phone locked from 10pm to 10am: ten hours of sleep plus an hour either side. It was intense. It worked.

RICKY

"But I need my phone." Then your parents can buy a basic flip phone for about \$100. You don't need maps or Snapchat first thing in the morning. If you need to call home 30 minutes after waking, now you can, without a phone that wrecks your sleep. Usually the real issue is that parents want to reach their kids, so we sit down together and agree on what they're comfortable with (see [For Parents](#)). Putting the phone down is also mindset training: see [Mindset](#).

STEP 04

RUN A NIGHT ROUTINE

Example for a 10pm sleep. Shift the times to fit your number.

8:00PM

Dinner and water. Dinner about two hours before sleep (see [Diet](#)). Sip water, don't skull it.

8:30PM	Shower , one to two hours before sleep, if you haven't already. On training days you shower straight after the session with your disinfectant wash (see Skin).
9:00PM	Screens off. Phone to its charger in another room.
9:00PM	Wind down, 10 to 30 minutes. Read your 10 minutes, write, stretch, pack your bag, do your chores.
9:50PM	Bed, lights off.
10:00PM	Sleep.

Winding down takes effort too. Find some quiet, relax your body, slow your breathing, and stay out of arguments and stress.

STEP 05 RUN A MORNING ROUTINE

Hydrate, move a little, see the sun. That sets your circadian rhythm, which makes it easier to fall asleep that night.

6:00AM	Wake up. First alarm. No snooze.
6:05AM	Drink water. A full glass.
6:10AM	Sun. Get outside. A short walk if you can.
6:20AM	Light exercise. Your run, the weights gym, or the morning bodyweight routine on the Strength page. Just get moving.
7:00AM	Breakfast.
7:20AM	Get ready. Still no phone until the hour is up.

STEP 06 SET UP YOUR ROOM

CONDITION	WHY	HOW
Cool room	Your body needs to cool down to get to sleep and stay asleep.	16 to 19 degrees. Moving air, a fan, or the aircon.
Socks on	A steady body temperature helps you get to sleep.	Warm feet, cool room.

CONDITION	WHY	HOW
Dark room	Darkness gets you into deeper, more restful sleep.	Blackout blinds or a sleep mask. No glowing screens.
Quiet room	Noise you can't control breaks up your sleep.	Earplugs or a white noise machine.
No screens	Screens stop you winding down, and the light works against your sleep hormones.	Phone charges in another room.
No snooze	All of your sleep time should be sleep, not twenty minutes of half waking up.	Set the real time. Get up the first time. If you have to, put the alarm across the room.

STEP 07

USE YOUR REST DAY PROPERLY

Have a full rest day each week (in my camps it was Saturday) and know how to use it. Your body and your brain switch off: wake at your normal time, eat well, see people, swim at the beach, read. More in [Recovery](#).

04

SHOW ME AND PRO

SHOW ME YOU MEAN IT

DISCIPLINED SLEEP, CHEAP TOOLS

ABOUT \$20 FOR AN ALARM CLOCK (MAYBE \$100 FOR A FLIP PHONE)

- Same wake time every day, 8 to 9.5 hours asleep.
- No phone first hour and last hour. Logged honestly.
- Phone charges outside the bedroom. Analog alarm.
- Night routine and morning routine, every day.
- Cool, dark, quiet room. No snooze.

PRO

LOCKED DOWN AND MEASURED

LOCK APP, SLEEP TRACKER (AROUND \$85 AND UP)

- Phone locked for your full sleep window plus an hour either side.
- A sleep tracker, so you know your real hours, not your guess.
- Your sleep need worked out every week with the formula.
- Blackout blinds, earplugs, the room set up properly.
- Sleep data shared with your coach and your dietitian.

Consistent wake and sleep times, a real night routine and a lot less screen time already puts you ahead of most athletes I've coached.

COMMON MISTAKES

-
- ✗ **Paying back sleep on the weekend.** Six hours Monday, five Wednesday, ten Saturday. Your body doesn't work like a bank. Be consistent instead.
-
- ✗ **Sleeping in until noon on rest days.** Rest day still starts at your normal wake time.
-
- ✗ **Using the phone as your alarm.** Then it's the first thing you touch. Buy the \$20 clock.
-
- ✗ **Hitting snooze.** Twenty minutes of half sleep isn't recovery.
-
- ✗ **Calling three hours of TikTok a rest day.** That almost doesn't count as recovery.
-
- ✗ **Eating dinner right before bed.** Aim for about two hours between dinner and sleep.
-
- ✗ **Counting time in bed as sleep.** Lying awake scrolling isn't sleep. Log what you actually slept.
-

CHECKLIST

DO THIS

EVERY DAY

- ☐ Woke up at my set time, first alarm.
- ☐ No phone for the first hour.
- ☐ Water, sun and light movement in the morning.
- ☐ Dinner about two hours before bed.
- ☐ Screens off an hour before bed. Phone in another room.
- ☐ Wind down: read, write or stretch.
- ☐ In bed on time. Logged my hours.

NOT PROFESSIONAL ADVICE

This is general sleep guidance from a coach, not medical advice. If you regularly can't fall asleep or stay asleep, snore heavily, or feel exhausted no matter how long you sleep, see your GP. And if you feel like you need something (including weed or alcohol) to get to sleep, that's a sleep problem we fix properly, not a habit we keep. See [Clean Athlete](#).



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 04 OF 06 • REGIMENTED AND PROTECTED RECOVERY

RECOVERY

Recover enough to push hard again tomorrow. Sleep and stretching come first at both levels, and most small niggles mean you modify, not stop.

SHOW ME VERSION

PRO VERSION

9 MIN READ

01

WHY IT MATTERS

At a professional level and a high intensity, recovery isn't a game of learning how to feel good. It's a game of learning to push harder, then recovering enough to prevent injuries.

Train this hard and you'll be sore, cranky and tired almost every session. That's the job. So recovery is regimented (planned, every day, not when you feel like it) and protected (nobody gets to take it off you, including you). The standards are the same at both levels: sleep, stretching, real rest days, switching your brain off, and telling your coach early. Show Me and Pro differ in how much professional support you have when something flares up. On Show Me, you, your coach and your plan handle a small niggle together. On Pro, a physio is on your team, working with your strength coach and dietitian.

02

THE STANDARD

NON-NEGOTIABLE, BOTH LEVELS

- **Sleep comes first.** Eight hours is the floor (see [Sleep](#)).
- **Stretch after every session**, full body, 10 to 20 minutes.
- **One full rest day a week** that is actually rest.
- **Recovery without devices.** Scrolling isn't recovery.
- **Tell your coach early.** Any niggle, before the session, not after.
- **Small niggle? Modify, don't stop.** Most small niggles don't need you to stop training. We change the training around them.
- **We monitor your load together.** Everything counts, not just Jiu-Jitsu.
- **If you see a physio, follow their advice, no matter what.**
- **Sore is normal. Injured is different.** Push through soreness. Stop for the warning signs in step 8.

"I don't feel good today, recovery day?" Usually, no. Feeling flat is part of a hard block, and recovery isn't a day off you take when you feel like it. It's what you do every day so you can push again tomorrow.

03

HOW TO DO IT

STEP 01

PUT SLEEP AND STRETCHING FIRST

1

GOOD SLEEP (SEE [SLEEP](#))

2

STRETCHING, EVERY DAY

Good sleep and stretching are the top two, at either level. Show me those two and I'm more than happy. Foam rolling helps too. Everything else is extra.

STEP 02

STRETCH EVERY DAY, FULL BODY

Stretching keeps everything loose and limber, and it gives you a signal: you might not notice your hamstring is tight until you stretch it. Stretch your full body. Being more flexible is never a bad thing. It counts as strength and conditioning too, even though it's traditionally a recovery item.

In my camps I stretched at the end of every gym session (three times a week minimum), and for 10 to 20 minutes after every morning Jiu-Jitsu session, five days a week.

The stretch list. The common ones for Jiu-Jitsu. Hold each for 30 to 60 seconds, each side, breathing slowly. A stretch, never pain. No bouncing.

STRETCH	AREA	WHY FOR JIU-JITSU
Seated or standing hamstring	Hamstrings	Guard work, inversions, a big one
Knees to chest, child's pose	Low back	Hours of rounded posture
Half-kneeling hip flexor	Hip flexors	Guard retention, sitting, leg work
Pigeon pose	Glutes, hips	Open guard, leg entanglements
Butterfly	Groin, adductors	Guard, stretching for triangles
Standing quad	Quads	Knees, passing, takedowns
Wall calf stretch	Calves, ankles	Footlocks and standing work
Deep squat hold	Hips, ankles, back	Base and mobility
Cobra	Abs, front of hips	Undoes all that curling up
Gentle neck stretches	Neck	Head pressure, stacking, collar chokes
Doorway chest stretch	Chest, front of shoulders	Frames and posture
Cross-body shoulder	Back of shoulders	Kimuras, gripping, framing
Side reach in child's pose	Lats	Pulling and grips
Wrist and forearm stretches	Forearms, fingers	Gi grips. Your fingers will thank you

STEP 03

MAKE YOUR REST DAY REAL, AND COUNT EVERYTHING

When we plan your load, everything counts, not just Jiu-Jitsu. School sport, footy, swimming, a big night of gaming, a long day on your feet: your body and brain feel all of it. So when you tell me "I had a rest day", tell me what you actually did. A rugby game and three hours of Clash Royale isn't a rest day.

That's how we monitor your load: you tell me honestly what your week looked like, your tracker shows it, and we adjust the plan together before small aches turn into injuries.

STEP 04

RECOVER WITHOUT DEVICES

Three hours of TikTok almost doesn't count as recovery. Your body's on the couch, but your brain is getting hammered, and it matters most around performance days. Real recovery: a walk, a beach swim, reading, time with family and friends, sitting quietly, a nap, stretching. Turning your brain off is a skill, and like any skill you get better with practice.

STEP 05

SMALL NIGGLE? TELL YOUR COACH, THEN MODIFY, DON'T STOP

You don't need to stop for most small niggles. Most of the time we can train around them. What changes between the levels is how much support you get while it settles.

SHOW ME YOU MEAN IT

YOU, YOUR COACH AND YOUR PLAN

- **Tell your coach before the session.** Be clear: where it is, what aggravates it, how long it's been there.
- **We adjust your Jiu-Jitsu** so it doesn't aggravate it. A sore shoulder might mean drilling instead of rounds, or staying out of the positions that load it.
- **Adjust your strength work too.** If an AI built your plan, tell it "I've injured my shoulder" and it will swap the exercises that aggravate it.
- **Keep monitoring your load** and keep telling your coach how it feels.
- **Give a small niggle about two weeks** to freshen up.

PRO

A PHYSIO STRAIGHT AWAY

- **See your physio immediately**, at the first niggle.
- **Do exactly what they say, consistently**, to get it cleared up and properly addressed.
- **Your physio and strength coach update your program together.**
- **Still tell your coach** before the session, so the Jiu-Jitsu side changes too.

SAFETY NOTE - BOTH LEVELS

Sharp or worsening pain, swelling, a pop, numbness, or a niggle that hasn't settled after a couple of weeks gets seen by a physio or GP, whichever level you're on. Anything on your skin goes to your GP (see [Skin & Staph](#)). The full list of warning signs is in [step 8](#).

STEP 06

PRO: SEE A PHYSIO STRAIGHT AWAY, THEN DO EXACTLY WHAT THEY SAY

Clare Walsh at Stadium Sports Physiotherapy in Moore Park is the best physio I've worked with. In my camps, from the first niggle, I saw her every second week, booked in advance, because at that load something was always going to flare up.

- **Go at the first niggle.** Ask a professional immediately, be cautious and be prepared, rather than trying to blast through it for weeks.
- **Book ahead.** At high training loads something will flare up. Have the appointments in the diary already.
- **Budget for it.** Set money aside. Shoulders, knees, fingers: you're going to need it.
- **Follow the advice, no matter what.** Even when it's "no rounds for two weeks".
- **Keep your physio and your strength coach connected.** I kept Clare and Ethos talking so they could update my program as things changed.

Rough cost: about \$150 to \$200 a session, with the longer 45 to 60 minute consult at the top end, so every second week is roughly \$300 to \$400 a month. That's an estimate, not a quote: fees vary between clinics, so do your own research, ask for their fees and compare. Your private health extras may cover part of each visit (check your fund). Medicare only helps in limited cases: if you have an ongoing condition, your GP can tell you whether a care plan applies, which can give rebates on a handful of allied health visits a year.

STEP 07

TREAT RECOVERY EXTRAS AS EXTRAS

Ice baths, saunas and cold plunges are Pro extras: optional, and only if you're paying for them anyway. On Show Me you don't need them. Sleep and stretching do the heavy lifting, and beach swims and learning to turn your brain off and relax do a pretty good job, especially if you're sleeping well.

- **Using cold at Pro?** Skip it straight after a strength and conditioning session, because it can blunt the muscle adaptations you just worked for. After Jiu-Jitsu is fine.
- **Beach swims?** Fine at either level.
- **Chiro?** Optional. Some good physios say a good chiro can help alongside their work. Depends on your budget. Physio comes first.

STEP 08

KNOW WHEN TO STOP AND GET CHECKED

Being sore is normal. Being injured is different. Push hard, but at an intensity you can hold for the whole of your long-term plan, not one that breaks you partway through it.



FROM THE COACH

My intensity was too high. I ended up with tendinopathy and overtraining injuries in my shoulders, hip flexors and groin. I held it for three months and got through the tournaments without a major injury, but my body broke after each of those three-to-four-month pushes. About 40% less intensity, held for longer, would have been smarter.

RICKY

STOP AND SEE A PHYSIO OR GP IF

ANY OF THESE HAPPEN, AT EITHER LEVEL

- Sharp pain, rather than general soreness.
- Swelling, a pop, or a joint that gives way, locks or clicks painfully.
- Numbness, tingling or weakness.
- Pain that wakes you up at night, or gets worse every session.
- A niggle that hasn't settled after a couple of weeks of modified training.
- Any knock to the head with headache, dizziness, nausea or feeling "off". Stop training that day and get checked.

Injured or sick? You still come to training. Watch the session, learn through watching, ask questions. You just don't train. That's not a day off, that's study.

SHOW ME AND PRO

SHOW ME YOU MEAN IT

PREVENT, COMMUNICATE, MODIFY

FREE

- Sleep, done properly (see [Sleep](#)).
- 10 to 20 minutes of stretching after sessions, full body.
- One real rest day a week, device-light. A beach swim or a walk instead of a scroll.
- Prevention: warm-up and prehab every session (see [Strength & Conditioning](#)), and your load monitored with your coach.
- A small niggle: tell your coach, modify your Jiu-Jitsu and your strength plan, and give it about two weeks.
- No ice baths or saunas needed.

PRO

BOOKED, BUDGETED AND CONNECTED

ABOUT \$150 TO \$200 A PHYSIO SESSION, EVERY SECOND WEEK

- A physio straight away at the first niggle, and their plan followed consistently.
- Physio every second week, booked in advance for the whole camp.
- Physio and strength coach talking to each other and updating your program.
- Money set aside for treatment, so cost never stops you going.
- Stretching after every gym session and every morning session.
- Extras if you want them: ice baths, saunas, cold plunges. Chiro or massage optional, if your physio rates it.

Same standards, different support. Show Me proves you'll look after your body yourself. Pro adds a professional to get injuries cleared up faster.

COMMON MISTAKES



Taking a recovery day because you feel flat. Sore and tired is normal in a hard block. Recover properly tonight and train tomorrow.



Stopping completely for a small niggle. Most small niggles mean modify, not stop. Tell your coach and train around it.



Keeping a niggle to yourself. Tell your coach before the session, so the session can change early.

- ✗ **Training through sharp pain.** That's a warning sign, not soreness. Stop and get checked.
- ✗ **Waiting out a niggle that isn't settling.** If it hasn't settled after a couple of weeks, see a physio or GP.
- ✗ **Following the physio only when it suits you.** "No rounds for two weeks" means no rounds for two weeks.
- ✗ **Calling screen time recovery.** Your brain needs the rest too.
- ✗ **A "rest day" full of sport and gaming.** Everything counts toward your load.
- ✗ **Only stretching what feels tight.** Full body. You often don't feel it until you stretch it.
- ✗ **Thinking you need ice baths.** On Show Me, sleep and stretching do the job. Beach swims are fine.
- ✗ **An ice bath straight after strength work.** Save cold exposure for after Jiu-Jitsu.

06

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Stretched after every session.
- ☐ Took one full rest day, and actually rested.
- ☐ Did at least one device-free recovery thing (walk, swim, read).
- ☐ Told my coach about any niggle before the session.
- ☐ Small niggle? Modified my Jiu-Jitsu and strength work around it. Didn't stop.
- ☐ Anything not settling after a couple of weeks, or any warning sign: saw a physio or GP.
- ☐ Seeing a physio? Did their exercises.
- ☐ Logged my sleep every night.

NOT PROFESSIONAL ADVICE

I'm a coach, not a physio or doctor. This page is general guidance and my own experience. For any pain, injury or niggle, see a qualified professional and follow their advice over anything written here.

Clare Walsh, Stadium Sports Physiotherapy, Moore Park

[stadiumsportsphysio.com.au](https://www.stadiumsportsphysio.com.au) (<https://www.stadiumsportsphysio.com.au/team/>). My physio. Sports injuries and musculoskeletal.

