

Be Coachable

I recently had the opportunity to travel and meet up with my friend and BJJ instructor. We have a reciprocal instructor student relationship. I am his JJJ instructor and he is my BJJ instructor. We have been friends for close to 20 years.

I have been studying Can-Ryu Jiu-Jitsu for close to 50 years and operating my own academy for 30 years. That said, about 5 years ago I decided to become a student again and started to learn Brazilian Jiu-Jitsu under the Keith Owen / Team Rhino banner.

Moving from in front of the class to being in the class was refreshing. The opportunity to learn new techniques and skills would expand my knowledge base and ultimately benefit my students. Broadening one's knowledge can only increase your abilities as an instructor.

In order to do this, you must have an open mind and the willingness to learn from someone else. You must be willing to put aside your "way" and be open to new ideas and ways of doing things. You must be humble enough to let yourself be taught by someone else, sometimes by someone who has not trained as long as you have.

My closest martial arts friends and high-ranking black belts have all been able to put the "white" belt back on and become students again.

I look back at when I first arrived in British Columbia and realized I could not find a local jiu-jitsu dojo. This prompted me to join a karate dojo which assisted in understanding more about stances and striking. The result was making my own techniques better again translating this information down to my students.

The bottom line here is not being afraid to be a student and experience being a white belt again.