



LET'S CHECK YOUR OPERATING SYSTEM

3-MINUTE SELF-DIAGNOSTIC

A 3-Minute Self-Diagnostic

This is not a test.

There are no right answers – only useful information.

Answer honestly. Your responses will tell you whether your Jiu Jitsu is being run by a system or driven by circumstance.

Part 1 — Direction Check

(Is there a system running at all?)

Answer YES / NO

- 1. I can clearly explain what I am trying to build in my Jiu Jitsu right now.*
- 2. I know which positions or phases I am prioritising this month.*
- 3. I understand why I train the way I do at my current stage.*

If you answered NO to 2 or more:

Your OS is not installed — you are training reactively.

Part 2 — Decision Quality Under Pressure

(Is the system working when it matters?)

Answer YES / SOMETIMES / NO

- 4. When I'm tired, my Jiu Jitsu still resembles my intention.*
- 5. I slow down rather than panic when things break down.*
- 6. I make decisions instead of relying on speed or strength.*

Mostly SOMETIMES or NO:

Your OS exists, but it isn't governing behaviour yet.

Part 3 — Skill Durability

(Do your skills last?)

Answer YES / NO

- 7. Techniques I learned months ago still appear in live rounds.*
- 8. My Jiu Jitsu improves even when I train less frequently.*
- 9. I feel less frantic now than I did at earlier stages.*

If these feel inconsistent:

Your skills are being installed as apps, not integrated through a system.

Part 4 — Skill Transfer

(Does your Jiu Jitsu travel?)

Answer YES / NO

10. My skills work against different body types and styles.

11. I can adapt techniques without needing them to look perfect.

12. What I learn in one position shows up elsewhere.

Mostly NO:

Your Jiu Jitsu lacks transfer — a clear sign the OS is missing.

Part 5 — What Actually Holds Up

(Reality check)

Circle the statement that feels closest:

A) My Jiu Jitsu works when conditions are ideal.

B) My Jiu Jitsu works more often than it used to.

C) My Jiu Jitsu holds up under pressure, fatigue, and resistance.

If you did not choose C, your operating system needs attention.

Your Result

OS Not Installed

You are training without a governing system.
Progress feels inconsistent, fragile, or confusing.

OS Partially Installed

You have intention, but behaviour doesn't always follow it.
This is where most people stall.

OS Installed

Your training is aligned.
Skills last, transfer, and hold up over time.

Why This Matters

Techniques don't fail under pressure. Systems do.

When your operating system is clear skills last because they're reinforced by standards, skills transfer because decisions are consistent, and your Jiu Jitsu holds up; even when conditions are imperfect.

Your next step? If your OS is not installed or partially installed, the next step is not "more techniques."

It's clarity. Install or refine your operating system.

That's where predictable progress begins.