A good GP you can see quickly

Mine is Dr Kouroush Mahmoodi, Bondi Junction 7 Day Medical Centre, ground floor, 1 Newland St (corner of Oxford St), [02 9291 9888](tel:0292919888), [book on HotDoc](https://www.hotdoc.com.au/medical-centres/bondi-junction-NSW-2022/bondi-junction-7-day-medical-centre/doctors/) (<https://www.hotdoc.com.au/medical-centres/bondi-junction-NSW-2022/bondi-junction-7-day-medical-centre/doctors/>). Part of the support team at either level: warning signs, skin and Medicare care plans.

The Stadium Clinic, Moore Park

stadiumclinic.com.au (<https://stadiumclinic.com.au/>). Sports medicine at the same site, if your physio refers you on.

Ethos Performance

[ethosperformance.com.au](https://www.ethosperformance.com.au) (<https://www.ethosperformance.com.au/>). Strength and conditioning that works alongside your physio.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 04 OF 06 • REGIMENTED AND PROTECTED RECOVERY

SKIN & STAPH

Disinfectant shower after every session, gear washed after every use, and never train contagious.

SAME FOR EVERYONE

5 MIN READ

01

WHY IT MATTERS

When you start training hard, your immune system dips. The first thing you get is sick, or staph, or another infection, and then you give it to everyone you train with.

One infection can take out you and half the team. That's why this is very much required, and why there's no Show Me or Pro version of this page. The protocol is the same for everyone, from the first week.

02

THE STANDARD

NON-NEGOTIABLE

- **Show** after every session with a disinfectant body wash, as soon as you finish. Morning, midday or night, every session.
- **Cover every open wound** before you step on the mat.
- **Wash your gear after every single use.**
- **No training with staph or ringworm**, or anything else contagious. Ever.
- **Contagious, sick or injured?** Come to training, watch, learn and ask questions. Don't train.
- **Take the medication and use the cream**, and finish the course.

I know you want to train. I've been there too. But if you're contagious, you'll sit the session out and watch. That's to protect your teammates, not to punish you: nobody gets to take their teammates' training away because they didn't want to miss a session.

03

HOW TO DO IT

STEP 01

BUY A DISINFECTANT BODY WASH

You want something antibacterial and antifungal. What I use is [Microshield 4 Chlorhexidine Surgical Handwash](https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml) (<https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml>) (Schülke, chlorhexidine gluconate 4% w/v, 500mL, about \$26 at Chemist Warehouse). I've heard the 2% version, [Microshield 2 Chlorhexidine Skin Cleanser](https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml) (<https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml>) (about \$21), is gentler and still works, but this is what I use. Read the label and the safety note at the bottom of this page.

STEP 02

SHOWER, COVER, WASH: EVERY TIME

1. **Shower after every session, as soon as you finish.** Disinfectant wash all over, including your scalp, feet and between your toes. The closer the shower is to the session, the better: at the School or gym if you can, otherwise straight home and into the shower. Finish at 1pm, shower at 1pm. Training, then work, then training again without a shower in between isn't okay. Don't sit around in sweaty gear.
2. **Cover open wounds.** Cuts, grazes, mat burn: clean them and cover them before you step on the mat.
3. **Wash your gear after every use.** Gi, belt, rashguard, shorts, spats, knee pads, mouthguard case. Every time, even if "it only got used once". Dry it properly; damp gear grows things.
4. **Don't share** towels, razors, drink bottles or gear.
5. **Nails short, feet clean.** Thongs or shoes off the mat, never barefoot in the bathroom.

STEP 03

CHECK YOUR SKIN EVERY DAY

Look in the shower, every day, and catch it early. These photos show what the common mat infections often look like, so you know what you're looking for. They're a guide, not a way to diagnose yourself: skin infections look different on different people. If you're not sure, assume it's contagious and see your GP.



STAPH (BOIL OR ABSCESS)

A red, swollen, hot, painful bump. It can look like a pimple or a spider bite that keeps getting worse, sometimes with pus.

Contagious. Don't train. See your GP today.

Photo: CDC / Bruno Coignard, M.D., Jeff Hageman, M.H.S. (public domain)



IMPETIGO

Red sores that weep and then dry into honey-coloured crusts. Often caused by staph or strep. Common on arms, legs and around the mouth.

Contagious. Don't train. See your GP for treatment.

Photo: Evanherk (https://commons.wikimedia.org/wiki/File:Impetigo_elbow.jpg), CC BY-SA 3.0 (<https://creativecommons.org/licenses/by-sa/3.0/>), via Wikimedia Commons



RINGWORM (FUNGAL)

A round, red, scaly ring that's often itchy, with clearer skin in the middle. It's a fungus, not a worm, and it spreads easily on the mat.

Contagious. Don't train until it's treated. See your GP.

Photo: CDC / Dr. Lucille K. Georg (public domain)



FOLLICULITIS

Small pimple-like bumps around the hair follicles, often where gear rubs or after shaving. It can be bacterial.

Keep it clean. If it's spreading, painful or not settling, see your GP. Not sure? Treat it as contagious.

Photo: Da pacem Domine (<https://commons.wikimedia.org/wiki/File:Folliculitis2.jpg>), CC0, via Wikimedia Commons

No photo here. Use the description and see your GP if you notice it.

COLD SORES OR MAT HERPES

A cluster of small blisters on a red base, often on the face, neck or arms. It can tingle or burn before the blisters show. Very contagious on the mat.

Don't train. See your GP the same day.



SPREADING REDNESS (CELLULITIS)

Redness spreading out from a cut or graze, red streaks, warmth, swelling, or a fever.

See a doctor today. Red streaks or a fever: don't wait.

Photo: James Heilman, MD (https://commons.wikimedia.org/wiki/File:Cellulitis_following_abrasion.jpg), CC BY-SA 4.0 (<https://creativecommons.org/licenses/by-sa/4.0/>), via Wikimedia Commons

STEP 04

HAVE A GOOD GP BEFORE YOU NEED ONE

Skin infections move fast, so the GP you see matters. Find one who knows athletes, sees you quickly and gets the right treatment started the same day. Sort this out now, while your skin is clear, so you're not searching for a doctor with a lesion on your arm.



FROM THE COACH

My go-to GP is Dr Kouroush Mahmoodi at [Bondi Junction 7 Day Medical Centre](https://bondijunction7daymedicalcentre.com.au/the-team/) (<https://bondijunction7daymedicalcentre.com.au/the-team/>): ground floor, 1 Newland Street (corner of Oxford Street), [02 9291 9888](tel:0292919888), or [book on HotDoc](https://www.hotdoc.com.au/medical-centres/bondi-junction-NSW-2022/bondi-junction-7-day-medical-centre/doctors/) (<https://www.hotdoc.com.au/medical-centres/bondi-junction-NSW-2022/bondi-junction-7-day-medical-centre/doctors/>). He's been fantastic with staph: the right prescription quickly and properly treated, so I'm back on the mat as soon as possible. He's a big part of my plan.

RICKY

STEP 05

IF YOU'VE GOT IT, TREAT IT AND SIT OUT

1. **Tell your coach** before the session, not after.
2. **See your GP the same day** and get the right treatment (see [Have a good GP](#)).
3. **Take the medication. Use the cream.** Finish the whole course, even when it looks better.
4. **Still come to training.** Watch the session, learn through watching and ask questions. You just don't train.

5. **Wash everything** you've trained in, plus your towels and sheets.
6. **Come back** when it's healed or your doctor says you're not contagious.

STEP 06

COMPETING WITH IT IS YOUR CALL

Competing is different from training, and I can't stop you. There's not much point putting in all that work and then not going.

- **Small lesion?** I don't recommend it, but it's an option. Get it treated, cover it properly, and make the call with your doctor. Some events check skin and can pull you out, so know the rules.
- **Big abscess?** No. That's a danger to you and everyone you touch.

04

COMMON MISTAKES

-
- ✗ **Training, going to work, then training again without a shower.** Shower after every session, as soon as you finish.
-
- ✗ **Re-wearing gear that "only got used once".** Wash it every time, and dry it properly.
-
- ✗ **Training on a "pimple" that keeps getting worse.** Assume it's contagious and see your GP.
-
- ✗ **Stopping the medication when it looks better.** Finish the course.
-
- ✗ **Telling your coach after the session.** Tell them before, so nobody else gets exposed.
-
- ✗ **Sharing towels and drink bottles.** Bring your own.
-
- ✗ **Barefoot in the bathroom.** Thongs or slides off the mat, every time.
-

CHECKLIST

PACK THIS

EVERY SESSION

- ☐ A clean gi or a clean rashguard and shorts.
- ☐ Thongs or slides for off the mat.
- ☐ Strapping tape and a couple of waterproof dressings.
- ☐ A separate bag for sweaty gear.
- ☐ Your own towel and drink bottle.
- ☐ Disinfectant body wash, ready for straight after the session.

NOT PROFESSIONAL ADVICE

This is a hygiene routine from a coach, not medical advice. Skin infections need proper diagnosis and treatment. If something looks infected, is spreading, or comes with a fever, see a GP straight away. With any body wash, including the one I use: follow the label, stop if your skin reacts, and don't use it on broken skin or near your eyes and ears. Ask me for product recommendations for gear care.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 05 OF 06 • SOLID MINDSET AND MENTAL TOOLS

MINDSET

Train your head like you train your guard. Read every night, write with intent, and never trust a tired thought.

SHOW ME VERSION

PRO VERSION

11 MIN READ

01

WHY IT MATTERS

Being good at Jiu-Jitsu isn't enough on its own anymore, and anger and insecurity only carry you so far.

A complete athlete also has confidence, good self-esteem, a growth mindset and detachment from the outcome. Those are skills, and you train them like any other. You'll need them most when you're exhausted, losing, or surrounded by people telling you the only thing that matters is winning. If you haven't done the reflection beforehand, you won't know what to say back.



FROM THE COACH

Preparing for Abu Dhabi, I went deep: temples, Buddhist texts, Catholic scripture, some Islam, some philosophy. You don't need to go that far. You do need a consistent effort on your mindset, every week.

RICKY

02

THE STANDARD

NON-NEGOTIABLE

- **Read 10 minutes every night.** At least one book every month or two, depending on your reading speed. Audiobooks count. Zero doesn't.
- **Start with Mindset by Carol Dweck.** Parents read it too.
- **One weekly reflection, in writing.** About 20 to 30 minutes, once a week (twice at most), on a prompt or on what you read. Reflection, not a diary of what happened.
- **No decisions on a tired thought.** Sleep on it first.
- **No phone in the first or last hour of the day.** Sitting with discomfort is part of the training.

I won't be following up on this, so this one's on you. I can't check on every athlete every night, and I won't read what you write. I might ask "How's the book?" or "Are you writing?" If the answer is "not for two weeks", I won't be upset. These are your goals, and I won't fight you if you don't take them seriously. I'll just take them as seriously as you do.

03

HOW TO DO IT

STEP 01

READ EVERY NIGHT

10_{MIN}

READING EVERY NIGHT

1

BOOK EVERY MONTH OR TWO

\$20

ABOUT WHAT A BOOK COSTS

Books are a requirement for any serious athlete. They develop how you see things and how you work on the inside. Ten minutes a night is a small commitment, and it fills the time you free up by keeping the phone out of your first and last hour (see [Sleep](#)). If reading is hard for you, go slower or use the audiobook. Ten minutes still counts.

STEP 02

FOLLOW THE BOOK LADDER

In this order. That's several months of reading.

BOOK 1 **Mindset, Carol Dweck.** The must-read for every athlete I coach, and for parents. Audiobook is fine. Finish it, then tell me what stuck with you.

BOOK 2 **The Obstacle Is the Way, Ryan Holiday, or Atomic Habits, James Clear.** The first fires you up and gives you a framework for challenging yourself. The second shows you how to build the routines in this guide and make them stick. Read one, then the other.

BOOK 3 **Ego Is the Enemy, Ryan Holiday.** Harder and more abstract. It makes you face your own biases, which is why Mindset then Ego Is the Enemy is the most important order.

BOOK 4 **Stillness Is the Key, Ryan Holiday.** Calm, focus and being present. Pairs well with [Competition Day](#).

THEN Anything by Ryan Holiday. Ask me for more when you're done.

STEP 03

WRITE WITH INTENT

Your nightly reading is the input. The weekly reflection is where you work through it: once a week, twice at most, about 20 to 30 minutes, on one prompt or on what you read or watched. Most athletes would rather read, because writing is harder. That's why it works. Keep it reflective (fear, losing, blame, identity, goals); technique goes in your short [training log](#) after each session. What you write is yours; I won't read it, so be completely honest. The prompts and the video exercise are in the [Journal](#).

STEP 04

WE TRY, WE LEARN

WE TRY, WE LEARN. I THINK THEREFORE I AM. I TRY THEREFORE I LIVE.

Written during my camps. We still use both today.

To get better at any skill there are only two actions: try, and learn. That's the root of everything I coach. There is no "do", only "try". A "do" only exists looking backwards. What you control, every round, is the try.

You will be surrounded by fixed-mindset voices, often from people who mean well:

- "You're losing your reputation."
- "How could you lose to that guy?"
- "You didn't try. You have to try your best."

- "The only thing that matters is winning."

Have your answers ready, out loud or in your head:

- "I tried something new. Now I know what doesn't work yet."
- "A win only proves I won that day, against those opponents. It doesn't guarantee tomorrow."
- "I'm measuring myself against my own best, not a medal."
- "The work changed me whether I won or not."

STEP 05

LET GO OF THE OUTCOME

To win, you must do your best. That doesn't guarantee victory. It guarantees peace, free of regret. Some things you control and some you don't. Worrying about a car crash on the way to a comp does nothing for your performance. It only takes energy away from what you can control.

THE CONTROL CHECK

BEFORE A COMP, SORT IT OUT

I CONTROL

- My preparation
- My sleep, food and warm-up
- My effort every exchange
- How I respond to a bad call
- What I learn from it

I DON'T CONTROL

- My opponent
- The referee
- The bracket and the timing
- What people say after
- The result

Losing hurts. Not because it says anything about your worth (no external event can measure that), but because you didn't get what you wanted. Feel it. Then go back to the "I control" list.

STEP 06

EXPECT THE HARD WEEKS

In a hard camp it's common to feel emotionally overwhelmed, sore and flat, even when you love the sport and you're doing everything right. Greg Souders calls it "sad boy, angry boy". That's normal, and it passes. It doesn't mean you're weak and it doesn't mean the plan is wrong. It's when insecurity kicks in, and the next two tools are how you get through it.

STEP 07

CATCH THE BLAME PATTERN

Under pressure (a losing decision, brutal training, nerves before a big comp) almost every athlete blames something outside themselves before looking inward. The ego doesn't want you to be the problem. In month two of most camps, a lot of us end up thinking one of these:

- "This School isn't good enough."
- "I need better training partners."
- "Your program isn't working."
- "I'm not getting better."
- "I'm never going to win Worlds."

It's either self-deprecating or externally deprecating, but something is getting deprecated. Wanting to change Schools in the middle of a block is usually the same pattern. When you hear yourself say one of these, use the next tool.



FROM THE COACH

I've done it too. In a hard block I caught myself thinking "my coach doesn't support me". It felt true. It was fatigue.

RICKY

STEP 08

SLEEP ON TIRED THOUGHTS

When you're upset and in pain, remind yourself: this is the suffering the goal requires. It's normal and it's okay. Thoughts like "I'm not good enough" or "my partners aren't good enough" usually aren't true. You're just exhausted. The less aware you are of this, the easier it is to spiral. Let it build for two weeks and you walk into class and blow up at your coach: "You don't care about me, this School isn't good enough, I'm never coming back." That's when real problems start.

THE TOOL

SLEEP ON IT

1. **Notice the thought.** "I'm not good enough." "My partners aren't good enough." "My coach doesn't care."
2. **Label it.** "That's fatigue talking."
3. **Decide nothing tonight.** No texts, no posts, no quitting, no big conversations.
4. **Sleep.** A proper night.
5. **Check it in the morning.** Nine times out of ten: not true.
6. **Still true after a few good nights?** Then bring it to your coach calmly, with a possible solution. See [Communication](#).

STEP 09

PUT THE PHONE DOWN

Less phone means more time as a human being, feeling your feelings. That's uncomfortable, and that's the point: dealing with discomfort is part of mindset. It shows on competition day more than anywhere (see [Competition Day](#)). If you won't put your phone down to get better at Jiu-Jitsu, even if you don't think it matters, I'm not the right coach for you. I'm telling you it will make you better.

STEP 10

USE OUR TOOLS

On top of the books, read our mindset site: mindset.bjjau.com (<https://mindset.bjjau.com/>), **Already Dead: a mindset for the world-level competitor. We Try. We Learn.** It puts my philosophy alongside Carol Dweck, Ryan Holiday, James Clear and Musashi. It has poems to read before training or competing, two debrief questions for after every session and every loss, a slow breathing tool (in for four seconds, out for six), a daily meditation practice, a pre-match routine, and the daily habits that hold it together.

