



Clark Gracie: Resilience



Clark Gracie is a Black Belt Professor in Brazilian Jiu Jitsu. He is a grandson of Carlos Gracie, the founder of BJJ. Clark teaches in San Diego, and competes worldwide. In this presentation, he shares his wisdom on how to get through challenging times, in life and on the mat.

TOP EMBODIMENT TIP: When you are going through a challenging situation, embrace the challenge, and learn from it! Take it on as a learning experience, whether you win or lose, and just do your best.

The Benefits of BJJ: It is more than just a fight

- BJJ is more than just a fighting system, or a method of self-defence. It helps people navigate challenging situations, including addictions, stress, and family problems. One of the greatest rewards of BJJ is the mental wellness that is developed through practice and training. Many people report that the community of BJJ has also helped them get through difficult times. There is a very strong bond between the worldwide network of practitioners.

Mental Benefits of BJJ: Mindset is important

- BJJ offers you tools to build resilience, so that you can keep going and get through your challenges with a positive attitude. By building a strong mental will, you can find a way to push through. With a strong mindset, you can show yourself that you can be victorious, you can be successful, and you can make it through.

Personal Lessons: What Clark has learned through his matches

- I believe in myself and my techniques, and this belief will get me through.
- Love your opponent, as they teach you lessons you need to learn.
- Fighting is not something we do out of hate; we do it out of control.
- Be a black belt in life, not just on mat or in uniform.
- We either win or we learn.
- When you go through a situation and learn a lesson, the lesson stays with you. It doesn't matter where you learned it. When you recognize the lesson, it stays with you in your mind, and starts to build character. Character is a group or accumulation of lessons you've learned that make you who you are.
- Constantly challenge yourself. You are going to fail, you are going to win, and these lessons will stay with you, no matter where you learn them. Look for the challenge - it will provide the lesson. Whether you like it or not, it's going to stick with you. The more you talk about it, and recognize it, the more it'll become part of you. Embrace it.

Resources

- ❖ **Courses:** [Automatic Omoplata System](#)
- ❖ **Organization:** [Gracie Allegiance](#)
- ❖ **Website:** clarkgracie.com; allegiance.academy
- ❖ **Instagram:** [@clarkgracie](https://www.instagram.com/clarkgracie); [@gracieallegiancehq](https://www.instagram.com/gracieallegiancehq)



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ILAN STEPHANI

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