

GET FAR SUPERNATURAL SURVIVAL



HOW TO OVERCOME A JIU-JITSU PLATEAU

by Kent Peters



"STUCK ON A BJJ PLATEAU?
WHAT YOU ARE ABOUT TO READ WILL
HELP... IF YOU CAN HANDLE IT."

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"I have personally had the pleasure of seeing Kent Peters **tremendous growth** as athlete and instructor over the past 5 years. His jiu-jitsu has always **improved in leaps and bounds.**

He is a great example of a student of the game, always studying and striving to improve. I have had the pleasure of training with Kent on various occasions and **I always end up picking up good details** or a new position every time we get together and roll."

- Jake Mackenzie

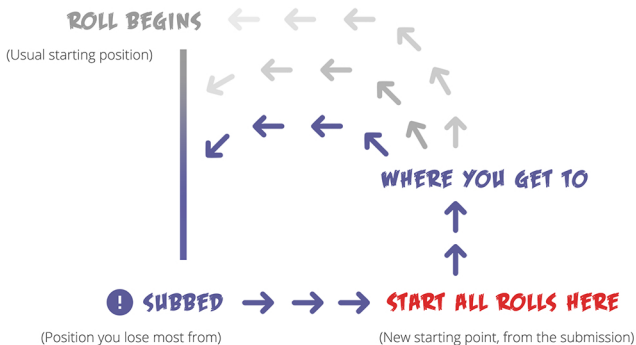


GET OFF THE PLATEAU, LOSING IS LEARNING.

What do you need to do to progress? It's hard to hear, but you need to lose and you need to lose a lot. Toss your ego the fuck away and **tap like a first-day roller**. To get past this rut you need to fill a hole in your game that you may or may not even know is there.

First you need to **pinpoint something to fix**, this is the hardest part of the whole process.

How To Fill Any Hole:



Executed a great gameplan in competition? DM your video to me on Instagram to be featured:
@thekentpeters

CREATE A GAMEPLAN.

Where do you start your matches in the gym? **Have you been properly gameplanning?**

Let's start from standing for the sake of a complete game, my gameplan template will be out soon and we can get into that deeper later, so 1) the match starts and you a.) Work a takedown or b.) Pull guard then you 2) Hit the ground... but, are you still winning?

Let's take this all the way to where you have been losing, for me it was side control, **fuck side control**. I was constantly ending up in side control so my loss percentage from there was high.

This is where you must ask yourself... **"why was I getting there and why was I losing from there?"**

Example gameplan:

START STANCE → PULL → GROUND → WIN
↳ TAKEDOWN ↗

My basic gameplan:

LOW BASE → LOW SINGLE → LEG DRAG → SIDE CONTROL → AMERICANA

FIND OUT WHERE YOU ARE MAKING MISTAKES.

Self analysis is important, but without facts we can easily assume some incorrect bullshit.

That won't help us, we need to know exactly where our game is falling off the wagon and my favorite way to do that is to start from the bottom up. This method serves two main purposes:

- You **spend more time where you get your ass kicked** so you learn how to get your ass kicked less.
- If you escape side control **you must keep track** of exactly how far back up the ladder you make it before you lose position again. If you continue to escape the bad position then your plateau is due to bad gameplanning.



Upgrade your gameplan. Follow me on Instagram for breakdowns, new techniques & more:
[@thekentpeters](#)



"DON'T BE UPSET WHEN SOMEONE WHO USUALLY WOULDN'T TAP YOU CATCHES YOU A FEW TIMES."

TAKE NOTES, START A JOURNAL.

I'll go deeper into this when my notetaking tips comes out but for now I suggest you get a small journal and write about class right after class: What worked, what failed, how you lost, how you won, what you learned. **Write everything down!**

After a short period of time (1-2 months) you'll have way more defence from a spot you struggled with (the origin of aggressive bottom side) and you'll have **a new area of your game exposed** that you must invest time on, by starting from "the end" and working your way up.

Now let's go one step further from my personal downfall, let's say you escape side control and make it back to guard, hit a sweep, get top and start passing then BOOM, you find yourself back on bottom side? You just learned that your guard is legit for your level, your sweep game is on point, but your guardpassing is not up to par with the rest of your game.

This only works if you are honest and **don't let your ego get in the way** of your personal development. You don't have to be ok with tapping, it's actually much better if you work your ass off to try to escape the position, but don't be upset when someone who usually wouldn't tap you catches you a few times.



*"I have watched Kent Peters videos for several years now, and I have to say, he has **some of the best** and most timely technique breakdowns online.*

*In addition to the insights he provides in his breakdowns, his personal innovation and **technique details are extremely helpful**. My favorite videos of his, if I had to pick, are him examining heel hooks and leg attacks. I'm never disappointed with his content."*

- Eli Knight, Knight Jiu-Jitsu



ASK YOUR ROLLING PARTNER TO CO-OPERATE.

How do you approach this with a rolling partner? One of two ways: 1.) "Hey can we start from me on bottom side?" or 2.) Pull a shitty guard, let the pass happen then get to work. I've used both methods depending on how helpful my training partner is or if the gym is supportive of your goals.

Be persistent and put the work in, you will quickly know what you need to work on and your game will fracture much more than you assumed it would. Be sure to keep the focus on one hole in your game.

Jiu-jitsu is endless in the way that even when you narrow something down to what you think is one thing, that one thing usually has many moving parts. After all, **jiu-jitsu isn't a collection of techniques, it's a collection of movements.**

Fuck that plateau! Do this anytime your game is feeling stale or you notice a hole that needs to be patched up. Good luck, and remember... **Fear No Roll!**

GET MORE HELP.

As a self-taught Jiu-jitsu practitioner, I know how hard getting off a plateau can be. That's why I'm always here to help.

Join me on **KentPetersBJJ Facebook group** for Q&A, troubleshooting, early access to new Supernatural Survival Gear, general Jiu-jitsu chat and more.



Looking for new training gear? We've got you covered. Follow Supernatural Survival Gear:
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