

THE REAL COST
**of Staying
Stuck**

What BJJ Practitioners Get Wrong About Progress
And How to Fix It

COACH PARK JIU JITSU
coachparkjj.com

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INTRODUCTION

Why You're Reading This

Let me guess. You've been training for a while. Could be six months, could be five years. You show up consistently. You work hard. You pay the fees. And you still feel like something's not clicking.

You're not getting worse. But you're not getting better fast enough. And somewhere on every drive home from the gym, there's a quiet voice that says: something has to change.

This is not a technique manual. It's a breakdown of why most grapplers spend years — sometimes a whole decade — staying exactly where they are. And what the ones who get good fast actually do differently.

What you'll have after reading this:

- ✓ A clear picture of exactly what's been costing you progress
- ✓ Why your gym structurally can't give you what you need
- ✓ The 5 specific mistakes keeping most grapplers stuck for years
- ✓ The Elimination Method — a framework for getting dangerous fast
- ✓ A concrete 6-week path to becoming a different grappler

Two decades training and coaching all over the world, distilled down to the truth that actually moves the needle.

— **Coach Park**

CHAPTER 1

The Real Cost of Staying Stuck

Everyone talks about the monthly membership. A gym costs what, \$150 a month? That's the number people fixate on. But the membership was never the real cost. The real cost is measured in years, not dollars.

Think about the grappler who's been training for eight years and is still getting tapped by the same people. The membership over that time is real money, sure. Add the gis, the rash guards, the instructionals bought and never drilled, the tournament entries and travel, the occasional injury. It adds up to more than most people admit. But none of that is the part that actually hurts.

The Cost That Actually Hurts

It's the years. Eight years of showing up and not getting meaningfully better is eight years you don't get back. That's the cost no receipt captures.

It's the drive home with one hand on the wheel and no music on, replaying the same roll you've lost a hundred times. It's the quiet erosion of self-respect every time you tell yourself that's just how jiu jitsu is. It's the version of you that should exist by now — calm, dangerous, sure of your game — that still hasn't shown up, because nothing in your training was ever built to produce him.

Money you can earn back. A decade on a plateau, you cannot.

A Word of Honesty About the Money

I'm not going to pretend the average student spends a fortune. They don't. The people who feel the full financial weight of this sport are the ones who go all-in — who stop being a student and become an owner. That was me. I poured years and everything I had into the gym, the mats, the travel, the chasing of it. I know exactly what the deep end costs because I swam to the bottom of it.

So I won't hand you an inflated number and ask you to trust it. I'll tell you the truth instead: for most people, the real bill isn't money at all. It's time. And time is the one thing no amount of money buys back.

"The question isn't whether you can afford coaching. The question is whether you can afford another year of what you've been doing."

CHAPTER 2

Why Your Gym Isn't Coaching You

This isn't a knock on your gym or your instructor. Most are genuinely passionate and want their students to improve. The problem is structural.

The Math Problem

Your instructor has 30, 50, maybe 300 students. Even if they're incredibly dedicated and spend two hours per week thinking about each student — that's hundreds of hours per week. There are 168 hours in a week. The math doesn't work. It can't work. No matter how good your instructor is.

	Group Class	Private Coaching
Feedback on your rolls	Never	Every session
Sequences for your body	Generic	Built for you
Game plan	None	Weekly
Accountability	None	Built in
Progress tracking	None	Measurable
Time on your problems	2-3 min/class	Full session

"The ones who get truly elite all had the same thing: a dedicated coach and a dedicated system, getting great at their sequences. Not everyone else's. Theirs." — Park

CHAPTER 3

The 5 Mistakes That Keep Grapplers Stuck for Years

01 Collecting Techniques Instead of Building a System

Most grapplers have watched hundreds of technique videos and can't execute any of them under real resistance. They know the move. They don't own the move. Owning a technique means it executes automatically when someone is resisting hard. That only happens through deliberate, structured drilling with a complete chain in mind.

THE FIX *Pick two or three techniques that fit your body. Drill them until automatic. Stop collecting. Start owning.*

02 No Film Review

You can't see yourself roll. What you feel you're doing and what you're actually doing are almost always different. The fastest improvers film every session and review it honestly. Most people have never once watched themselves roll.

THE FIX *Film your rolls. Even your phone propped against a wall. Watch it back. Mistakes become immediately obvious.*

03 Zero Accountability Between Sessions

You show up, roll, go home. Nobody is checking. There's no system. Monday has no connection to Wednesday. You're accumulating mat time, not building skills.

THE FIX *Every session needs a specific focus connected to a larger game plan. Someone needs to be checking.*

04 Ignoring the Physical Side

Jiu jitsu is a sport. Elite athletes have strength programs, manage nutrition, sleep properly, and recover deliberately. Most grapplers show up exhausted and undertrained. Your body is the vehicle. If the vehicle is poorly maintained, the techniques don't matter.

THE FIX *A basic strength program. Eight hours of sleep. Real food. That's the formula.*

05 Treating It Like a Hangout Session

Most people skip the moves they're bad at. They watch content instead of drilling. They hang out instead of training. Then wonder why people who've trained less are catching up.

