

# MENTALITY

The Psychology of Brazilian Jiu Jitsu

## Finding the right BJJ Academy

### 1. Proximity to your home or workplace

First and foremost your academy has to be accessible. Travelling for a long time to get to your academy is counter-motivational. Go to Google Maps and type in Brazilian Jiu Jitsu (MMA will also identify academies that have BJJ classes) and identify the 3 closest academies to your home or workplace. Enter these in the template bellow.

### 2. Schedule of classes available

Again, this is an accessibility issue. If the academy does not hold classes when you can attend it will be unlikely for you to be motivated. Will you be more likely to attend in the morning, mid-day, evening, or weekends?

### 3. Affordability

Look for an academy that is affordable, doesn't have sign-up fees, let's you cancel your membership should you have to, and doesn't ask you to purchase branded GI's.

### 4. The Vibe

Make sure you try out all three of the listed academy if they give you a free trial period. The vibe you get from the academy is very important. Are instructors and students welcoming? Do they respect each other? Is it a safe environment?

## Sample Template

| Academy  | Proximity  | Number of Classes able to Attend | Affordability (FEES) |      | Vibe                       |
|----------|------------|----------------------------------|----------------------|------|----------------------------|
| Gamebred | Time       | Tue:<br>Morning<br>Thur:         | Weekly               | \$25 | Casual<br>and<br>welcoming |
|          | 12 minutes |                                  | Sign-Up              | \$0  |                            |
|          | Distance   | Morning<br>Saturday:<br>Morning  | Branding (GI)        | \$0  |                            |
|          |            |                                  | Exit                 | \$0  |                            |

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| Academy | Proximity | Number of Classes able to Attend | Affordability (FEES) |  | Vibe |
|---------|-----------|----------------------------------|----------------------|--|------|
|         | Time      |                                  | Weekly               |  |      |
|         |           |                                  | Sign-Up              |  |      |
|         | Distance  |                                  | Branding (GI)        |  |      |
|         | Exit      |                                  |                      |  |      |
|         | Time      |                                  | Weekly               |  |      |
|         |           |                                  | Sign-Up              |  |      |
|         | Distance  |                                  | Branding (GI)        |  |      |
|         | Exit      |                                  |                      |  |      |
|         | Time      |                                  | Weekly               |  |      |
|         |           |                                  | Sign-Up              |  |      |
|         | Distance  |                                  | Branding (GI)        |  |      |
|         | Exit      |                                  |                      |  |      |