SHOW ME AND PRO

SHOW ME YOU MEAN IT

TEN MINUTES AND ONE BOOK

ABOUT \$20, OR FREE FROM THE LIBRARY

- Read Mindset by Carol Dweck, 10 minutes a night, every night.
- One weekly reflection, about 20 to 30 minutes, kept for yourself.
- Use the sleep-on-it tool every time a tired thought shows up.
- Read the mindset site once, properly.

PRO

A SPORTS PSYCHOLOGIST, PLUS THE WORK

ROUGHLY \$250 TO \$350 A SESSION, OFTEN IN PACKS OF 3 OR 5

- Sessions with an accredited sports psychologist. I did five. A pack is usually cheaper per session than booking singles: five sessions is roughly \$1,250 to \$1,750. Those are estimates, not quotes, so do your own research, get quotes and check whether your private health extras cover part of it.
- The full book ladder, one a month.
- The same weekly reflection as everyone (more writing isn't the Pro step), plus any exercises your psychologist sets.
- Five to ten minutes of meditation or breathing daily.
- A pre-match routine you've rehearsed, used at every comp.
- Philosophy, if it grabs you. Ask me where to start.

COMMON MISTAKES



"I'm not a reader." Then read slower, or listen. Ten minutes with an audiobook counts. Zero doesn't.



Writing what happened instead of what you learned. A list of moves isn't reflection. Answer a question, then the follow-up. Moves go in your training log.



Treating a loss as a verdict on your worth. It's information. We try, we learn.

- ✕ **Acting on a tired thought.** The angry text, the post, the "I quit". Sleep first.
- ✕ **Blaming the School, your partners or the program in month two.** Look inward first. Wanting to change Schools mid-block is usually this.
- ✕ **Bottling it up, then blowing up at your coach.** Often the night before a comp. Bring it up calmly, early, with a possible solution.
- ✕ **Logging reading you didn't do.** An honest cross helps your plan more than a tick that isn't true.
- ✕ **Numbing nerves with the phone.** Sitting with the feeling is the training.

06

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Read at least 10 minutes every night.
- ☐ Did my weekly reflection (200 words) and answered the go-deeper question.
- ☐ Caught myself blaming something outside me, and wrote down what I could have done.
- ☐ Slept on a tired thought before acting on it.
- ☐ Said "we try, we learn" after a bad round, and meant it.

NOT PROFESSIONAL ADVICE

Hard camps come with hard days, and some sadness and frustration is normal. But I'm a coach, not a psychologist. If low mood sticks around for more than a couple of weeks, you stop enjoying things, you can't sleep or eat, or you have any thoughts of hurting yourself, talk to a parent and your GP, and reach out:

headspace (ages 12 to 25)

headspace.org.au (<https://headspace.org.au/>)

Kids Helpline (ages 5 to 25, 24/7)

1800 55 1800 · kidshelpline.com.au (<https://kidshelpline.com.au/>)

Lifeline (24/7)

13 11 14

An accredited sports psychologist (Pro)

Search the Australian Psychological Society directory: [Find a Psychologist](https://psychology.org.au/find-a-psychologist) (<https://psychology.org.au/find-a-psychologist>). Expect roughly \$250 to \$350 a session, often sold in packs. Fees vary, so compare a few.

The book that started it

Carol Dweck, *Mindset: The New Psychology of Success*. Everyone reads it, parents included.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 05 OF 06 • SOLID MINDSET AND MENTAL TOOLS

JOURNAL

Two kinds of writing, kept separate: a short training log after every session, and one honest reflection a week.

SAME FOR EVERYONE

16 PROMPTS

01

WHY IT MATTERS

Writing is how training turns into learning. There are two kinds, and they do different jobs, so keep them apart.

The **training log** is short and technical. Two to five minutes after every session: what you were working on, what worked, where it broke, what to ask, what to fix. It's how one session feeds the next. The **weekly reflection** is slower and personal: fear, losing, blame, identity, goals, and whatever you read that week. It's self-guided. You get open questions and a follow-up that leads you further down. The reflection you do here is what you'll have ready when you're exhausted, losing, or hearing that the only thing that matters is winning (see [Mindset](#)).

02

THE STANDARD

NON-NEGOTIABLE

- **A training log after every session.** Two to five minutes, the same five lines, on-the-mat only.
- **A short log entry after every competition,** within two days.
- **One weekly reflection.** About 20 to 30 minutes, once a week, twice at most. Mindset, not moves.
- **Keep them separate.** Technique goes in the log. Fear, losing and goals go in the reflection.
- **Paper at night.** No phone in the last hour before bed.
- **It's yours.** I won't read it.

This is one standard for everyone. Going Pro doesn't mean more writing: more than once or twice a week eats into school, recovery and sleep. The only Pro difference is support: a sports psychologist (see [Mindset](#)) may set their own exercises. I might ask whether you're writing. I won't be checking or following up beyond that, so this one is on you.

03

HOW TO DO IT

STEP 01

LOG EVERY SESSION IN TWO TO FIVE MINUTES

Straight after training, in the car or on the bus, while it's fresh. Same five lines every time, so it takes minutes and you never have to think about what to write. Keep it on the mat: positions, grips, decisions, questions.

TRAINING LOG

AFTER EVERY SESSION

TODAY'S FOCUS

From your plan. On a filmed day, add how many times you actually tried it.

ONE THING THAT WORKED

WHERE IT BROKE DOWN, AND WHY

Where exactly, and why you think it did.

ONE QUESTION FOR MY COACH

Short and specific, asked in class (see [Communication](#)).

THE ONE THING TO FIX NEXT SESSION

Only one.

The same five lines work for footage. When you review a recorded round (see [Technical Empowerment](#)), the review goes straight into your log. Footage is for your own review: I don't watch recordings, so turn what you see into one question for class.

NOT THIS

"Today I went to Jiu-Jitsu. I did the single leg. It didn't work. Did some rounds. Pretty tired."

That's a diary. Nothing was learned, nothing will change.

THIS

Focus: single leg, six attempts. **Worked:** finished once, when I got my head inside first.

Broke: every miss I shot from too far away, because I'm worried about the guillotine.

Question: how do I defend the guillotine from the single? **Fix:** head inside before I shoot.

If the same worry keeps showing up in your log, that's a good topic for your weekly reflection.

Tip: keep a small notebook in your mat bag, or use your phone's notes straight after training. At night, write on paper, because the phone stays out of your last hour. Want it on paper for the week? Print the [training log sheet](#).

STEP 02

ADD A SHORT ENTRY AFTER EVERY COMPETITION

Win or lose, within two days, while you still remember. It's a log entry, not an essay: the same idea as a session, one block of the season instead of one class.

COMPETITION ENTRY

WITHIN TWO DAYS OF EVERY COMP

COMPETITION AND MATCHES Results, and one line per match.

WHAT I TRIED My plan and focus for the day.

WHAT WORKED

WHERE IT BROKE DOWN, AND WHY

ONE QUESTION FOR MY COACH

THE ONE THING FOR THE NEXT BLOCK

How you felt about the result belongs in your weekly reflection. The debrief questions on [our mindset site](https://mindset.bjjau.com/) (<https://mindset.bjjau.com/>) are a good place to start (see [Competition Day](#)).

STEP 03

WRITE ONE WEEKLY REFLECTION

Once a week, twice at most, about 20 to 30 minutes. Pick a quiet time you can protect, like Sunday afternoon. Your daily reading (see [Mindset](#)) is the input. This is where you work through it. Choose one of two ways in:

- **One prompt.** Pick one from [the prompts](#) below, write 200 words, then answer the go-deeper question.
- **What you read or watched.** Write in response to an idea from this week's reading, or to [the video exercise](#).

PICK Pick a prompt or an idea. Start with whichever one makes you a bit uncomfortable.

WRITE Write 200 words. Paper or a notes app. Don't edit, don't make it pretty. Just answer honestly.

DEEPER Answer the go-deeper question. Another 100 to 200 words. This is the part that matters.

ACT One action. One sentence: what will you do differently this week because of this?

KEEP Keep it. Re-read your reflections once a month and see what's changed.

WEEKLY REFLECTION

WEEK OF _____

PROMPT OR WHAT I READ

Prompt no. ____ or _____

200 WORDS

GO DEEPER

ONE ACTION THIS WEEK

Copy it into a notebook, or print the [weekly reflection sheet](#).

STEP 04

PICK FROM THE PROMPTS

Sixteen prompts across the things that decide how far you go. Do them in any order, one a week. Come back to the same one in a couple of months and see if your answer has changed.

01 • FEAR

WHAT ARE YOU ACTUALLY AFRAID OF WHEN YOU WALK OUT FOR A BIG MATCH?

WRITE 200 WORDS

Be specific. Not "losing". What exactly about losing?

GO DEEPER

If that thing happened, what would it really cost you? And who decided it would cost that much?

02 • LOSING

DESCRIBE YOUR LAST LOSS AS IF YOU WERE THE REFEREE WATCHING IT.

WRITE 200 WORDS

Only what happened. No excuses, no feelings yet.

GO DEEPER

What did that loss teach you that a win never could have? What will you try differently because of it?

03 • BLAME

THINK OF THE LAST TIME YOU BLAMED SOMETHING OUTSIDE YOU: A REF, A PARTNER, THE COACH, THE SCHOOL. MAKE THE CASE FOR IT.

WRITE 200 WORDS

Argue it like a lawyer. Give it your best shot.

GO DEEPER

Now make the case against yourself. Which version is more useful to you, and why did you reach for the other one first?

04 • EFFORT

WHEN DID YOU LAST GIVE A SESSION YOUR ABSOLUTE BEST, START TO FINISH?

WRITE 200 WORDS

What did it feel like? What was different that day?

GO DEEPER

What stops you doing that every session? Be honest. Is it energy, fear, friends, or not caring that day?

05 • IDENTITY

WHO ARE YOU IF YOU NEVER WIN ANOTHER MEDAL?

WRITE 200 WORDS

Describe that person. What do they do, what do they care about?

GO DEEPER

Which parts of that person would you still be proud of? Why do those parts feel less important than a medal right now?

06 • GOALS

WHAT'S YOUR BIG GOAL, AND WHY DO YOU ACTUALLY WANT IT?

WRITE 200 WORDS

Keep asking "why?" until you hit the real reason.

GO DEEPER

If nobody ever found out you achieved it, would you still want it? What does your answer tell you?

07 • TRAINING PARTNERS

WHO'S THE PARTNER YOU AVOID IN ROUNDS? WHY?

WRITE 200 WORDS

What happens when you roll with them? What do you feel?

GO DEEPER

What would you learn if you picked them first, every session, for a month? What's stopping you?

08 • THE COACH

WRITE ABOUT A PIECE OF COACHING YOU DISAGREED WITH.

WRITE 200 WORDS

Explain why you think it was wrong.

GO DEEPER

Now write the strongest argument for the coach's side. What might they be seeing that you can't see yet? Did you try it properly before deciding?

09 • THE PHONE

CHECK YOUR SCREEN TIME FOR YESTERDAY. WRITE THE NUMBER DOWN. HOW DO YOU FEEL ABOUT IT?

WRITE 200 WORDS

What did all that time actually give you?

GO DEEPER

Think of the last time you picked up your phone without a reason. What feeling were you trying to avoid right before you did?

10 • FATIGUE

WRITE DOWN THE WORST THOUGHT YOU HAD THIS WEEK WHEN YOU WERE EXHAUSTED.

WRITE 200 WORDS

Write it exactly how it sounded in your head, and what you nearly did about it.

GO DEEPER

Read it the next morning, after a good sleep. Is it true? What was actually going on?

11 • COMPARISON

WHO DO YOU COMPARE YOURSELF TO? WHAT DOES IT DO TO YOU?

WRITE 200 WORDS

When does it push you, and when does it crush you?

GO DEEPER

Comparison is the thief of joy. If that person didn't exist, what would you be working on right now?

12 • TWO VOICES

WRITE ABOUT A RECENT HARD MOMENT TWICE: ONCE IN YOUR FIXED VOICE, ONCE IN YOUR GROWTH VOICE.

WRITE 200 WORDS

Fixed: "I keep losing, I'm just not good at this." Growth: "It's hard, but I'm learning so much." Use your own words.

GO DEEPER

Which voice has been running your training lately? What would change if the other one took over?

13 • DISCIPLINE

WHAT DID YOU PROMISE YOURSELF THIS WEEK AND NOT DO?

WRITE 200 WORDS

No excuses list. What actually happened, hour by hour?

GO DEEPER

What will you do differently tomorrow, specifically? What time, where, and what will you say to yourself when you don't feel like it?

14 • THE OUTCOME

IMAGINE YOU DID EVERYTHING RIGHT BEFORE A COMP AND STILL LOST IN THE FIRST ROUND. HOW WOULD YOU WANT TO FEEL?

WRITE 200 WORDS

Walk through the day, from waking up to the drive home.

GO DEEPER

What would have to be true for that to still be a good day? How much of that is in your control?

15 • TRYING NEW THINGS

WHEN DID YOU LAST AVOID TRYING SOMETHING NEW BECAUSE YOU MIGHT LOOK BAD?

WRITE 200 WORDS

What was it, who was watching, and what did you do instead?

GO DEEPER

Trying is learning. What would you have learned if you'd tried it? What's it cost you not to?

WHO HELPED YOUR TRAINING THIS MONTH THAT YOU HAVEN'T THANKED?

WRITE 200 WORDS

What did they actually do for you?

GO DEEPER

What have you given back to the team this month? We're not just here for us. Who could you help next week?

STEP 05

OR WRITE ABOUT WHAT YOU READ OR WATCHED

Some weeks, write in response to your reading instead of a prompt. Take one idea from this week's book, write 200 words on where you saw it in your training or your life, then go deeper: where do you disagree with it, and what would change if you lived by it? Or do the video exercise, one I used to do with my athletes.

DO THIS

WATCH, THEN WRITE

1. **Watch** Carol Dweck's talk [The power of believing that you can improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve) (https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve) (about 10 minutes), or any growth versus fixed mindset video your coach sends you.
2. **Write 200 words** answering three questions:
 - Which mindset do you have?
 - Which one do you think is most correct?
 - Why?
3. **Go deeper:** find one moment from training this week that proves your answer, and one that disproves it.
4. **Eight weeks later:** watch it again and answer again. Has anything changed?

COMMON MISTAKES

-
- ✗ **Mixing the two.** Moves in the reflection, feelings in the log. Keep the log on the mat, and take the bigger questions to your weekly reflection.
-
- ✗ **Writing a diary of moves.** "Did the single leg, didn't work" isn't a log. Where did it break, and why?
-
- ✗ **Letting the log grow.** Five lines, five minutes at most. Longer than that and it stops happening.
-
- ✗ **Reflecting every day.** Once a week, twice at most. More eats into school, recovery and sleep.
-
- ✗ **Stopping at the first answer.** The go-deeper question is where the real stuff is.
-
- ✗ **Editing as you go.** Don't make it pretty. Make it honest.
-
- ✗ **Writing for an audience.** Nobody else reads it. Say what's actually true.
-
- ✗ **No fix at the end.** Every log ends with one thing to fix next session. Every reflection ends with one action.
-
- ✗ **Waiting three days to log.** Write it in the car after training while it's fresh.
-
- ✗ **Journalling on your phone at night.** Paper, so the phone stays out of your last hour.
-

CHECKLIST

DO THIS

AFTER EVERY SESSION

- ☐ Wrote my training log: focus, what worked, where it broke and why, one question, one fix.
- ☐ After a competition: wrote the competition entry within two days.

EVERY WEEK

- ☐ Did one weekly reflection (20 to 30 minutes): a prompt, or what I read or watched.
- ☐ Answered the go-deeper question.
- ☐ Wrote one action, and did it.
- ☐ Took my log questions to my coach.
- ☐ Did the video exercise (week one and week eight).

NOT PROFESSIONAL ADVICE

Journalling is a reflection tool, not therapy. If your writing keeps coming back to low mood, not enjoying things, or thoughts of hurting yourself, talk to a parent and your GP, and use the support services listed on [Mindset](#) (headspace, Kids Helpline, Lifeline).



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 06 OF 06 • TECHNICAL EMPOWERMENT

TECHNICAL EMPOWERMENT

Your coach gives you the plan. Going above and beyond it is your job.

SHOW ME VERSION

PRO VERSION

10 MIN READ

01

WHY IT MATTERS

I give you the plan and coach you through it. Going above and beyond it is on you.

My side: the plan, coaching and guidance during sessions, feedback in class, and answering your questions.
Your side: research, study, recording and reviewing your own rounds, and evaluating yourself honestly, so you learn to coach yourself and keep developing.

It's never impossible to out-study your coach. Even with the best coaches in the world, you could watch dozens of instructionals and end up with a wider view of a position than your coach can communicate in a class. Nobody winning Worlds just turns up and does what the coach shows. They go above and beyond the plan, every week. At the top level, that's expected.

02

THE STANDARD

NON-NEGOTIABLE

- **You develop yourself beyond what's given to you.** I'll give you a big document of links to start. I still expect you to research: instructionals anywhere you can find them, more content, other coaches, and your questions answered.
- **Do more with the plan. Don't change it.** Deeper, wider, further into the topics it gives you.
- **Record and review your own rounds.** At least two sessions a week on the Show Me version. The footage is for you: I don't watch recordings or give feedback on them.
- **Study at home:** two 20-minute blocks a week, minimum, on your current focus.
- **Bring specific, short questions to class.** That's where your footage turns into coaching.
- **Free resources first.** Pay only once you're finishing what you've got.

