



**A Black Belt is not a super
power**

You are not a role model or a life guru

Your are an idiot like everyone else

A Brazilian Jiu-Jitsu (BJJ) black belt is an impressive achievement, but it doesn't make you an expert in everything. It doesn't transform you into a life coach, a financial advisor, or a self-defense guru. It signifies one thing: you've spent a significant amount of time mastering techniques on the mats. That's it.



Even if you've been in "a bunch of street fights" (a vague claim at best), that alone doesn't mean you've cracked the code for self-defense across all scenarios—factoring in variables like the user's capabilities, legal ramifications, or moral consequences.



Have you fallen for BJJ adverts?

Scroll through social media, and you'll see BJJ endlessly pitched as the **solution** to self-defense for the average person. Gyms run ads promising that their training will keep you safe. I love grappling—call it Jiu-Jitsu or whatever, I don't care where the moves come from. It's an incredible sport with real benefits: resilience, decision-making under pressure, and physical fitness. **But let's be honest—it's not a universal fix for self-defense.** When it does apply, its usefulness is narrow and context-specific.



Some things translate to real-world application, but not all things



Both people on the bottom, tried to use a guard, both failed to control their gun, both got F*k'n rocked.



Be skeptical of the black belt who drifts too far from the sport into bold self-defense claims.

**Absolutely not
Self-Defense**



They might be steering you toward advice that won't get you home safely. Now, I'm a black belt too—part of the nerdy club—and I'm not saying we can't have solid opinions on self-defense or that we don't mean well. Many of us do.

But it's buyer beware. Some are just after your money, peddling bad advice without a second thought about the risks it might bring.