THE FIX *Three intentional sessions with a real system beats six casual rolls. Every time.*

CHAPTER 4

The Elimination Method

Less Is More Dangerous

The fastest path to being dangerous is subtraction, not addition. Nobody sells this because there's nothing to sell.

The most dominant competitors win on a handful of things they can execute in their sleep against anyone. Not because they have 200 moves — because they have a few they own completely. Depth, not breadth, is what nobody can stop.

Three Steps

Step 1 — Identify the 20% of techniques that work for your body and attributes. Not everyone's. Yours.

Step 2 — Cut everything else. Ruthlessly. Techniques that don't fit your game, body type, or natural movement — eliminate them.

Step 3 — Drill your 20% until automatic. Not until it's good. Until it fires without thinking under real pressure.

The 80/20 Rule Applied to Jiu Jitsu

80% of your results come from 20% of your techniques. Most people spend 80% of their time on the 80% that produces 20% of results. They try to be complete instead of dangerous. The goal is not to have an answer for everything. The goal is to be so good at a few things that nobody can stop them.

"Elimination, not addition. Strip out the 80% that isn't working for your body. Find the 20% that actually wins for someone built like you. Then drill that 20% until it's dangerous." — Park

CHAPTER 5

What Elite Grapplers Actually Do

This isn't about talent. It's never about talent. Here's what the people who get good fast actually do — the things most recreational grapplers skip.

✓ **They have a dedicated coach.**

Not a gym with a good instructor. A coach whose job is to watch them, analyze their game, and build a system around their specific attributes. Every person who got elite fast had one dedicated coach behind them.

✓ **They film and review everything.**

The best grapplers film every session and review it. They know exactly what they're doing wrong because they've watched it. You can't fix what you can't see.

✓ **They use the Teach-Back Method.**

After learning a sequence, they explain it back in their own words. This forces complete understanding and makes retention permanent. The research calls it the Protégé Effect — students who teach learn faster than students who only receive.

✓ **They treat recovery as part of training.**

Sleep. Nutrition. Mobility. These aren't extras — they're requirements. You can't train hard, recover poorly, and improve quickly.

✓ **They embrace elimination.**

They find what works for their body and cut everything else. Not trying to learn a new move every week. Making their existing moves unbeatable. Depth over breadth. Every single time.

"The gap between where you are and where you want to be is not talent. It's not even time. It's system. With a real system and real accountability, most people see significant improvement in 6 weeks. Not years. Six weeks."

CHAPTER 6**The 6-Week Path Out**

Here's what a real six-week coaching program looks like when it's built around your specific game. Not a generic program. Not a course. Your game.

Week 1 — The Diagnosis

Your rolls get watched. All of them. The exact things costing you progress get identified — not what costs grapplers in general, but what costs you specifically. Most people get more clarity here than they've had in years of training.

Week 2 — The Elimination Audit

The 80% of your game that isn't working for your body gets cut. Your 20% gets identified. Your A-game framework gets built. From this point forward, everything you drill has a purpose.

Week 3–4 — Building the Sequences

You get a custom sequence built for your body every week. Entry, transition, finish — the full chain. Leg locks, conditioning, and nutrition get added. Every roll is purposeful.

Week 5 — Stress-Testing and Teach-Back

Your rolls get reviewed again. You teach each sequence back in your own words. Where you can't explain it clearly, it gets fixed. The sequences start feeling automatic. Your gym starts noticing.

Week 6 — The New Normal

Something shifts. Not just on the mat. You have clarity — a clear path, clear direction, clear goals every single session. You stop guessing, stop reacting, stop collecting. You have one sequence that became yours, and it shows. You're more relaxed because the game is no longer a mystery. The people who used to tap you freely are cautious now. The instructor starts trusting you with new students. You go home different. This is permanent.

What's Included

- ✓ 6 weekly private 1-on-1 coaching calls
- ✓ 6 personal film reviews with specific feedback on your game
- ✓ Elimination audit — custom sequences built for your body
- ✓ Teach-back sessions every week for permanent retention
- ✓ Leg lock system from day one
- ✓ Custom strength, nutrition, and training plan
- ✓ Injury prevention protocol
- ✓ Direct messaging access throughout the 6 weeks

- ✓ Graduate VIP status and discounted access for life

CONCLUSION

What Happens Next

If you made it this far, you already know something has to change. The question isn't whether you need a real system — you clearly do. The question is whether you're ready to do something about it.

I want you to win so much in life that jiu jitsu doesn't even matter. I want you to walk around with quiet confidence that has nothing to do with whether you won or lost in class. I want your family to see a different person when you walk through the door. I want you to finally like who you see in the mirror.

That's what this is really about. Not the techniques. Not the belt. Not the medal. The version of you that's already in there but hasn't had the right environment to come out. That's who we're building.

The Guarantee

Complete the six weeks, and if you don't feel genuinely sharper and more confident on the mat, you get every dollar back — no questions asked. You risk nothing. The only way you lose is by not trying.

Read the book. Get the system. Start there.

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You are enough already. You are worthy of becoming the best version of you.

— Coach Park