03

HOW TO DO IT

STEP 01

FIND SEVEN MORE FOR EVERY TECHNIQUE

Say the coach shows the class one De La Riva sweep. The athlete I want goes home and finds seven more, finds other ways to play De La Riva, and finds ways to make the position stronger and their own. Then they train it, practise it, and come back with questions. That moves you a lot further than "I tried the move, it didn't work, how do I make it work?"

DO THIS

THE FIND-SEVEN ROUTINE

1. **Log it** in your [training log](#) the same night, including the position and technique from class.
2. **Find seven more** options from that position: sweeps, entries, follow-ups, counters to the common defence.
3. **Pick two** that fit your game and your current focus. Not all seven.
4. **Train them** in your next sessions. Count your attempts.
5. **Bring one specific question** to class. "When they cut my knee line here, what do I do?" beats "How do I make it work?"

STEP 02

RECORD YOUR SESSIONS

This is a big one, and it's cheap. Buy a \$15 tripod from Kmart, put your phone on it, record your sessions, review your sessions. It's the cheapest technical upgrade in this whole guide.

The footage is for your own review. I watch you live, during sessions, and give feedback there. I don't watch recordings or send feedback on them, and that's deliberate: reviewing your own rounds is how you learn to coach yourself.

\$15

A PHONE TRIPOD FROM KMART

2+

SESSIONS RECORDED A WEEK
(SHOW ME)

15MIN

TO REVIEW ONE SESSION

Good filming manners. My suggestions for filming in a room full of other people, including kids:

- **Ask your partner first.** Every time. Most people say yes. If they say no, film the next round.
- **Film your rounds, not the class.** Never film other Students, especially kids, without the coach and their parents saying it's okay.
- **Footage is for study, not for posting.** Don't post other people's rounds.
- **Phone on aeroplane mode** while it records. You're filming, not scrolling.
- **Wide angle, whole mat in shot,** phone sideways. A round you can't see is a round you can't review.

STEP 03

REVIEW YOUR FOOTAGE THE SAME DAY

Recording is easy. The value comes from watching it back. Fifteen minutes, the same night or the next morning:

WATCH 1	Watch it once straight through. No pausing. Get the story of the round. Who was on top, where did it change?
WATCH 2	Watch for your focus. Count how many times you actually tried the thing you're working on. Most people are surprised how low the number is.
PAUSE	Stop at the moment it broke. Where exactly did you lose the position, the grip or the angle? What did your partner do right before it?
LOG	Write it up in your training log. Same five lines as every session: your focus (with the attempt count), one thing that worked, where it broke and why, one question for class, and the one thing to fix next session. Only one fix. Write it on your hand if you have to.

What to watch for:

- **Attempts:** how many real tries at your focus? Whoever has the most focused tries usually gets better at that skill.
- **The break point:** the same mistake showing up in three rounds is your next lesson.
- **What you do when it fails:** do you go back to your safe move, or keep trying?
- **Effort and pace:** where did you slow down, stall or go flat?
- **Focus:** how much time is chatting, laughing, sitting between rounds? Be honest.



FROM THE COACH

When I review my own fights I keep it short and honest, one note per problem. "Guard pull was too telegraphed." "Leg drag defence too weak." "Stop grabbing the drawstring." Plus what worked, so I keep doing it. No essays. Just what to fix and what to keep.

RICKY

FOOTAGE INTO A QUESTION

BRING IT TO CLASS, SHORT AND SPECIFIC

Not the video. One question about the moment it broke: "When I'm passing De La Riva, I keep losing the sleeve grip. What should I fix first?" Ask it at the right time (see [Communication](#)), and I'll help you with it on the mat.

STEP 04

STUDY AT HOME, LINKED TO YOUR FOCUS

Home research, study and footage review is what going above and beyond looks like in a normal week. It doesn't need to be hours. It needs to be consistent and linked to what you're working on, not random clips.

DO THIS

A 20-MINUTE STUDY BLOCK

1. Pick a topic from **your current focus** (or this week's block on the Worlds plan).
2. Watch **one system video**, not ten single-move clips.
3. Write **three details** you didn't know before.
4. Pick **one** to try next session, and one question to ask.

Two of these a week is the Show Me minimum. It fits in the time you free up by keeping your phone out of the first and last hour of the day.

It doesn't matter how many privates you do or how many videos you watch if you can't make it work in training. Study is half of it. The other half is taking it onto the mat and trying it against resistance, again and again.

STEP 05

ADD MATCH REVIEW AT THE TOP LEVEL

I'm not a huge fan of match review on its own. Instructionals usually teach you more per minute. But at world level you should be doing both.

- **Your own matches:** review every comp. One timestamp per fight, short honest bullets: what worked, what to fix, any rule or referee notes.
- **The best in your division:** watch how the top people at your belt and weight actually win. What do they do in the first 30 seconds? How do they score?

- **Opponents (Pro):** if you know who you'll fight, watch a few of their matches and boil it down to one or two simple actions. "On bottom, pull fast and keep your feet on the outside. On top, knee up, elbows tight." Not a dossier.

STEP 06

COACH YOURSELF TOO

At the top level you coach yourself as well. Nobody else is inside your head during every round, and nobody else is going to do your research for you.



FROM THE COACH

In my camps I deep-dived into ecological dynamics and motor skill acquisition: how people actually learn movement. I spoke to skill acquisition researchers, watched every instructional I could, bought Submeta, and designed my own games and practices. At that level, I had to coach myself too.

RICKY

You don't need to read research papers to start. Know the focuses in your plan, design the rounds you want (where you start, what you're trying to do), and steer your training toward them (see [Focused Training](#)).

STEP 07

USE THE FREE TIER FIRST, THEN PAY

Start at the top of the free tier and work down. Move to paid only once you're genuinely finishing what you've got.

Free tier: start here.

RESOURCE	WHAT IT IS	USE IT FOR
The Worlds blocks	The Gi and NoGi plans I've given the squad: Gi block (https://worlds.magnx.com.au/gi/), NoGi block (https://worlds.magnx.com.au/nogi/), and the squad blocks home (https://worlds.magnx.com.au/). Hand-picked videos, games and a timeline.	Your main technical homework. This is the plan you've been given. Start here before anything else.
Leg Lock Block	Our earlier block on leg lock foundations: leglock.magnx.com.au (https://leglock.magnx.com.au/)	NoGi foundations and leg entanglement basics.
Foundations 1	Our first skill block: foundation1.magnx.com.au (https://foundation1.magnx.com.au/)	Filling gaps in the basics. No shame in going back.

RESOURCE	WHAT IT IS	USE IT FOR
Trusted YouTube	Channels I'd search first: Jon Thomas (https://www.youtube.com/@JonThomasBJJ), Lachlan Giles (Submeta's channel) (https://www.youtube.com/@Submeta), Keenan Cornelius (https://www.youtube.com/@KeenanOnline), Greg Souders (https://www.youtube.com/@GregSouders) (NoGi games). Also worth searching by name: John Danaher, Andre Galvão, Atos, Cobrinha, Michael Langhi (spider guard), Tainan Dalpra (Gi X-guard).	Find-seven homework and the 20-minute study block.
Bilibili	A video site with a lot of free grappling instruction uploaded. Search the technique name in English.	Going wider when YouTube runs dry.
Your coaches	Me, the other Professors and coaches, your training partners.	Questions. Bring specific ones, at the right time (see Communication).

- **Systems over clips.** A complete guide to a position beats ten "one weird trick" videos.
- **Max three videos per topic from one instructor**, and only if each adds something new. Go wide.
- **Pick instructors who spend the video teaching, not selling.**
- **Quick-reference compilations are fine** as a menu of ideas, but they're not instruction. Use them to pick what to study properly.

Paid tier: when you're ready. The order I'd spend in. Prices are rough estimates in US dollars as of late 2026; check the sites for current prices.

FIRST [Submeta](https://submeta.io/) (<https://submeta.io/>) (Lachlan Giles' platform). Structured, layered courses with a suggested path, plus some free courses. Subscription, roughly US\$20 to \$25 a month, cancel any time. My first pick because it gives you a curriculum, not just a pile of videos. It's what I bought for my own camps.

SECOND **One instructional at a time from** [BJJ Fanatics](https://bjjfanatics.com/) (<https://bjjfanatics.com/>), matched to your current focus. You buy it once and keep it. Lachlan Giles' and John Danaher's instructionals go very deep on one topic. Usually around US\$100 to \$200 each, often on sale. Rule: don't buy the next one until you've finished and used the last one.

PRO [Outlier Database \(OutlierDB\)](https://outlierdb.com/) (<https://outlierdb.com/>). A match analysis and training database: searchable footage and sequences from high-level matches. For when you're at the match-study and opponent-scouting stage. Check the site for current pricing.

MY RULE

DON'T BUY A LIBRARY YOU WON'T WATCH.

If you haven't finished the free Worlds blocks, you don't need a subscription. Show me you're using what you've got, then we spend money.

04

SHOW ME AND PRO

SHOW ME YOU MEAN IT

A TRIPOD AND THE FREE BLOCKS

ABOUT \$15

- Record at least two sessions a week, review each one yourself and write it up in your training log.
- Work through the Worlds block you've been given, in order.
- Do the find-seven routine on one class technique every week.
- Two 20-minute study blocks a week.
- Bring at least one specific question to class every week.

PRO

STUDY LIKE IT'S YOUR JOB

ROUGHLY US\$20 TO \$25 A MONTH, PLUS INSTRUCTIONALS

- Every session recorded. Reviewed by you the same day.
- Submeta, plus one paid instructional per focus block.
- Review of every competition, yours and the top of your division.
- Opponent scouting for majors, boiled down to one or two actions.
- Study blocks three or more times a week, with your questions taken to your coach.

05

COMMON MISTAKES

✗ **Only doing what's shown in class.** At the top level, class is the starting point. Find seven more.

✗ **"I tried it, it didn't work."** Bring a specific question instead: where exactly did it break?

✗ **Recording and never watching.** Fifteen minutes, same day, then your training log.

- ✗ **Sending your coach a 30-minute round to review.** Review it yourself, then bring one specific question to class.
- ✗ **Ten single-move clips.** Watch one system video on your focus instead.
- ✗ **Studying whatever the algorithm serves you.** Link every study block to your current focus.
- ✗ **Study without mat time.** It only counts once you've tried it against resistance.
- ✗ **Filming or posting other people without asking.** Ask first. Footage is for study.
- ✗ **Buying a library you won't watch.** Finish the free blocks first.

06

CHECKLIST

DO THIS

THIS WEEK

- ☐ Bought (or borrowed) a tripod for my phone.
- ☐ Recorded two sessions, with my partners' OK.
- ☐ Reviewed both myself and wrote them up in my training log.
- ☐ Found seven more options for one technique from class.
- ☐ Did two 20-minute study blocks on my current focus.
- ☐ Asked my coach one specific question.

BEFORE YOU SPEND

These are my recommendations as a coach. Products and prices change, so check the sites before you pay, get your parents' OK for any subscription, and talk to me before buying anything big. Your coaches are the first resource, and they're free: bring them specific questions.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

STANDARDS • DIET AND MINDSET

CLEAN ATHLETE

No alcohol, smoking, vaping or recreational drugs.
Stop everything first, then bring back only what
helps your training, on purpose.

SAME FOR EVERYONE

6 MIN READ

01

WHY IT MATTERS

This sits under two pillars at once. It's part of your diet, because it's what you put in your body. It's part of your mindset, because how you handle stress, boredom and pressure decides whether you reach for something.

Alcohol, smoking, vaping and drugs cost you sleep, recovery and learning, and an eight-week plan has no room to absorb that. Late nights before training cost you the same things. We're building elite athletes, so the bar is set where it needs to be.

02

THE STANDARD

NON-NEGOTIABLE

- **No alcohol, smoking, vaping or recreational drugs**, from day one of your eight weeks, at any age.
- **Stop everything first, caffeine and nicotine included.** You show you can stop something before anything comes back.
- **Bring back only what helps your training, on purpose.** Caffeine (agreed with me and your dietitian) and, for adults, nicotine (agreed with me, your GP and your dietitian), in a set amount. Nothing else comes back.
- **Under 18: no caffeine and no nicotine in any form**, unless your dietitian says caffeine is okay for you.
- **No late nights before a training day.** Or before school, work or anything else you've committed to.
- **No workarounds.** No skipping meals or sweating it off in a sauna to make up for a big weekend.

If you're not willing to stop when your eight weeks start, it's best not to start the plan yet. That's okay. Come back when you're ready. I won't be checking your weekends, so this one is on you.

03

HOW TO DO IT

STEP 01

KNOW WHICH CONVERSATION YOU'RE IN

UNDER 18

You shouldn't be touching any of it: alcohol, smoking, vaping, nicotine or drugs. Honestly, I don't expect to be having this conversation with you at all.

18 AND OVER

Alcohol and nicotine are legal for you now, so this is a separate conversation, and it's about discipline and self-control. Legal doesn't mean it fits the plan. For your eight weeks the standard is the same: stop everything first. Recreational drugs are still illegal, and still a no.

STEP 02

STOP EVERYTHING FIRST

Everything stops when your eight weeks start: alcohol, smoking, vaping, drugs, nicotine, energy drinks, caffeine pills and pre-workout. Coffee and tea too.

This is the test. If you can stop something completely, you're in control of it, and we can talk about bringing part of it back. If you can't stop, that tells us something useful too (step 4).

THE METHOD

HOW TO STOP

- Alcohol, smoking, vaping and drugs: stop on day one.
- Caffeine and energy drinks: cut down over a week or two, not all at once, or the headaches will get you.
- Nicotine: tell me, and get help to stop. Quitline is free and your GP can help.
- Check your sleep and your pre-training snack. Tired and hungry is what usually feels like "I need an energy drink".

STEP 03

BRING BACK ONLY WHAT HELPS, ON PURPOSE

Once you've stopped, a few tools with a real performance benefit and minimal health downside can come back. Only after we've talked it through with the right professional: your dietitian for caffeine, your GP and dietitian for nicotine. It comes back in a set amount, at a set time, written into your plan. It's not there to get a fix. It's there to supplement and benefit your training.

- **Caffeine:** a measured amount before a hard session, agreed with me and your dietitian. Under 18, my answer is no caffeine, but that's your dietitian's call.
- **Nicotine, adults only:** a controlled dose, never smoked or vaped, agreed with me, your GP and your dietitian.
- **Everything else is a no.** Alcohol, smoking, vaping and recreational drugs don't come back during the plan.

Strength and conditioning happens in the weights gym. On the mat at the School we're doing technical work, which is almost every session we run, and you don't need to be wired for that. If you feel you can't train without something, that points to another problem, usually sleep, food, or both.

STEP 04

ASK WHAT YOU'RE USING IT FOR

When something has a hold on you, it's natural to feel you're fine. That's how these habits work. There's usually an emotional trigger behind it, and it's rarely about the substance itself. Needing something to cope is common, and it isn't a flaw in you.

So the useful question isn't "is it that bad?" It's "what am I using it to get away from?" That's mindset work, and it's worth talking to someone about (see the services at the bottom of this page).

"I NEED IT TO GET TO SLEEP."

Then you have a sleep problem, and we fix the sleep properly with the routine in [Sleep](#). We also travel overseas to compete, and drugs don't travel with us, so it isn't an option anyway.

"I'M ADDICTED TO SMOKING."

Then quitting is part of the plan. Same for vaping. You don't have to do it alone: Quitline is free, and your GP can help.

STEP 05

PLAN YOUR LATE NIGHTS

You can still go out with your friends. A party or a late night on Saturday, with no training on Sunday, is fine. A late night during the week, when you have training, school, work or anything else on the next day, is not. If we go to bed at 3am and training is at 6am, that night has already cost us the session.

Training on no sleep means a higher injury risk, a worse session, and slower thinking, so you learn less from the session you did turn up to. No workarounds either: skipping meals or sweating it off in a sauna after a big weekend swaps one cost for a bigger one.

ASK YOURSELF

BEFORE YOU SAY YES TO A LATE NIGHT

- Is there training, school or work tomorrow? Then not tonight.
- Will you still get your sleep? If not, leave early or pick another night.
- Can you have a great night without anything on the no list? If not, go back to step 4.

STEP 06

RUN YOUR OWN PLAN

It's easy to look at a successful athlete and copy their habits, including the ones that don't help. Their results come from their whole plan, and nobody can tell you which parts made the difference. Your plan is built around you.



FROM THE COACH

My answer is the one I gave myself in my camps: I'm not here to copy someone else's plan. I'm here to create the best possible conditions for me. For me that meant no smoking, no vaping and no drugs. For you it means the same.

RICKY

04

COMMON MISTAKES

-  **Using weed or alcohol to get to sleep.** That's a sleep problem. Fix the routine instead.
-  **Living on energy drinks.** Four or five a day usually means short sleep or poor food. Fix those and cut down over a week or two.
-  **Bringing caffeine back without a plan.** A can whenever you feel flat is a fix, not a tool. Agree the amount and the timing first.
-  **Showing up to technical class on pre-workout.** You don't need to be wired to learn, and under 18 it's off the list.
-  **Late nights before a training day.** Bed at 3am, training at 6am. Save the late nights for when the next day is free.
-  **Making up for a big weekend.** Skipping meals or sitting in a sauna is two costs instead of one.
-  **Copying another athlete's habits.** Their plan isn't yours. Build the best conditions for you.
-  **Saying "I'm fine" when you can't stop.** Talk to a parent, your coach or one of the services below.

