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Jiu-Jitsu Guideline for White Belts by [Jared Lil](#)

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The list is meant to help the new Brazilian Jiu-Jitsu student get the most from their training and reach the next level with the necessary skills and a good understanding of the core positions.

Do the Drills

Achieving perfection with the movements can only be accomplished from drilling the warm up and technique drills. The way you react and transition is a direct link to how effective you trained your body to move from repetitions in drilling moves.

Stick to the Fundamentals

Train the moves that are effective and efficient in movement. Hold off on learning the fancy moves like inverted guard and x guard until you have better control over your body. How do you think the top level guys got so good? They have a deep understanding of the fundamental techniques and how to build more advanced movements from them.

Be consistent

Don't be the person who burns themselves out within a month or so and is never to be seen again. Pick a set number of days a week to train and stick to it. Use good judgment and give your body time to rest and adjust to the routine.

Don't skip the rolling

For most students, all they want to do is roll, but they are not going about it the right way in order to get the most benefits from it. First off, rolling is not competition training and a win at all cost mentality will have you wasting valuable mat time. Train the positional rolling to work on the positions your weak at and start from the knees to cover all positions.

Focus on Escapes

If you want to get really good in Jiu Jitsu, you have to spend time on working your escapes from the various positions. Once you start to get a handle on your escapes, your confidence will grow and the whole Jiu-Jitsu game changes.

Establish a good guard game

Most of the time spent rolling involves playing a guard game. You can establish a good guard game and gain the added benefit of flexibility by focusing on leg circles and effective hip movement. Improve defensive guard skills in order to catch your opponent with sweeps and submissions. The key is to establish an effective closed and basic open guard to help with transitioning when an opponent starts to pass you.

Study Jiu-Jitsu

Anything you do in Brazilian Jiu-Jitsu has a reason and it is important for you study and understand the technique, not just learn it. Trying to understand the reason behind the technique will help you process information quicker and perform better.

Learn from everyone

An open mind will enable you to make amazing strides in your game and find solutions too many of your training problems.

Be an effective training partner

Realize in training, you need a partner to practice the moves, get feedback, and help solve problems. The benefits of being a good training partner will be shown in the rapid progress in your game.

Leave your Ego at the door

No one starts as a Black belt and everyone will TAP to a submission one time or another. Don't get disappointed, instead look at it as an opportunity to learn.

Have fun with it

Anything you do in life has to be enjoyable and interesting including training martial arts. Once training becomes a chore, it will come to an end. Stay dedicated, set goals, and put in the effort, but don't focus on the next belt level as the only criteria. Keep drilling and rolling and enjoy the time spent with new friends.

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