



15 WAYS TO BE A **BETTER TEAMMATE** ON THE MATS

A GUIDE TO ENHANCING YOUR JIU
JITSU TRAINING ENVIRONMENT

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INTRODUCTION

Welcome to “15 Ways to Be a Better Teammate on the Mats!” This ebook aims to provide you with a comprehensive checklist-style guide to enhance your jiu jitsu training environment by fostering teamwork, respect, communication, and personal growth. By following these rules, you will not only improve your individual skills but also contribute to a positive and supportive atmosphere for everyone involved.

For each of the fifteen ways to be a better teammate, we will provide a brief explanation along with practical tips, examples, and additional bullet points to further explain the concepts. You can use this ebook as a personal checklist to assess your progress and identify areas for improvement. Remember, being a great teammate is an ongoing process, and consistently following these rules will help create a positive training environment that benefits everyone involved.

1

SETTING THE FOUNDATION FOR BEING A GREAT TEAMMATE

Follow the core principles and values that contribute to being an exceptional teammate in jiu jitsu.

EXAMPLE

Demonstrating integrity by always practicing within the rules and upholding the ethical standards of the sport.



2

PREPARING YOURSELF MENTALLY

Cultivate a focused and positive mindset before, during, and after training sessions.

EXAMPLE

Visualizing successful techniques and matches to enhance mental preparedness and confidence.



3

SHOWING RESPECT & HUMILITY

Treat teammates, instructors, and the art of jiu jitsu with dignity, humility, and courtesy.

EXAMPLE

Acknowledging and respecting the rank and experience of your training partners, regardless of their skill level.



4

DEMONSTRATING POSITIVE COMMUNICATION

Engage in clear, respectful, and constructive communication with teammates and instructors.

EXAMPLE

Providing constructive feedback to teammates to help them improve their techniques while maintaining a supportive tone.



5

PRACTICING EFFECTIVE COLLABORATION

Work together with teammates to enhance learning, growth, and overall performance.

EXAMPLE

Partnering with different teammates during drills to exchange knowledge and experience different styles of jiu jitsu.



6

PRIORITIZING SAFETY & INJURY PREVENTION

Take necessary precautions to protect yourself & your training partners from potential injuries.

EXAMPLE

Communicating any pre-existing injuries or limitations to your training partners to ensure a safe training environment.



7

TAKING RESPONSIBILITY FOR YOUR ACTIONS

Acknowledge and be accountable for your behavior, decisions, and actions on and off the mats.

EXAMPLE

Taking ownership of any mistakes made during sparring and apologizing if necessary.



8

CULTIVATING A GROWTH MINDSET

Cultivate a focused and positive mindset before, during, and after training sessions.

EXAMPLE

Viewing losses as opportunities for learning and analyzing techniques to identify areas for improvement.



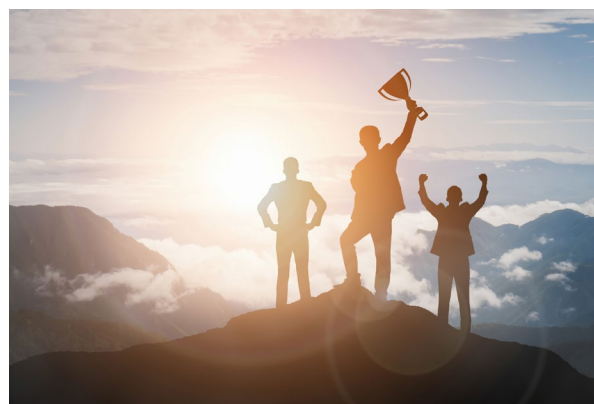
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ENCOURAGING AND CELEBRATING OTHERS' SUCCESSES

Support and congratulate teammates on their achievements and milestones.

EXAMPLE

Celebrating a teammate's promotion or tournament victory by acknowledging their hard work and dedication.



10

MANAGING YOUR EGO

Keep your ego in check and avoid behaviors that hinder teamwork and learning.

EXAMPLE

Accepting defeat graciously without making excuses or belittling your opponent's skills.



11

BALANCING COMPETITIVENESS AND SPORTSMANSHIP

Compete with intensity while maintaining respect, fairness, and sportsmanship towards teammates and opponents.

EXAMPLE

Shaking hands with your opponent before and after a match, regardless of the outcome.

12

OFFERING HELP AND SUPPORT

Be willing to assist teammates in their training and offer support when needed.

EXAMPLE

Assisting a teammate in practicing a challenging technique during drilling exercises.



13

SHARING KNOWLEDGE & TECHNIQUES

Share your jiu jitsu knowledge, techniques, and experiences with teammates to facilitate mutual growth.

EXAMPLE

Explaining the details of a technique to a teammate who is struggling with it and offering guidance.

**14**

DISPLAYING SPORTSMANLIKE CONDUCT IN COMPETITION

Exhibit respect, fairness, and good sportsmanship during jiu jitsu competitions.

EXAMPLE

Congratulating your opponent after a hard-fought match, regardless of the outcome.

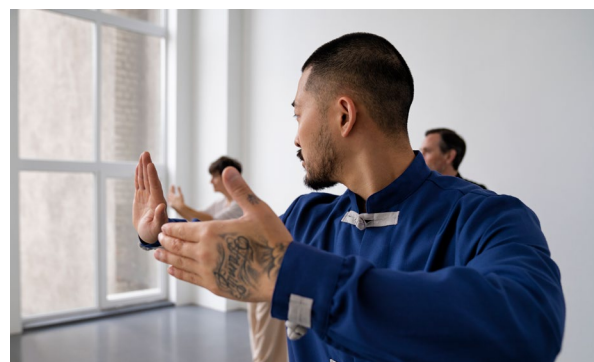
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BEING GRATEFUL FOR OPPORTUNITIES TO TRAIN

Appreciate the privilege of training jiu jitsu and express gratitude for the experience.

EXAMPLE

Expressing gratitude to your instructor and training partners for their guidance & support.



Conclusion

By following these rules, you will not only enhance your own jiu jitsu journey but also contribute to the growth and development of your teammates. Being a great teammate goes beyond technical skills; it involves displaying respect, fostering camaraderie, and continuously seeking personal growth. By striving to be the best teammate you can be, you will not only elevate your jiu jitsu abilities but also create an environment where everyone can thrive.

Start following these rules today and discover the immense value of being a positive force within your jiu jitsu team. Remember, great teammates make great training experiences!