CHECKLIST

DO THIS**EVERY WEEK**

- ☐ No alcohol, smoking, vaping or recreational drugs.
- ☐ Stopped everything first. Anything I brought back was agreed with my coach and the right professional, in a set amount.
- ☐ Not living on energy drinks. Under 18: no caffeine (unless my dietitian says so) and no nicotine.
- ☐ No late nights before training, school or work. Late nights only when the next day is free.
- ☐ If I reached for something, I asked myself what I was trying to get away from.
- ☐ If I'm struggling to stop, I've talked to a parent, my coach or a service below.

NOT PROFESSIONAL ADVICE

I'm a coach, not a doctor or a drug and alcohol counsellor. If you're finding it hard to stop something, or you're using it to cope with how you feel, that's not a discipline problem. Talk to a parent and your GP, and use these free, confidential services:

Quitline (smoking and vaping)

13 7848 · [NSW Quitline](https://www.cancer.nsw.gov.au/how-we-help/prevention/stopping-smoking/quitline) (<https://www.cancer.nsw.gov.au/how-we-help/prevention/stopping-smoking/quitline>)

Alcohol and Drug Information Service, NSW (24/7)

1800 250 015 · [Your Room](https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx) (<https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx>)

headspace (ages 12 to 25)

headspace.org.au (<https://headspace.org.au>)

Kids Helpline (ages 5 to 25, 24/7)

1800 55 1800 · kidshelpline.com.au (<https://kidshelpline.com.au>)

Lifeline (24/7)

13 11 14

Caffeine and nicotine

Before bringing either back for performance: caffeine is agreed with me and your dietitian; nicotine (adults only) with me, your GP and your dietitian. See [Diet](#) for who to contact.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

STANDARDS • THE COMPETITION TEAM

TEAM STANDARDS

Some things are up for discussion and some aren't.
I'll always tell you which is which.

SAME FOR EVERYONE

6 MIN READ

01

WHY IT MATTERS

My priority is the competition team. It has grown to where it is because I've worked hard to protect it.

We're Gracie Barra, training under the Gracie Barra flag, and Gracie Barra is about the team and unity. Competition team athletes set the tone for everyone else in the School, so the standards for this group are clear and they don't shift for one person.

02

THE STANDARD

NON-NEGOTIABLE

- **Full Gracie Barra uniform** in training and at competition. Stock GB gi, GB belt.
- **Respect referees.** No yelling, ever.
- **No training with staph or ringworm.**
- **Focus in training**, every session.
- **Turn up to team events and team dinners**, and support your teammates.
- **No dating Students. No inappropriate language.**
- **Gracie Barra aligned:** no sponsor patches or other teams' gear.
- **The GB Foundations and GB Institute material stays as it is.**

The full list to agree to is at the [bottom of this page](#).

03

HOW TO DO IT

STEP 01

KNOW WHAT'S NEGOTIABLE

Athletes, older teens especially, like to be independent. That's fine. Every teen athlete I've coached has found something on this list they don't like, and that's normal too. So I'll always say whether something is negotiable or not.

NON-NEGOTIABLE

A DEAL BREAKER

If you can't live with one of these, that's okay. No harm, no foul, no drama. It just means this program isn't the right fit for you right now.

NEGOTIABLE

LET'S TALK

A lot of this plan has room for compromise, and I'm open to the conversation. Come to me the right way (see [Communication](#)) and we'll work it out.

STEP 02

WEAR THE FULL UNIFORM

- **At comps:** the full GB uniform. The red competition T-shirt or the red hoodie, GB attire. A bit of your own streetwear is fine, as long as there's something Gracie Barra on you.
- **Stock GB gi.** No patches, no name, no Instagram handle, no quote. Stock.
- **GB belt.** A belt that was a gift, even one with your name on it, can mean a lot. It still stays at home. On the mat it's a Gracie Barra belt.

STEP 03

HOLD THE CONDUCT STANDARD

- **Respect.** No yelling at referees: not on the mat, not from the side, not online afterwards. Bad calls are part of competing.
- **No training with staph or ringworm.** Come, watch and learn instead. Full protocol in [Skin & Staph](#).
- **Focus in training.** Locked in, every session. It's the free part of the plan. See [Focused Training](#).
- **No dating Students.** If you train with, coach or assist our Students, that line doesn't move.
- **No inappropriate language.** On the mat, at comps, in team chats, online. There are kids everywhere at a Jiu-Jitsu event.

STEP 04

PUT THE TEAM FIRST

- **Turn up to team events and team dinners.** They're part of the program, not optional extras.
- **Coach and support other people.** Corner your teammates, warm them up, watch their matches, help the younger ones. We're here for the team.
- **Stay to the end** when your teammates are still competing.

STEP 05

CHECK WITH ME BEFORE ANY DEAL

Gracie Barra alignment sounds abstract until it comes up. This is where it usually does:

"A COMPANY WANTS TO SPONSOR ME..."

"...but I need to put their patch on my gi." The answer is no.

"I CAN GO ON THIS SUPERFIGHT SHOW..."

"...but they need me to wear their rashguard." The answer is no.

I'm a Gracie Barra coach and a Gracie Barra Ambassador, so I'm Gracie Barra aligned. I won't go against Gracie Barra for the interest of one athlete. If that doesn't suit you, that's fine: there are other teams that can help you. Talk to me before you say yes to anything like this, not after.

STEP 06

LEARN TO FOLLOW

Wanting individual recognition is natural. Putting it ahead of the team is where a lot of problems start, so I don't encourage it. Recognition comes, and it comes through the team.

The expectation is discipline and follow-through: learning to follow, and being humble enough to accept the rules of this program over the long term. That isn't about control. It's about being part of something bigger than one athlete, and it's a skill that makes you better at everything else in this guide.

04

COMMON MISTAKES

-
-  **Wearing a gifted or custom belt to training.** Keep it at home. GB belt on the mat.
 -  **Patches, names or handles on the gi.** Stock GB gi only.
 -  **Arguing with referees, on the mat or online.** Shake hands, thank the ref, bring the call to your coach later.
 -  **Treating team dinners and events as optional.** They're part of the program.
 -  **Leaving once your own matches are done.** Stay and support your teammates.
 -  **Saying yes to a sponsor or a superfight first, then asking.** Ask first.
 -  **Asking for sponsors or privates after one good result.** Keep building with the team. Recognition follows the work.
-

THE LIST

NON-NEGOTIABLES

I AGREE TO THESE

- ☐ Full GB uniform in training and at every comp, with something GB on me at the venue.
- ☐ Stock GB gi: no patches, name, handle or quote. GB belt only.
- ☐ No training with staph, ringworm or anything contagious.
- ☐ I respect referees. No yelling.
- ☐ I turn up to team events and team dinners.
- ☐ I coach and support my teammates.
- ☐ I'm focused in training.
- ☐ No dating Students.
- ☐ No inappropriate language.
- ☐ No sponsor patches, other teams' gear or superfight deals without talking to my coach first.
- ☐ The GB Foundations and GB Institute material stays as it is.

Plus the minimums from the rest of this guide: no drinking, smoking, vaping or drugs ([Clean Athlete](#)), and under 18, no weight cutting ([Diet](#)).



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

STANDARDS - YOU AND YOUR COACH

COMMUNICATION

Say it out loud, say it early, and say it in a way your coach can actually help with.

SAME FOR EVERYONE

7 MIN READ

01

WHY IT MATTERS

Please don't assume I can read your mind. I'm not very good at it, so I don't even try.

I'll put real effort into remembering everything you tell me, but you have to say it for me to hear it. The injury you're hiding, the thing at school, the fact you're cooked this week, the position you hate: if I don't know, I can't plan around it. And I can't help solve a problem until I understand what it is.

02

THE STANDARD

FROM YOU

- **Updates come before the session**, not after.
- **Try the instruction properly** before you give your opinion on it.
- **Disagree respectfully.** Describe the specific problem, calmly.
- **Bring a possible solution** with the problem.
- **Big conversations get their own time**, not a 30-second water break.
- **Tired, angry thoughts get slept on** before they get said.

WHAT YOU GET FROM ME

- **Straight answers.** If I'm not seeing it, I'll tell you: "I'm not seeing it in training. It's not in your tracker." Honest, specific, never personal.
- **Clear lines.** I'll always tell you whether something is negotiable or not (see [Team Standards](#)).
- **An open door.** Bring it calmly and at the right time, and I'll listen properly and we'll work it out together.
- **No grudges.** If you're not ready yet, we stay at this level. I'll be here when you are.
- **Replies between 10am and 8pm**, in person, by WhatsApp or by email. Late-night messages get answered the next day, which is usually better for both of us.

03

HOW TO DO IT

STEP 01

GIVE UPDATES BEFORE THE SESSION

- **Updates:** injuries, sickness, a bad night's sleep, mental health, even "I'm bored of this". Tell me before class starts so I can adjust. After the session is too late to do anything about it.
- **Questions about the session** (why this game, why this drill, why these partners): before class, in the breaks, or after.

STEP 02

TRY IT BEFORE YOU GIVE FEEDBACK

I'm always happy to talk about practice design and training choices. I ask that you **attempt the instruction before you give me your opinion or feedback.**

A lot of what we do feels strange the first few times. Games feel messy. A new position feels worse than your old one. That's what learning feels like. If you've genuinely tried it for a few sessions and still think it's not right for you, come and tell me. That's a conversation I respect. Skipping it because you don't think it works doesn't give either of us anything to work with.

STEP 03

REWORD IT SO I CAN HELP

You can always disagree with me. What I ask is respect: take the time, and be calm enough, to turn what you want to say into something I can work with. Describe the specific problem. It's hard when emotions are high, and that's exactly when it matters.

WHAT COMES OUT IN THE MOMENT	SAY THIS INSTEAD
"I think this is so stupid."	"Could you please explain how this makes me better?"
"This doesn't work."	"Coach, this hasn't worked for me in the past, and I'm not sure it's the best direction for my training."

WHAT COMES OUT IN THE MOMENT	SAY THIS INSTEAD
"This is all stupid and I hate it."	"I think I'm really overwhelmed with training and I can't handle it right now."
"This School isn't good enough."	"I feel stuck. Can we look at what I'm working on and who I'm training with?"
"I need better training partners."	"I'm struggling to get good rounds on my focus. Can you help me set up better ones?"
"You don't care about us."	"I'm really nervous about tomorrow and I need some help with it."
"I'm never going to win Worlds."	"I'm doubting myself this week. Can we talk about where I'm actually at?"

The second column isn't you being fake. It's you being specific, and specific is what lets me help.

STEP 04

BRING A POSSIBLE SOLUTION

As much as you can, bring a possible solution along with the problem, and your reasoning for it. Two heads are better than one, and I'd love your help solving your problems. It also shows me how you're thinking, so I can build something that fits you instead of a generic fix. Your solution doesn't have to be right. It just has to be yours.

THE SCRIPT

PROBLEM, CAUSE, IDEA, QUESTION

"Coach, can I grab five minutes after class? **I've noticed** I keep getting passed when I play De La Riva. **I think it's because** I lose the grip on the sleeve when they back step. **I was thinking** I could do the find-seven homework on sleeve grips this week and you watch a round on Thursday. **What do you reckon?**"

STEP 05

PICK THE RIGHT TIME

Some conversations need time to explore, and I won't have it during a 30-second break with forty people on the mat. I want to give you my full attention, so some things need to wait for the right time.

- **Quick question about the drill?** In the break. Fine.
- **"I'm thinking about my goals" or "something's not right"?** Ask for a time: "Can we talk after class, or tomorrow?"

- **The night before a comp?** Not the time to redesign anything. Tell me how you feel, then we talk properly after.
- **Straight after a loss?** Not the time either. Sleep first.

STEP 06

RAISE HARD THINGS EARLY AND CALMLY

Around month two of a hard camp, it's common to start thinking "this School isn't good enough", "I need better partners" or "I'm not getting better". Under pressure, almost everyone blames something outside themselves first. Those thoughts are mostly fatigue (see [Mindset](#)). Let them build for two weeks and they come out as a blow-up at your coach, often the night before a comp. That's very hard to take back.

DO THIS INSTEAD

HOW TO RAISE IT PROPERLY

1. **Notice it.** "That's the month-two voice."
2. **Sleep on it.** Decide nothing tonight. No texts, no posts.
3. **Write it down** in the morning. What exactly is the problem? Be specific.
4. **Check it.** Is it still true after a few good nights of sleep? Often it isn't.
5. **Still true?** Ask for a time to talk, use the script above, and bring an idea.
6. **Raise it early.** A small thing said in week one is easy. The same thing bottled for two weeks becomes a blow-up.

More on tired thoughts in [Mindset](#).

04

COMMON MISTAKES

- ✗ **Telling your coach about an injury after the session.** Tell them before class so the session can change.
- ✗ **Giving feedback on something you haven't tried.** Give it a few proper sessions first.
- ✗ **Saying how you feel instead of what the problem is.** "This is stupid" can't be fixed. "I keep losing the sleeve grip" can.
- ✗ **Bringing a big topic to a water break.** Ask for a time.

✗ **Redesigning the plan the night before a comp.** Say how you feel, then talk properly after.

✗ **Bottling it up for weeks.** Raise it early, calmly, with a possible solution.

✗ **Sending the angry message at midnight.** Sleep on it and send the specific version in the morning.

05

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Told my coach about any niggle, sickness or bad week before the session.
- ☐ Tried every new instruction properly before giving my opinion.
- ☐ Asked at least one specific question.
- ☐ Brought a possible solution with any problem I raised.
- ☐ Slept on any angry or tired thought before saying it.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

STANDARDS • COMPETITION DAY

COMPETITION DAY

No screens on comp day. Music is fine. Be with yourself and your feelings: calm, present, human.

SAME FOR EVERYONE

7 MIN READ

01

WHY IT MATTERS

On comp day I want you to be able to just be with yourself and your feelings, without a screen to supplement or numb them.

You can do that because you've done the work: the reading, the writing, the thinking, the conversations with your coaches. You're used to these feelings. That's what all of it is for. Scrolling three hours of other people's matches and comments doesn't calm you down. It fills your head with things you can't control. Recovering without devices matters on a normal day (see [Recovery](#)). On comp day it matters most.



FROM THE COACH

It's easy for me to see from across a venue. That athlete is in the moment: calm, present, trying their best. Calm, present, human. That's what I'm looking for.

RICKY

02

THE STANDARD

NON-NEGOTIABLE

- **No phone on comp day.** Music is fine. Scrolling is not.
- **A normal night before:** packed bag, a normal dinner, phone away an hour before bed, your normal bedtime.
- **Plan your arrival around check-in and weigh-in,** then sit with your coach and your team.
- **Shake hands and thank the referee,** win or lose. No yelling at referees, ever.
- **Stay for your team** after your own matches.
- **Debrief within two days,** in writing.

03

HOW TO DO IT

STEP 01

KEEP THE NIGHT BEFORE NORMAL

AFTERNOON	Pack your bag using the checklist at the bottom. Check your weigh-in time and the venue address once, write them down, then stop checking.
BRACKETS	Look once, if at all. Who you fight isn't in your control. How you fight is.
DINNER	A normal dinner you've eaten before, about two hours before bed. Nothing new. Under 18 there's no weight cut, so eat properly.
1 HOUR OUT	Phone away. Same rule as every night. Charge it in another room. Use your alarm clock.
WIND DOWN	Read, write, stretch. Read a poem from our mindset site (https://mindset.bjjau.com/), or a few pages of your book. Slow breathing: in for four seconds, out for six.
BED	Your normal bedtime. Nerves are normal. If you can't sleep, stay in bed and rest. One rough night won't decide your day. A month of good sleep before it matters more.

STEP 02

START THE MORNING WITHOUT THE PHONE

WAKE	No phone for the first hour. Same as always. Music is fine.
WATER	Drink water as soon as you're up.
WALK	Go for a little walk and get some sun. Light movement. Notice how you feel. Let the nerves be there.
BREAKFAST	The breakfast you always eat. Give yourself time to digest before your first match, about two hours, the same as before morning training. Pack snacks for the day.
CHECK	The control check. I control my preparation, my effort, how I respond. I don't control the ref, the bracket, my opponent or the result. Let the second list go (see Mindset).

STEP 03

PLAN YOUR ARRIVAL AROUND CHECK-IN

Work backwards from your match time, and build the logistics in first. Check-in, registration, weigh-in and gi check all take time, and every event runs them a little differently.

- **Know your event's rules.** Some events ask you to be there an hour before your match. Add an hour of warm-up and you're starting about two hours out.
- **If you're already checked in and weighed in,** many events only need you there about 30 minutes before your match. Getting the boring stuff done early buys you that flexibility.
- **Sort the boring stuff first:** registration, weigh-in, the help desk if something's wrong, the bathroom, your mat, the test scale, gi check.
- **Find your coach and your team.** Sit with them. We're there for each other.
- **Earphones in if you want.** Your music, your space. No scrolling, no checking results, no reading comments. Read your book or your poems while you wait.
- **Hungry means a bad mood. Tired means bad decisions.** Keep eating small and sipping water.

