

A background image of two men in white Brazilian Jiu-Jitsu (BJJ) gis. The man on the left is bald and smiling, while the man on the right has dark hair and is also smiling. They are both looking towards each other. The image is partially covered by a semi-transparent orange rectangle in the center.

GUIDE

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BJJ Stories

How BJJ has positively changed your life

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Katie De Souza

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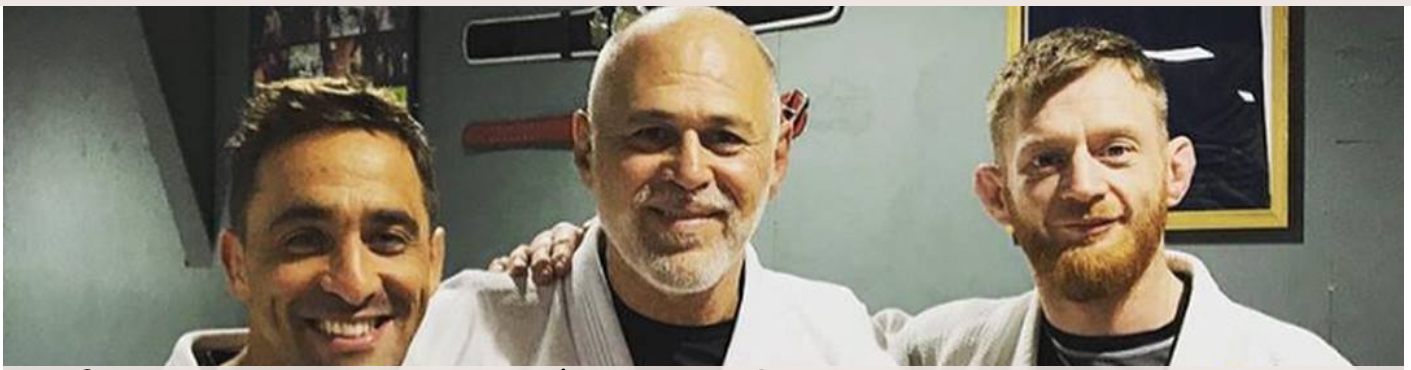
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About the book

I invite you to contribute to a book about jiu-jitsu to show how much it has changed your life for the better. To help others new to jiu-jitsu know the benefits and joys of having a jiu-jitsu lifestyle. Stories can be how you've transformed your life, what it's like training, what it's like competing, friendships which are made, anything fun and positive about jiu-jitsu.

Contributions can be from anyone representing any jiu-jitsu academy and will help each and everyone gain more visibility. Stories can be submitted by adults or children. All entries will be proofread and edited so don't worry if spelling or grammar isn't your thing – you're covered.

The goal of this project is to create an inspirational resource you can share with your friends, family and community, plus use to attract more people to your community, too! I aim to publish the best inspirational book possible, and I'll do everything I can to make sure it represents us all well.



Example of a BJJ Story

A BJJ story which has been contributed by Nick Tiscoe and will be included in the book

Connections

The big question I ask is, 'when I had the chance, did I choose courage over comfort?'
~ Brené Brown

When I met Mauricio Gomes when I first started BJJ, I told him I thought there was a connection between BJJ and surfing and he asked me, "how?" I didn't yet realise the answer.

I realise after ten years of BJJ that the two sports require the same boneheaded determination to keep showing up and trying; not to impress anyone or for any tangible reward but for the pure love.

There is no way in either sport that you can lie about your ability, just as the ocean will find out if you can surf, time on the mats will allow your opponent/training partner to know if you can roll.

I had the good fortune to of invited Mauricio to visit me in Cornwall for a weekend of surfing and BJJ a couple of years ago and it was this same weekend that I was awarded my black belt.

It felt like it was at that point that I had finally learned the answer to the question he had put to me right back at the beginning. So maybe surfing had helped me maintain the discipline for BJJ and now BJJ helps me understand how to deal with some of the challenges in my surfing.

Nick Tiscoe
North Shore Brazilian Jiu Jitsu
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Step one - draft your story

Grab a pen and paper and start writing your story down. Or you can start typing straight into a word document. You're aiming for around 200 words. The quote is not included in the word count.



