



### Roy Dean: Optimized Training For Your BJJ Journey



Roy holds a black belt in Brazilian Jiu Jitsu, Judo, Aikido, and Japanese Jiu Jitsu. He's recognized as a third degree black belt by the International Brazilian Jiu Jitsu federation. He has written a number of books, including *Martial Apprentice* and *Becoming The Black Belt*. Discover Roy's overview of the path to becoming a black belt in Jiu Jitsu.

**TOP EMBODIMENT TIP:** Move every day, even if it's just walking, even if it's just a little yoga in your room, getting up off the office chair. Move every day. Movement is life and it really helps your mood.

#### Different Skill Levels Require Different Kinds Of Training: Using a language learning analogy for belt levels

- Belt levels are not fully defined, but they do correlate with different levels of ability and different kinds of skill requirements. **The journey can be a long one** - it is a deep, complicated, frustrating and inspiring journey! It's a marathon not a sprint, **and that is good news!** The darker the belt gets, the heavier the responsibility to defend that belt rank.
- The typical time between ranks is approximately 2 years. **Each belt is a journey in itself.**
- **White belt. Take time to be a competent white belt.** Learn how to make space by overcoming the friction of your body connected to the ground. The white belt can be viewed as transitional, laying the foundations for the other levels. This includes bridge, turn, side block, hit up, mount escapes.
- **Blue belt.** Blue belt is **where the basics have been mastered, and now you are increasing the vocabulary.** It is possible to get blue belt blues as it is tough to realise how much you have to go on your journey.
- **Purple belt.** This is where **sentences are strung together.** For example, choke, arm lock, crucifix, all are connected with one technique flowing to the next. Honouring the old and embracing the new.
- **Brown belt. Now we are moving to paragraphs, to extended argument.** Introduce cross training, ashtanga yoga, or judo to keep you supple and strong. Exploring other disciplines can augment your training in a positive way.
- **Black belt. Poetry.** Shortcuts and **a new beginning.** You are now a white belt amongst black belts. Teaching becomes a finishing school for your own practice. It is about passing on the baton of knowledge.

#### Shifting Your Goals Over Time: Four stages

- Moving from (1)Self defense to (2, fitness and recreation to (3) dynamic problem solving to (4) community and empowerment.
- It's a journey in physical literacy. Movement arts are an international language, allowing you to travel all over the world.

#### Resources:

- ❖ **Website:** <https://roydean.tv>
- ❖ **Books:** *Martial Apprentice*, *Becoming The Black Belt*.
- ❖ **References:** Rick Ellis photography. *No Mercy for Old Men*. BlackBelt video (YouTube), Garth Perkins, Byron Higinbotham, Peter Hulce.



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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