STEP 04

WARM UP FOR ABOUT AN HOUR

In an ideal world, your warm-up takes about an hour and finishes just before you need to be at your mat. The goal is to arrive warm, sweating and moving well, not still cold when they call your name.

START	Stretch, then the GB warm-up. Hips, hamstrings, low back, shoulders, neck, then get your heart rate up.
-------	--

10 MIN	Drill block. Move through your whole game with a partner at light resistance, about 20 to 40%: takedown or guard pull, guard, passing, sweeps, submissions. The point is to get your body moving and shake the rust off, not to win. Get a sweat on. I like to wear a hoodie so I sweat without having to go as hard; that's personal preference.
5 MIN	Break. Sit, relax, chat with your training partner.
REPEAT	Drill block, break, drill block. Three rounds of drilling and rest brings you to about an hour.
OPTIONAL	One hard-ish roll. Plenty of our athletes like one higher-intensity round to open up their wind before the first match. It depends on your cardio and how you feel. If you're carrying an injury or aren't confident in your fitness, skip it. I don't always do it myself.
GO	Into the warm-up area or bullpen. Ideally you're fighting within about 20 to 40 minutes.

Then the last two pieces, every time:

- **Breathe:** a minute of slow breathing before you walk to the mat. In for four, out for six.
- **Your pre-match routine,** the same one every time. If you don't have one yet, the mindset site has one to start from.

Stuck in the bullpen for ages? It happens. Brackets run late. Use your mindset tools to stay calm and collected, keep your body moving, stay warm, and refresh with a short burst of movement before you're called.

STEP 05 RESET BETWEEN MATCHES

- **Water, then a small snack** if there's time. Electrolytes if it's a long, hot day.
- **Stay warm.** Hoodie on, keep moving.
- **One short note from your coach.** Long instructions don't help in the moment. "Get up, get on top." Short and sweet.
- **Leave the last match behind.** Win or lose, it's done. The next one is the only one you can do anything about.
- **Still no phone.** Results, messages and videos can wait.
- **Focus on yourself, focus on the first step, commit and do it now.**

STEP 06 AFTER, WIN OR LOSE: WE TRY, WE LEARN

- **Shake hands. Thank the referee.** Even if you didn't like the call (see [Team Standards](#)).
- **Stay for your team.** Coach and support your teammates. We're not just there for us.
- **Feel it.** Losing hurts because you didn't get what you wanted. That's allowed. It says nothing about your worth.
- **A win only proves you won that day,** against those opponents. Enjoy it. It doesn't guarantee tomorrow.

- **Don't post or message while you're upset.** Tired, emotional thoughts after a comp aren't reliable. Sleep on it (see [Mindset](#)).
- **Debrief within two days.** Write the competition entry in your [training log](#): what did I try, what did I learn, what's one thing for the next block? How you feel about the result goes in your weekly reflection; the debrief questions on the mindset site are a good start.
- **Review your own footage** with the routine in [Technical Empowerment](#) and add it to your competition entry.

Competition is hard for everyone, me included, and I didn't win straight away either. Look for the little wins: the guard pull you nailed, the sweep you finally tried, the nerves you sat with instead of numbing.

04

COMMON MISTAKES

- ✗ **Scrolling brackets, results and comments.** It fills your head with things you can't control. Check the essentials once, then put the phone away.
- ✗ **Trying something new to eat.** Comp day food is food you've eaten before.
- ✗ **Arriving rushed.** Plan around check-in and weigh-in, and sort registration and gi check first.
- ✗ **Still cold when your name is called.** Start your hour of warm-up early enough to be sweating when you reach the bullpen.
- ✗ **Sitting still in the bullpen.** If it runs late, keep moving and stay warm.
- ✗ **Replaying the last match.** The next match is the only one you can change.
- ✗ **Leaving as soon as you're knocked out.** Stay and support your team.
- ✗ **Posting or messaging while you're upset.** Sleep on it first.
- ✗ **Skiping the debrief.** Write it down within two days, while you still remember.

BAG CHECKLIST

PACK THE NIGHT BEFORE

COMP BAG

- ☐ Stock GB gi (clean, no patches) and GB belt. A spare gi for a big event.
- ☐ GB rashguard and shorts (NoGi), team T-shirt or hoodie.
- ☐ Registration details, ID, weigh-in time and venue written down.
- ☐ Water bottle, electrolytes, snacks you've eaten before.
- ☐ Mouthguard, tape, nail clippers (check your nails the night before).
- ☐ Thongs or slides, towel, warm layer.
- ☐ Earphones and downloaded music (so you don't need the phone open).
- ☐ Your book or your poems, for the waiting.
- ☐ Your medicated cream and tape, if you're dealing with a small skin lesion. Competing with a small, covered one: I don't recommend it, but it's an option. Never with a big abscess. See [Skin & Staph](#).



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PLANNING AND SUPPORT • SCHOOL, STUDY AND YOUR WEEK

SCHEDULE & STUDY

Put your whole week on paper: school, study, training, strength work, recovery and sleep. At least nine hours of study, blocked like a session.

SAME FOR EVERYONE

9 MIN READ

01

WHY IT MATTERS

If you're still at school, building your weekly schedule is one of the most important parts of this plan.

Mornings, nights, every session, every study block: when it's all laid out, your parents can see it fits, and that's how they buy in. Without it, "I want to train more" sounds like "I want to do less homework".

Education is still very important. Most athletes can get more out of their study time, and it's usually an easy fix. The hard part for most families is lining up training with sleep and diet (see [Focused Training](#)). This page is where you solve that.

02

THE STANDARD

REQUIREMENT

- **At least nine hours of study a week, allocated and blocked** at set times, like a training session. Tutoring counts.
- **The whole week on paper**, shown to your parents and your coach.
- **Sleep goes in first.** Everything else fits around your wake time and bedtime.
- **No more than two training sessions in a day** for school-age athletes.
- **At least one proper rest day** a week.

03

HOW TO DO IT

STEP 01

BLOCK NINE HOURS OF STUDY

9 HRS

STUDY BLOCKED EVERY WEEK.
MY MINIMUM.

~10 HRS

WHAT SCHOOLS TEND TO
SUGGEST AROUND YEAR 10

3 x 3

THREE 3-HOUR SESSIONS.
THAT'S IT.

Write it into your schedule at set times. "I'll do it when I get a chance" doesn't count. Use the full block, too: if there's no homework, read, revise or get ahead. We use the full time for education, the same way we use the full class for training.

STEP 02

FIND THE POCKETS

The time is there. Most athletes just haven't looked for it yet.

AFTER SCHOOL

Library, straight after school. If school finishes at 3:15 and training is the 6:30 adults class, go straight to the library: two or three 45-minute blocks with a short break between, then eat and travel to training. Twice a week is up to four and a half hours, done.

RECESS, LUNCH **Study at school.** Recess and lunch together are roughly an hour a day. Use some or all of it and you buy yourself time to train more, relax, or see friends after school.

SATURDAY **A big study block, up to five hours.** Weekends have plenty of time. Four 45-minute blocks with 15-minute breaks is three hours, done before lunch. Study in the morning and see friends in the afternoon, or the other way around. Saturdays usually don't have many comps. Sundays are comp days.

MORNINGS **Runs and strength work.** Runs of 30 to 40 minutes two or three mornings a week, and the weights gym for 30 to 40 minutes twice a week. Block 45 minutes for each: up at 6, training 6:15 to 7:00, showered by 7:30, then breakfast and school. On a free morning there's room for a 45-minute study block before school.

TUTORING **Counts as study.** If you already have a tutor, put it in the plan and count the hours.

Where you find the time is partly up to you. Ask yourself honestly where it is, write it down, then show your coach. If your parents want more study than this, that's fine: we adjust the sessions together and keep you training as much as we can around it.

STEP 03

BUILD THE WEEK IN THIS ORDER

Plan in 30-minute blocks with real start and end times. An hour grid hides the difference between getting home at 8:00 and at 8:30, and on a school night that half hour is your shower, your snack or your sleep.

DO THIS

IN THIS ORDER

1. **Sleep first.** Set your wake time and bedtime. Teens need roughly 8 to 9.5 hours, and the wake time is the one to protect. See [Sleep](#).
2. **The fixed stuff:** school (or work), travel time, family commitments, tutoring.
3. **Jiu-Jitsu sessions.** The classes you'll actually attend, including adults classes and open mats, blocked door to door: travel there, the session, then travel and a shower straight after (see [Skin](#)). They're all part of the session. Open mats are a different kind of training from a class: no lesson, mostly unstructured live rounds, so bring your focus and steer every round toward it (see [Focused Training](#)).
4. **Study blocks.** At least nine hours. Library days, recess and lunch, Saturday.
5. **Strength and runs.** Into the morning pockets, 45 minutes each plus the shower. No more than two training sessions in a day.
6. **Food.** A pre-training snack before every session and dinner about two hours before bed. On late training nights, eat your main meal about two hours before training and have a recovery snack after, so you're not eating a big dinner at 8:30. Meal timing around morning sessions is in [Diet](#).
7. **Recovery.** Stretching after sessions, phone away an hour before bed, at least one proper rest day.

8. **Count everything.** Other sports, games, a part-time job: it's all load. Rest is relative.

9. **Show it** to your parents and your coach. Then print it and stick it on the fridge.

COLOUR KEY

 SCHOOL OR WORK  STUDY  JIU-JITSU CLASS  OPEN MAT  S&C AND RUNS  TRAVEL + SHOWER  MEALS
 RECOVERY AND STRETCH  SLEEP AND WIND-DOWN (PHONE AWAY)  FREE

One colour per kind of block. Open mats are hatched with a dashed outline because they're different training from a class, so you can see at a glance how your week splits. On the blank planner, colour the blocks in or write the type in. Uncoloured time is free time.

STEP 04

FIT WORK IN (OLDER ATHLETES)

For older athletes the other big block is usually work, coaching or a job, because day-to-day life has to be paid for so you can train, compete and travel. Treat it like school: it goes in the plan first, at fixed times, and training, strength work, recovery and sleep get built around it.



FROM THE COACH

In my camps I trained at least ten sessions a week, strength work included, with a full-time job. It's possible. It just doesn't leave room for much else.

RICKY

STEP 05

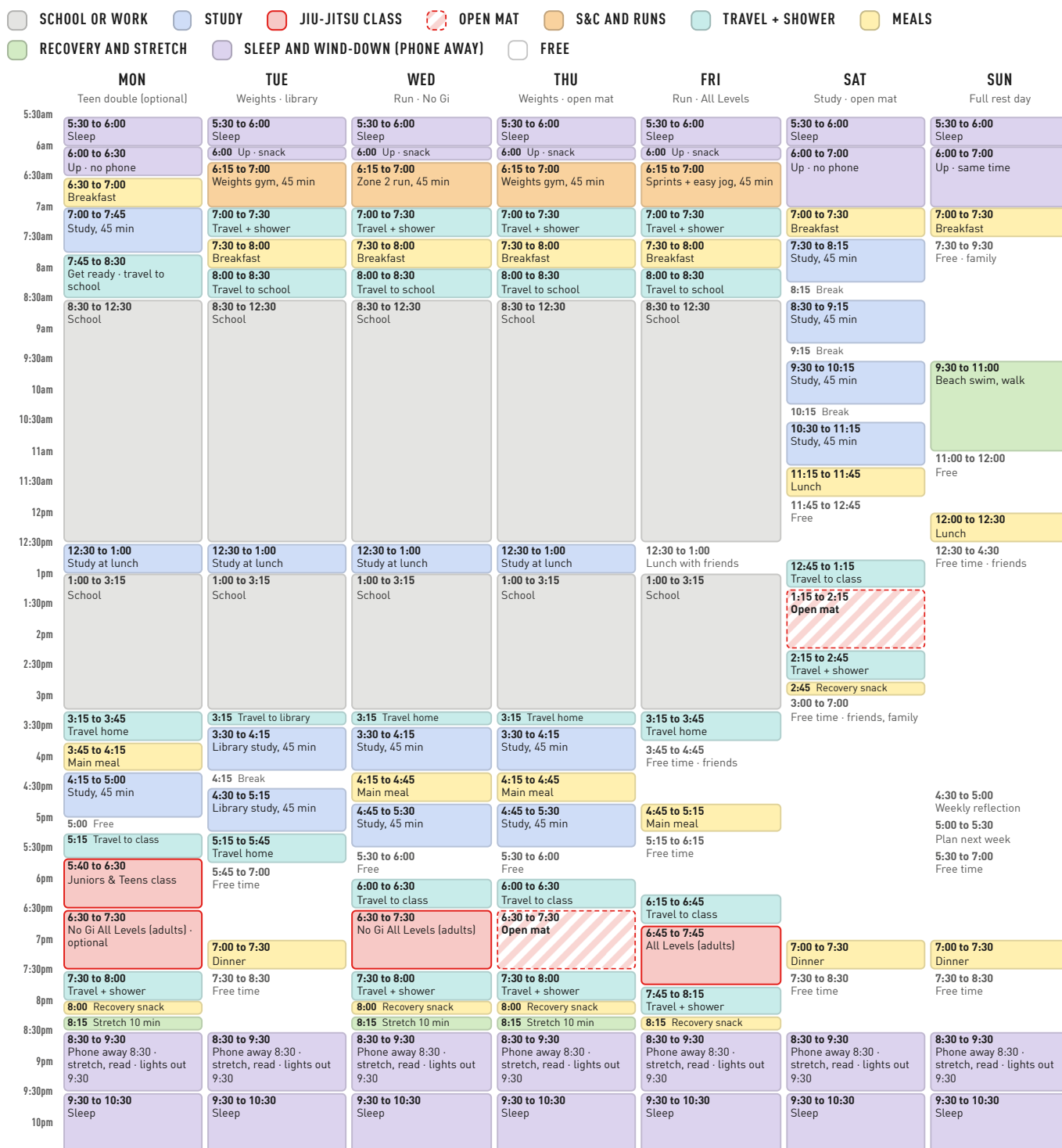
TREAT SCHOOL AS TRAINING

"How was school?" "Good." We've all had that conversation. School is a big chunk of your time and a real opportunity, so each day pick one thing you learned, that excited you, or that you think is important. I'll ask now and then, and a real answer beats "good".

It's the same skill as training: paying attention, asking questions, trying, learning. Switching on at school and switching on at training are the same habit.

EXAMPLE WEEK

Example only. A made-up high-school competitor on the Gracie Barra Bondi timetable, with school 8:30 to 3:15. Every block is drawn at its real length, so you can see exactly where a 45-minute run or study block ends and what that does to the rest of the day. Yours will look different. The point is that everything fits, travel and showers included.



Source: Gracie Barra Bondi timetable. Adults classes run 60 minutes and Juniors & Teens runs 5:40 to 6:30. Open mat end times vary, check the timetable.

6

JIU-JITSU SESSIONS:
4 CLASSES (1
OPTIONAL) AND 2
OPEN MATS

11_{HRS}

STUDY, IN 45-MINUTE
BLOCKS. MINIMUM 9

4 x 45

S&C: WEIGHTS GYM
TWICE, RUNS TWICE

8.5_{HRS}

SLEEP A NIGHT. UP AT
6:00 EVERY DAY

1

FULL REST DAY
(SUNDAY)

- **Adults classes or open mat five times a week**, plus Juniors & Teens on Monday. Monday's double is optional: Juniors & Teens at 5:40, then straight into the 6:30 adults No Gi. Never more than two sessions in a day.
- **Every session ends with travel and a shower.** The 6:30 adults class is really 6:00 to 8:00, door to door.
- **On training nights the main meal comes first**, about two hours before class, then a recovery snack after. On Tuesday and the weekend, dinner is about two hours before bed.
- **Study comes in 45-minute blocks:** before school on Monday, at lunch Monday to Thursday, after school before training, and four blocks on Saturday morning.
- **Mornings carry the weights gym and the runs**, so nights stay for Jiu-Jitsu.
- **Phone away at 8:30, lights out at 9:30, up at 6:00**, seven days a week. On a comp weekend, move the rest day. Don't drop it.

Other options on the same timetable: the 6:00 All Levels and 7:00 open mat on Tuesday and Thursday mornings, and the 12:15 All Levels on Saturday before the open mat.

05

COMMON MISTAKES



"I'll study when I get a chance." Then it doesn't happen. Block it at set times.



"I finished my homework, so I'm done." Use the full block: read, revise or get ahead.



Leaving the weekend empty. One big Saturday study block takes the pressure off the whole week.



Planning the class, not the session. A one-hour class takes two hours once you add travel and a shower. Block the whole thing.

- ✗ **Putting sleep in last.** Sleep goes in first, then everything else.
- ✗ **Forgetting the other load.** Other sports, games and a part-time job all count. Put them on the planner.
- ✗ **Keeping the plan in your head.** Parents can't buy in to a week they can't see. Write it down and show them.

06

CHECKLIST

DO THIS

EVERY WEEK

- ☐ At least nine hours of study done, at the times I blocked.
- ☐ Sleep and wake times held.
- ☐ Every planned session attended.
- ☐ No more than two training sessions in a day. One proper rest day.
- ☐ Next week's planner filled in and shown to my parents.