Step two - check your story

Read through your story, check for mistakes. Read again and make any changes until you're happy. You can spellcheck and check grammar the best you can but don't worry if this is not your forte - it will be edited and proof read for you

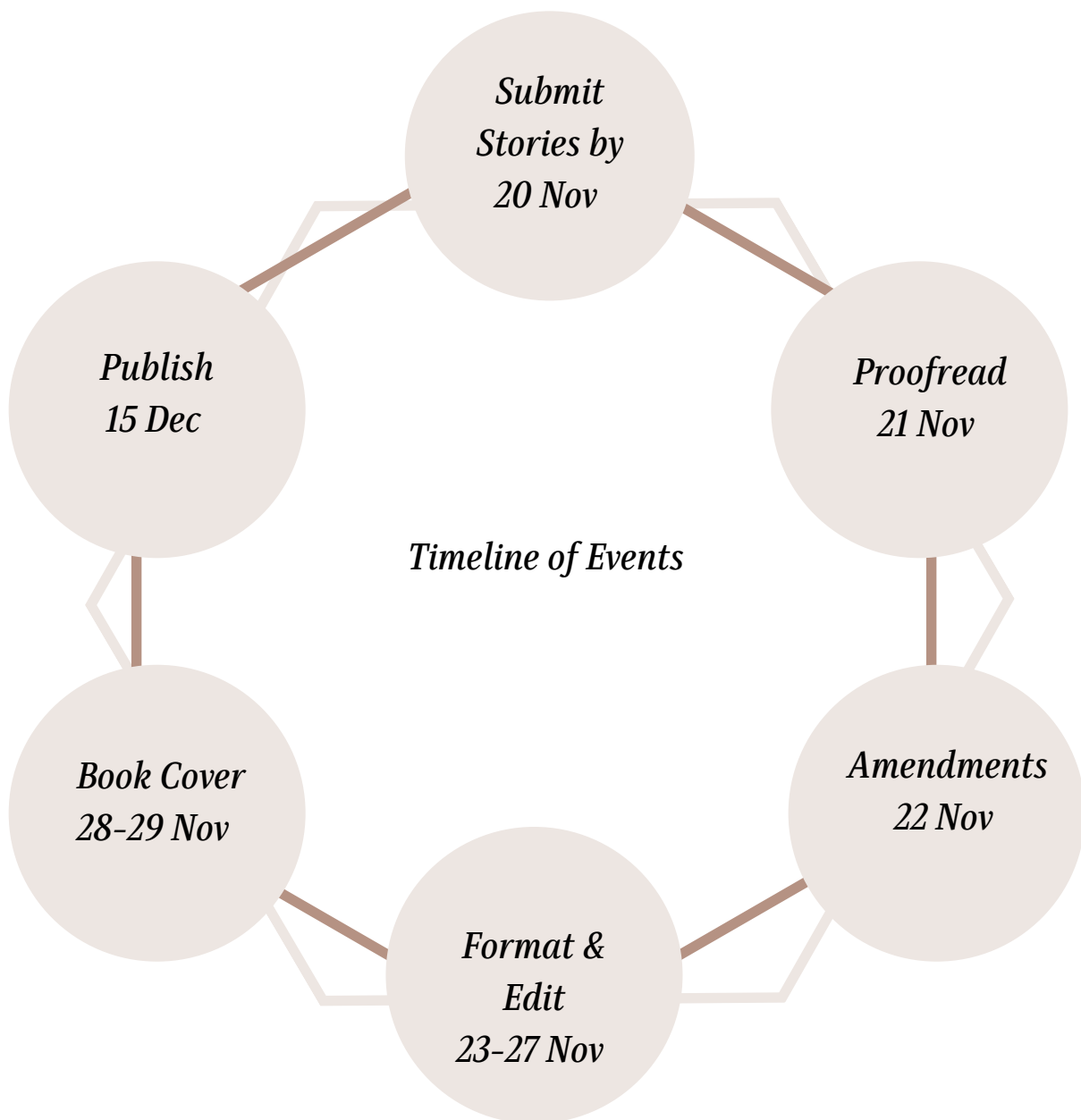


Step three - Submit your story

Please visit <http://www.believepublishers.co.uk> to submit your story. There is a short form to fill in with your name, academy name, contact details and of course your quote and bjj story. You will be able to copy and paste your story in or type straight into the form if you prefer.

Timeline

Important dates and deadlines to meet so we can get our book published



Hey! I'm "Katie De Souza"

I'm an author and publisher who also runs a Brazilian Jiu-Jitsu academy in Bournemouth and I know how tough things have been these past 2 years for everyone in our field. That's why I decided to put this book together to help all the academies promote themselves and the great sport that we all represent.

I would like contributions from as many different academies as possible, wherever you may be located. As we all know jiu-jitsu brings us together from all over the world.

I'm looking forward to editing and putting together this great book from all your contributions and helping promote Brazilian Jiu-Jitsu to the world and bringing in new people to our sport.

Thank you for all your submissions so far.

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