BLANK WEEKLY PLANNER

Name _____ Week of _____

Study hours ____ / 9 Jiu-Jitsu sessions ____ Open mats ____

- ☐ SCHOOL OR WORK
- ☐ STUDY
- ☐ JIU-JITSU CLASS
- ☐ OPEN MAT
- ☐ S&C AND RUNS
- ☐ TRAVEL + SHOWER
- ☐ MEALS
- ☐ RECOVERY AND STRETCH
- ☐ SLEEP AND WIND-DOWN (PHONE AWAY)
- ☐ FREE

Write the real start and end times on longer blocks (e.g. "Run 6:00-6:45").

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30AM							
6AM							
6:30AM							
7AM							
7:30AM							
8AM							
8:30AM							
9AM							
9:30AM							
10AM							
10:30AM							
11AM							
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7PM							
7:30PM							
8PM							
8:30PM							
9PM							
9:30PM							
10PM							



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PLANNING AND SUPPORT - FOR PARENTS AND GUARDIANS

FOR PARENTS

Your child drives, the coach gives directions, and you keep the car on the road. None of this works without you.

FOR PARENTS

9 MIN READ

01

WHY IT MATTERS

This plan needs a level of buy-in from the family, and I'd rather be honest about that up front.

Going pro in a sport is incredibly difficult. It takes a lot of discipline and some funding. I won't ask a family to pay for blood tests, DEXA scans, physios, a strength coach and an ongoing dietitian and then see their child decide two weeks later that they don't want to do it. That's why there are two levels: eight weeks of Show Me You Mean It first, then Pro.

Here's how I think about the three of us:

Athlete

THE DRIVER. TOTAL CONTROL
OF THE JOURNEY.

Coach

THE GPS. GUIDES, CAN'T DRIVE.

Parent

THE PASSENGER. SUPPORT AND
LOGISTICS.

- **The coach is the GPS.** I've been on this road before and can help your child through unfamiliar, sometimes rough terrain. But a coach can't fight for a fighter. If I can't convince an athlete of my recommendation, that's up to the athlete.
- **The parent is the passenger.** You keep them company on a long journey, help with the tricky roads, make a long drive more enjoyable, and handle the logistics (lifts, food, money, bookings) so the driver can focus on driving.
- **The athlete is the driver.** They take advice from the GPS and the passenger, then decide where to go.

That's why the eight weeks are on them, without you or me chasing them. It has to come from them first. If they show us both they mean it, then we invest.

02

THE STANDARD

WHAT THE PLAN NEEDS FROM YOU

- **Let the eight weeks be theirs.** Please don't chase them every night.
- **Tell me honestly what you see at home,** especially sleep.
- **Support the volume:** adults classes and open mats, at least twice a week on top of juniors.
- **Cover the basics:** about \$20 for an alarm clock and \$20 for a book.
- **Read Mindset by Carol Dweck yourself.** Audiobook is fine.
- **No weight cutting under 18.** No amount.
- **At least nine hours of study a week** stays in the schedule.

If the family can't support the basics right now, that's okay. If training more than twice a week isn't possible, or the alarm clock and book aren't, calling this an elite plan would set your child up to fall short. We can do something lighter and call it what it is. Compromises are very possible: "we can't do weeknights, but we can do a weekend session" is a conversation I'm happy to have. What we need is a week that actually works.

03

HOW TO DO IT

STEP 01

AGREE THE TRAINING VOLUME

The average person who comes to me trains about three times a week. A true professional trains at least four, and for Worlds, every day, as many sessions as they can.

For teens, juniors classes alone won't get them there. Twice a week in juniors can make a great athlete physically, but probably not a world champion at Jiu-Jitsu. They need the adults classes (the advanced classes, or fundamentals if there's no advanced) and the open mats, at least twice a week.

The hard part for most families is lining that up with sleep and diet. Sit down with your child and build the week on paper: [Schedule & Study](#) has a planner and an example week. The full volume guide is in [Focused Training](#).

STEP 02

PLAN THE COSTS

The Show Me You Mean It plan is deliberately cheap. The demanding part is the discipline, and that's free.

ITEM	ABOUT	WHY
Dietitian consult	\$150, up to \$300	One consult for a rough guide to daily macros. See Diet .
Heart rate monitor	\$30	Zone 2 runs. See Strength & Conditioning .
Phone tripod	\$15	Recording and reviewing rounds. See Technical Empowerment .
Alarm clock	\$20	So the phone can sleep in another room. See Sleep .
A book	\$20	Mindset first. Or free from the library. See Mindset .
Flip phone	\$100	Only if the smartphone is the problem. See the next step.
Rough prices. Training fees, comp entries and travel are on top, as they are now.		

Pro is a different level: DEXA, bloods, an ongoing dietitian, a professional strength coach, physio every second week, a sports psychologist, paid instructionals and more travel. As a rough guide, that's about \$1,350 to \$1,650 to set up and about \$1,050 to \$1,500 a month, before training fees and travel. Those are estimates, not quotes: prices vary by provider, so do your own research and get quotes before deciding what suits your family. The breakdown is in [Going Pro](#). We only go there after eight good weeks.

STEP 03

HAVE THE PHONE CONVERSATION

No phone in the first hour and the last hour of the day is part of the plan (see [Sleep](#)). Usually the real issue is that you want to be able to contact your child, which is completely fair.

A basic flip phone costs about \$100. They don't need Google Maps or Snapchat first thing in the morning. If they genuinely need to call you 30 minutes after waking, now they have a phone that does exactly that and nothing else, so it doesn't affect their sleep.

AGREE TOGETHER

SIT DOWN AND DECIDE

- What contact do you need with them, and when? (Before school, after training, emergencies.)
- What device covers that: the flip phone, or the smartphone with a lock app?
- Where does the phone charge at night? (Not the bedroom.)
- What time does it go away, and what time can it come back?

Whatever you're comfortable with, that's what they get. Then tell me, so I know the agreement too.

STEP 04

READ MINDSET TOO

I start nearly every athlete on **Mindset by Carol Dweck**. It's the must-read, for parents and athletes both. The audiobook is fine.

Your child will hear plenty of fixed-mindset talk: "How could you lose to that kid? The only thing that matters is winning." If the voice at home is the growth one ("What did you try? What did you learn?"), they've got something to hold onto. Reading it yourself gives you both the same language for wins and losses.

STEP 05

KEEP WEIGHT CUTTING OFF THE TABLE

I don't let any athlete under 18 cut weight. No amount. At the very most I've let around 300 grams go, which really just means "eat a bit cleaner this week".

Sports nutrition for growing athletes is a specialist field, which is why weight questions go to a dietitian. Many of us grew up hearing "just eat less". A growing athlete needs the opposite, and cutting is an unhealthy habit to build in a teenager.

A teenager's whole goal is to grow: taller, bigger, stronger, more muscle. I'd almost always rather they were in a caloric surplus, gaining weight and muscle and training hard, than cutting seven kilos at 13 to drop two weight classes and win one tournament. Please don't encourage it, even when they ask. If weight is a question, it goes to a dietitian (see [Diet](#)).

STEP 06

PROTECT THE STUDY

Education is still very important, and nobody is giving up school for Jiu-Jitsu. The plan requires at least nine hours of study blocked into every week, and tutoring counts. Ask to see the weekly schedule. If training goes up and the study doesn't fit, we change the schedule, not the study. [Schedule & Study](#) shows how it fits: library after school, recess and lunch, a Saturday block. If you want more study than that, we adjust the sessions together.

STEP 07

SUPPORT, DON'T PRESSURE

SUPPORT LOOKS LIKE

- Lifts, food in the house that fits the plan, and a quiet bedroom.
- Asking "What did you try today? What did you learn?"
- After a loss: "We try, we learn. I'm proud of how you went for it."
- Letting the coach coach, from the stands.
- Telling me honestly what you see at home.
- Reading the book, and keeping your own phone off at dinner too.

PRESSURE LOOKS LIKE

- Coaching from the side of the mat during a match.
- "How could you lose to that kid?"
- Comparing them with their friends or teammates.
- Setting their goals for them.
- Rewards for medals. Prizes for winning take the drive away from the thing itself.
- Chasing them every night to do the habits. The eight weeks are theirs.

Competition days are emotional for parents too. Keep it short and positive, win or lose, and if something on the day bothers you, raise it with me later rather than in front of your child. Comp day guidance is in [Competition Day](#).

STEP 08

TELL ME WHAT YOU SEE

I'll ask your child: "How was your sleep? How's the book?" If they didn't sleep, they sit out and watch. That's to protect them, not to punish them. If they haven't read in two weeks, I won't be upset and I won't chase them. They're their goals, and I won't fight them if they're not taking them seriously yet.

Sometimes I'll ask you too. If they're not sleeping, please tell me. I'll tell them calmly and directly: "I'm not seeing it yet. We'll stay at this level until you're ready, and I'll be here when you are." That's how they learn the plan is real.

04

COMMON MISTAKES

 **Chasing them every night.** The eight weeks are theirs. Tell me what you see instead.

 **Juniors classes only.** Add adults classes and open mats, at least twice a week.

 **"Just eat less."** Teens should be growing. Weight questions go to a dietitian.

 **Coaching from the side of the mat.** Let the coach coach. Cheer from the stands.

✖ **Rewards for medals.** Praise the effort and what they tried.

✖ **Comparing them with friends or teammates.** Compare them with their own last block.

✖ **Raising a problem in front of your child on comp day.** Bring it to me later.

05

CHECKLIST

FOR PARENTS

BEFORE THE EIGHT WEEKS START

- ☐ Built the weekly schedule with my child, including at least 9 hours of study.
- ☐ Agreed on training volume, including adults classes and open mats.
- ☐ Bought the alarm clock and the book (and the tripod and HR monitor if we can).
- ☐ Agreed on the phone rules, and where it charges at night.
- ☐ Booked or discussed the dietitian consult.
- ☐ Started reading Mindset myself.
- ☐ Agreed: no weight cutting.
- ☐ Know how to reach the coach, and when (see [Communication](#)).

NOT PROFESSIONAL ADVICE

This is coaching guidance, not medical, dietary or psychological advice. For your child's diet, growth and weight, see a qualified dietitian. If you're worried about their mood, see your GP.

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>)

headspace (ages 12 to 25)

headspace.org.au (<https://headspace.org.au/>)

Kids Helpline (ages 5 to 25, 24/7)

1800 55 1800 · kidshelpline.com.au (<https://kidshelpline.com.au/>)

The book

Carol Dweck, *Mindset: The New Psychology of Success*.

SHOW ME YOU MEAN IT - 8-WEEK TRACKER

Name _____ Start date _____

MY PLAN BED _____ WAKE _____ SESSIONS A WEEK _____ STUDY HOURS A WEEK _____
BOOK I'M READING _____ COACH _____

WEEK	DAY	SLEEP ON TIME	PHONE OUT FIRST/LAST HR	READ 10 MIN	STRETCH	ATE THE PLAN	TRAINED FOCUSED	STUDY BLOCK	TRAINING LOG			WEEKLY CHECK-IN (SUNDAY)
WK 1	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 2	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 3	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 4	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 5	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 6	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 7	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 8	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											

Tick = did it · Cross = didn't · Slash = didn't apply today. Fill it in every night before the phone goes away. Bring it to training every Monday. Gracie Barra Bondi.



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PLANNING AND SUPPORT · EVERY CHECKLIST

CHECKLISTS

Every logistical point in the guide, in one place.
What to buy, who to book, what to set up, and what
you do every day and every week.

SHOW ME VERSION

PRO VERSION

221 ITEMS

These are your goals, so this list is yours. I won't chase you on it. Tick what you actually did, and be honest with yourself.

01

SHOPPING LIST

Everything the guide asks you to buy. Show Me is cheap on purpose: the expensive part is the discipline, and that is free.

SHOW ME KIT

- ☐ Analog alarm clock, battery powered, so the phone can sleep in another room. **About \$20**, less at Kmart. → SLEEP
- ☐ *Mindset* by Carol Dweck, your first book. **About \$20**, or free from the library. Audiobook counts. → MINDSET
- ☐ Heart rate monitor for zone 2 runs. **About \$30**. → S&C
- ☐ Phone tripod to record your rounds. **About \$15** from Kmart. → TECHNICAL
- ☐ Basic flip phone, only if the smartphone is the problem. **About \$100**. → SLEEP
- ☐ A resistance band for warm-ups and prehab. → S&C
- ☐ A small notebook for your mat bag, for your training log after every session. → JOURNAL

SKIN AND GEAR

- ☐ Disinfectant body wash: [Microshield 4 Chlorhexidine Surgical Handwash](https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml) (<https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml>), 500mL, from Chemist Warehouse. **About \$26**. ([Microshield 2](https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml) (<https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml>) is the gentler option, about \$21.) → SKIN
- ☐ Stock GB gi (no patches) and a GB belt. A spare gi for big events. → TEAM STANDARDS

☐	GB rashguard and shorts for NoGi.	→ COMP DAY
☐	Red GB competition T-shirt or red GB hoodie for comps.	→ TEAM STANDARDS
☐	Thongs or slides for off the mat.	→ SKIN
☐	Strapping tape and a few waterproof dressings.	→ SKIN
☐	A separate bag for sweaty gear.	→ SKIN
☐	Your own towel and your own drink bottle.	→ SKIN
☐	Mouthguard and nail clippers.	→ COMP DAY
☐	Earphones, with your music downloaded so the phone stays closed.	→ COMP DAY

FOOD AND SLEEP

☐	Food for your plan: the same breakfast and dinner every day, plus pre-training snacks. You buy it yourself.	→ DIET
☐	Easy wins for the pantry: pre-cooked rice, tinned tuna, frozen veg, a rotisserie chicken.	→ DIET
☐	Electrolytes, for long, hot or double sessions only.	→ DIET
☐	Blackout blinds or a sleep mask, if your room isn't dark.	→ SLEEP
☐	Earplugs or a white noise machine, if your room isn't quiet.	→ SLEEP

PRO, LATER

☐	A sleep tracker, so you know your real hours. Around \$85 and up.	→ SLEEP
☐	Submeta subscription, roughly US\$20 to \$25 a month, once you're finishing the free Worlds blocks.	→ TECHNICAL
☐	One instructional per focus block (about US\$100 to \$200 each). Finish and use one before buying the next.	→ TECHNICAL
☐	Money set aside for physio, so cost never stops you going. Ice baths, saunas and cold plunges are optional extras at this level, not needed on Show Me.	→ RECOVERY

SHOW ME TOTAL

Dietitian consult (see Bookings)	\$150 to \$300
Heart rate monitor	\$30
Alarm clock	\$20
<i>Mindset</i> , the book	\$20
Phone tripod	\$15

TOTAL

ABOUT \$235 TO \$385

Plus about \$100 for a flip phone, only if the smartphone is the problem.
Training fees, comp entries and travel are on top, as they are now.

02

BOOKINGS

People to book and conversations to have. Show Me needs one professional. Pro needs a team. Costs here are rough estimates, not quotes: prices vary by provider and over time, so do your own research and get quotes before you book.

SHOW ME

- ☐ Dietitian consult with Diva Arun, APD: divaamurthy@gmail.com or [0435 456 447](tel:0435456447). Telehealth consults are available, so you can see her from anywhere. About \$150 an hour; the first consult is about two hours plus a meal plan. For Show Me, ask for a rough guide to your daily macros. Ask me about a deal. → DIET
- ☐ Someone qualified to teach you to lift before you load up (a parent's PT is fine). → S&C
- ☐ Know who you'd see if a niggle isn't settling after a couple of weeks (or for any warning sign): a physio such as Clare Walsh, Stadium Sports Physiotherapy, Moore Park, or your GP. → RECOVERY
- ☐ Find a good GP you can see quickly (mine: Dr Kouroush Mahmoodi, Bondi Junction 7 Day Medical Centre). → SKIN
- ☐ Ask your GP whether a Medicare care plan applies, and check what your private health extras cover for physio, psychology and dietitian visits. → RECOVERY
- ☐ Sit down with your parents and agree the phone rules. Then tell your coach. → PARENTS
- ☐ Show your weekly schedule to your parents and your coach. → SCHEDULE
- ☐ Go through your Long Game worksheet with your coach. → LONG GAME

PRO

- ☐ Strength coach: Ethos Performance (Meer Awny) for an assessment and program. Roughly \$300 to start, then about \$70 to \$100 a week. → GOING PRO
- ☐ Sports dietitian (The Fight Dietitian, or Diva) with regular check-ins. A package is roughly \$800 to \$900 upfront, then about \$20 to \$30 a week. → GOING PRO
- ☐ DEXA scan for body composition. About \$100 to \$150. → GOING PRO
- ☐ Full blood panel through your GP. Often bulk-billed; allow up to about \$100 for a gap. → GOING PRO
- ☐ Physio straight away at the first niggle, then every second week, booked in advance for the whole camp. Roughly \$150 to \$200 a session. → RECOVERY
- ☐ Physio and strength coach connected, so they update the program together. → RECOVERY
- ☐ An accredited sports psychologist, if it's in the budget. Roughly \$250 to \$350 a session, often in packs of 3 or 5; search the [APS directory](https://psychology.org.au/find-a-psychologist) (https://psychology.org.au/find-a-psychologist). → MINDSET

BEFORE YOU GO PRO

- ☐ Eight weeks of Show Me done and logged. → GOING PRO
- ☐ One big goal and a long-term plan agreed with my coach. → GOING PRO
- ☐ Budget agreed with my family. → GOING PRO
- ☐ Setup started early. DEXA, bloods and the dietitian can take about six weeks to sort. → GOING PRO
- ☐ Weekly schedule rebuilt for 10 to 12 sessions, with sleep and study protected. → GOING PRO
- ☐ Phone lock set for the night: the full sleep window plus an hour either side. → SLEEP

03

SET UP THIS WEEK

One-off jobs. Do them once, properly, before week one.

SLEEP

- ☐ Set one wake time for all seven days, then count back to your bedtime. → SLEEP
- ☐ Work out your sleep number: baseline, plus load, plus sleep debt, minus naps. → SLEEP
- ☐ Write down the hours you actually slept for seven nights. → SLEEP
- ☐ Move the phone charger out of your bedroom. → SLEEP
- ☐ Set a bedtime alarm that tells you to put the phone away. Add a lock app or screen-time limits if you need them. → SLEEP
- ☐ Set up your room: cool (16 to 19 degrees), dark and quiet. Alarm across the room if you hit snooze. → SLEEP

YOUR WEEK

- ☐ Build your weekly schedule in 30-minute blocks, in order: sleep, school or work, Jiu-Jitsu (door to door, travel and shower included), study, S&C, food, recovery. → SCHEDULE
- ☐ Block at least nine hours of study at set times. Tutoring counts. → SCHEDULE
- ☐ Print the schedule and stick it on the fridge. → SCHEDULE
- ☐ Set your tracker columns and plan, print it, and stick it next to the schedule. → TRACKER

FOOD AND TRAINING

- ☐ Pick your same breakfast and dinner, and write down the next seven days. → DIET
- ☐ Know your go-to order at two takeaway places that fits the plan. → DIET
- ☐ Get the junk out of the pantry, and stop buying it. → DIET
- ☐ Find a basic strength program (or join a parent's PT) and save it in your phone notes. → S&C
- ☐ Start the Worlds block you've been given, in order. → TECHNICAL

YOUR LONG-TERM PLAN

- ☐ One long-term goal named, and I know whether it's "good experience" or "all in". → LONG GAME
- ☐ A plan for each area (Jiu-Jitsu, strength, diet, recovery, mindset), and I know who owns each one. → LONG GAME
- ☐ The majors I'll taper for are agreed with my coaches. Everything else is a training comp. → LONG GAME
- ☐ Three technical focuses, max, set with my coach. → LONG GAME
- ☐ Strength work planned around my comps with my strength coach. → LONG GAME
- ☐ Long Game worksheet filled in and reviewed with my coach. → LONG GAME
- ☐ Before changing anything in the plan, I talk to the professional who owns that area. → LONG GAME
- ☐ A change is for a real reason, never one result or one bad week. → LONG GAME
- ☐ I talk to my coach before entering any comp. → LONG GAME

MINDSET

- ☐ Read [the mindset site](https://mindset.bjjau.com/) (https://mindset.bjjau.com/) once, properly. → MINDSET
- ☐ Do the video exercise: watch the Carol Dweck talk and write 200 words. Do it again in week eight. → JOURNAL
- ☐ Put the notebook in your mat bag for your training log. → JOURNAL

EVERY DAY

The habits that make the plan. Your tracker logs most of them.

MORNING

- ☐ Up at my set time. First alarm, no snooze. → SLEEP
- ☐ No phone for the first hour. → SLEEP
- ☐ Water, sun and light movement. → SLEEP
- ☐ Breakfast. About two hours before morning training, or keep it small. → DIET

ALL DAY

- ☐ Lunch, protein at every meal, vegetables at lunch and dinner. → DIET
- ☐ Water all day from my own bottle. Pale yellow is the target. → DIET
- ☐ Pre-training snack one to two hours before the session. → DIET
- ☐ Ate the plan. No junk. → DIET
- ☐ Study block done, the full time. Recess and lunch count. → SCHEDULE
- ☐ One thing I learned at school today, better than "good". → SCHEDULE

TRAINING

- ☐ Open wounds cleaned and covered before I stepped on the mat. → SKIN
- ☐ Named my focus before I bowed in. → TRAINING
- ☐ Steered my rounds toward my focus. → TRAINING
- ☐ Locked in: tough partner, one good question, no chatting. → TRAINING
- ☐ Stretched 10 to 20 minutes after the session, full body. → RECOVERY
- ☐ Training log written after the session: focus, what worked, where it broke and why, one question, one fix. → JOURNAL
- ☐ Showered after every session, as soon as I finished (at the School or gym if possible), disinfectant wash, scalp and feet included. → SKIN
- ☐ Checked my skin in the shower. → SKIN
- ☐ Gear washed and dried properly after every use. → SKIN

NIGHT

- ☐ Dinner about two hours before bed. → DIET
- ☐ Screens off an hour before bed. Phone charging in another room. → SLEEP

- | | |
|--|-----------|
| ☐ Read at least 10 minutes. | → MINDSET |
| ☐ Wind down: write, stretch, pack my bag. | → SLEEP |
| ☐ Tracker filled in before the phone went away. Honestly. | → TRACKER |
| ☐ In bed on time. Logged my hours. | → SLEEP |

05

EVERY WEEK

Count these on Sunday night when you fill in the weekly check-in.

TRAINING

- | | |
|--|------------|
| ☐ Four or more Jiu-Jitsu sessions. | → TRAINING |
| ☐ Adults class or open mat at least twice. | → TRAINING |
| ☐ Two gym sessions, 30 to 40 minutes. | → S&C |
| ☐ Program finished before I left. Warm-up slow and controlled. No scrolling between sets. | → S&C |
| ☐ Gym notes logged: weights, sets, how it felt. | → S&C |
| ☐ Two or three runs: zone 2, sprints once. | → S&C |
| ☐ No two red (hardest) sessions in one day, no more than two sessions in a day. | → S&C |

RECOVERY AND FOOD

- | | |
|---|------------|
| ☐ One full rest day, starting at my normal wake time, device-light. | → RECOVERY |
| ☐ At least one device-free recovery thing: a walk, a beach swim, a book. | → RECOVERY |
| ☐ Seeing a physio? Did their exercises. | → RECOVERY |
| ☐ Told my coach what my rest day actually was. Other sport counts as load. | → RECOVERY |
| ☐ Bought my own food and cooked at least one meal. | → DIET |
| ☐ Food prepped twice (Sunday and Wednesday works). | → DIET |

STUDY AND TECHNICAL

- | | |
|---|-----------------|
| ☐ At least nine hours of study. | → SCHEDULE |
| ☐ Next week's planner filled in and shown to my parents. | → SCHEDULE |
| ☐ Recorded two sessions, with my partners' OK. | → TECHNICAL |
| ☐ Reviewed both myself and wrote them up in my training log. | → TECHNICAL |
| ☐ Found seven more options for one technique from class. | → TECHNICAL |
| ☐ Two 20-minute study blocks on my current focus. | → TECHNICAL |
| ☐ Asked my coach one specific question. | → COMMUNICATION |

MINDSET AND CHECK-IN

- ☐ Weekly reflection, 20 to 30 minutes: one prompt (200 words, the go-deeper question, one action) or what I read this week. Kept for myself. → JOURNAL
- ☐ Said "we try, we learn" after a bad round, and meant it. → MINDSET
- ☐ Caught myself blaming something outside me, and wrote down what I could have done. → MINDSET
- ☐ Tried every new instruction properly before giving my opinion. → COMMUNICATION
- ☐ Weekly check-in done on Sunday: sessions, sleep average, book page, reflection done, one win, one fix. → TRACKER
- ☐ Tracker brought to training on Monday. → TRACKER
- ☐ Turned up to team events and team dinners when they were on. → TEAM STANDARDS

PRO ADDS

- ☐ 10 to 12 sessions including three S&C (one conditioning, two strength). → TRAINING
- ☐ Every session recorded and reviewed myself the same day. → TECHNICAL
- ☐ Seeing a sports psychologist? Did any exercises they set. (Same writing as everyone otherwise.) → MINDSET
- ☐ Five to ten minutes of meditation or breathing every day. → MINDSET
- ☐ Weekly weigh-in: same day, same scale, same clothes, first thing after the toilet. → DIET
- ☐ Study blocks three or more times, with my questions taken to my coach. → TECHNICAL

06

BEFORE AND ON COMP DAY

From deciding to enter, to the debrief two days later.

BEFORE YOU ENTER

- ☐ Is this my big goal, a planned major, or a training comp? → LONG GAME
- ☐ Does it break a strength block, or change the rule set I'm preparing for? → LONG GAME
- ☐ Talked to my coach before entering, not after. → LONG GAME
- ☐ Taper only for the majors I've planned with my coaches. Go into small comps a bit tired. → LONG GAME

THE NIGHT BEFORE

- ☐ Bag packed (list below). → COMP DAY
- ☐ Weigh-in time and venue written down once. Then stop checking. → COMP DAY
- ☐ Brackets: look once, if at all. → COMP DAY
- ☐ Nails checked and clipped. → COMP DAY

- | | |
|---|------------|
| ☐ A normal dinner I've eaten before, about two hours before bed. | → COMP DAY |
| ☐ Phone away an hour before bed. Alarm clock set. | → COMP DAY |
| ☐ Wind down: a poem or a few pages, slow breathing (in for four, out for six). | → COMP DAY |

COMP BAG

- | | |
|---|------------|
| ☐ Clean stock GB gi and GB belt. A spare gi for a big event. | → COMP DAY |
| ☐ GB rashguard and shorts (NoGi), team T-shirt or hoodie. | → COMP DAY |
| ☐ Registration details, ID, weigh-in time and venue. | → COMP DAY |
| ☐ Water bottle, electrolytes, snacks I've eaten before. | → COMP DAY |
| ☐ Mouthguard, tape, nail clippers. | → COMP DAY |
| ☐ Thongs or slides, towel, warm layer. | → COMP DAY |
| ☐ Earphones and downloaded music. | → COMP DAY |
| ☐ My book or my poems, for the waiting. | → COMP DAY |
| ☐ Medicated cream and tape, if I'm dealing with a small skin lesion. | → COMP DAY |

THE MORNING

- | | |
|---|------------|
| ☐ No phone for the first hour. Music is fine. | → COMP DAY |
| ☐ Water, then a short walk in the sun. | → COMP DAY |
| ☐ The breakfast I always eat, with time to digest. | → COMP DAY |
| ☐ The control check: let go of what I don't control. | → MINDSET |

AT THE VENUE

- | | |
|--|------------|
| ☐ Planned my arrival around check-in and weigh-in. Found my coach and my team. | → COMP DAY |
| ☐ Registration, bathroom, my mat, test scale and gi check sorted first. | → COMP DAY |
| ☐ Earphones in if I want. No scrolling, no results, no comments. | → COMP DAY |
| ☐ Eating small and sipping water all day. | → COMP DAY |
| ☐ Warmed up for about an hour (stretch, GB warm-up, drill blocks) and reached the bullpen warm. | → COMP DAY |
| ☐ My pre-match routine and a minute of slow breathing. | → COMP DAY |
| ☐ Between matches: water, a snack, stay warm, one short note from my coach, don't replay it. | → COMP DAY |

AFTER, WIN OR LOSE

- | | |
|---|------------------|
| ☐ Shook hands and thanked the referee. | → COMP DAY |
| ☐ Stayed to support my team to the end. | → TEAM STANDARDS |
| ☐ Didn't post or message angry. Slept on it. | → COMP DAY |

- ☐ Wrote the competition entry in my training log within two days: what I tried, what I learned, one thing for the next block. → JOURNAL
- ☐ Reviewed my own footage and added it to that entry. → TECHNICAL

07

WHEN SOMETHING COMES UP

What to do the moment something goes wrong, so it never turns into a bigger problem.

INJURY OR SICKNESS

- ☐ Told my coach before the session, not after. → COMMUNICATION
- ☐ Small niggle: told my coach, modified my Jiu-Jitsu and strength work around it, didn't stop. Gave it about two weeks. → RECOVERY
- ☐ Not settling after a couple of weeks: saw a physio or GP. Followed the advice, no matter what. → RECOVERY
- ☐ Sharp or worsening pain, swelling, a pop, numbness, or pain that wakes me up: stopped and saw a physio or GP. → RECOVERY
- ☐ Knock to the head with headache, dizziness or nausea: stopped training that day and got checked. → RECOVERY
- ☐ Injured or sick: still came to training to watch, learn and ask questions. → RECOVERY

SKIN

- ☐ Something on my skin: told my coach before the session and saw my GP. → SKIN
- ☐ Took the medication, used the cream, finished the whole course. → SKIN
- ☐ Washed everything I trained in, plus towels and sheets. → SKIN
- ☐ Came back only once it healed or my doctor said I'm not contagious. → SKIN
- ☐ Redness spreading, red streaks or a fever: saw a doctor that day. → SKIN

HEAD AND HABITS

- ☐ Tired thought: noticed it, labelled it, decided nothing tonight, slept, checked it in the morning. → MINDSET
- ☐ Still true after a few good nights: asked for a time to talk, and brought a possible solution. → COMMUNICATION
- ☐ Relying on caffeine: checked my sleep and my pre-training snack first, then cut it out over a week or two. → CLEAN ATHLETE
- ☐ Reached for something: asked myself what I was trying to get away from. → CLEAN ATHLETE
- ☐ Struggling to stop: talked to a parent, my coach, my GP or Quitline (13 7848). → CLEAN ATHLETE
- ☐ A sponsor, superfight or other team's gear on offer: talked to my coach before saying yes. → TEAM STANDARDS

NEVER

The hard nos. They are the boundaries of the plan, not a judgement of you. If one is a deal breaker right now, that is okay: come back when you are ready.

ON THIS PLAN

- ☐ No drinking, smoking, vaping or recreational drugs. From day one, at any age. → CLEAN ATHLETE
- ☐ No living on energy drinks. Under 18: no caffeine unless my dietitian says so. → CLEAN ATHLETE
- ☐ Under 18: no nicotine in any form. → CLEAN ATHLETE
- ☐ Stopped everything first. Caffeine, and for adults nicotine, only brought back in a set amount agreed with my coach and the right professional (dietitian, and GP for nicotine). → CLEAN ATHLETE
- ☐ No late nights before training, school or work. Late nights only when the next day is free. → CLEAN ATHLETE
- ☐ No workarounds: no skipping meals or sweating it off in a sauna after a big weekend. → CLEAN ATHLETE
- ☐ Under 18: no weight cutting. No amount. → DIET
- ☐ No junk as a habit. One cheat meal a week, at most. → DIET
- ☐ No supplements unless your dietitian says so. → DIET

MAT AND TEAM

- ☐ No training with staph, ringworm or anything contagious. → SKIN
- ☐ Never compete with a big abscess. A small, treated, covered one: I don't recommend it, but it's an option. → SKIN
- ☐ No sharing towels, razors, drink bottles or gear. Never barefoot in the bathroom. → SKIN
- ☐ No patches, names, handles or quotes on your gi. No non-GB belt. → TEAM STANDARDS
- ☐ No yelling at referees: not on the mat, from the side, or online. → TEAM STANDARDS
- ☐ No dating Students. → TEAM STANDARDS
- ☐ No inappropriate language: mat, comps, team chats, online. → TEAM STANDARDS
- ☐ No filming other Students, especially kids, without the OK. No posting other people's rounds. → TECHNICAL

HABITS

- ☐ No phone in the first or last hour of the day. No phone as your alarm. No snooze. → SLEEP
- ☐ No phone on comp day. Music is fine. → COMP DAY
- ☐ No leaving the gym until the program is finished. → S&C
- ☐ No lifting past your form. If your form breaks, the set is over. → S&C

- | | |
|--|-------------|
| ☐ No decisions on a tired thought: no texts, no posts, no quitting. | → MINDSET |
| ☐ No buying a library you won't watch. | → TECHNICAL |

09

FOR PARENTS

Your part, before and during the eight weeks.

BEFORE THE EIGHT WEEKS START

- | | |
|---|-----------------|
| ☐ Built the weekly schedule with my child, including at least 9 hours of study. | → PARENTS |
| ☐ Agreed on training volume, including adults classes and open mats. | → PARENTS |
| ☐ Bought the alarm clock and the book (and the tripod and HR monitor if we can). | → PARENTS |
| ☐ Agreed on the phone rules, and where it charges at night. | → PARENTS |
| ☐ Booked or discussed the dietitian consult. | → PARENTS |
| ☐ Started reading <i>Mindset</i> myself. | → PARENTS |
| ☐ Agreed: no weight cutting. | → PARENTS |
| ☐ Know how to reach the coach, and when. | → COMMUNICATION |

DURING

- | | |
|--|-----------|
| ☐ Food in the house that fits the plan, lifts sorted, a quiet bedroom. | → PARENTS |
| ☐ Asked "What did you try today? What did you learn?" | → PARENTS |
| ☐ Told the coach honestly what I see at home, sleep included. | → PARENTS |
| ☐ Didn't chase the habits. The eight weeks are theirs. | → PARENTS |
| ☐ Comp day: let the coach coach, kept it short and positive, raised anything later. | → PARENTS |



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

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

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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

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