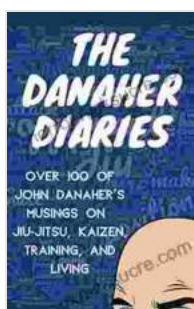


Over 100 Of John Danaher Musings On Jiu Jitsu Kaizen Training And Living

John Danaher is one of the most successful and respected Brazilian jiu-jitsu coaches in the world. He has coached numerous world champions, including George St-Pierre, Chris Weidman, and Garry Tonon. Danaher is also a highly sought-after instructor, and his seminars are always packed.



The Danaher Diaries: Over 100 of John Danaher's Musings on Jiu-Jitsu, Kaizen, Training, and Living

by Heroes of the Art

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2438 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 242 pages
Lending	: Enabled



In this article, we will share over 100 of John Danaher's musings on jiu-jitsu, kaizen, training, and living. These musings are full of wisdom and insights that can help you improve your jiu-jitsu and your life.

On Jiu-Jitsu

"Jiu-jitsu is a beautiful and complex art. It is a never-ending journey of learning and discovery."

"Jiu-jitsu is not just about learning techniques. It is also about learning how to think and how to solve problems."

"The best jiu-jitsu players are not the ones who have the most techniques. They are the ones who can use their techniques in the most effective way."

"Jiu-jitsu is not just a sport. It is a way of life."

On Kaizen

"Kaizen is the Japanese word for continuous improvement."

"Kaizen is not about making big changes overnight. It is about making small, incremental changes that add up over time."

"The key to kaizen is to never be satisfied with the status quo. Always look for ways to improve."

"Kaizen can be applied to all aspects of your life, not just your jiu-jitsu."

On Training

"Training is essential for improving your jiu-jitsu."

"The more you train, the better you will become."

"Training should be challenging, but it should also be enjoyable."

"Find a training partner who is willing to push you and help you learn."

"Don't be afraid to make mistakes. Mistakes are an opportunity to learn."

On Living

"Jiu-jitsu has taught me many valuable lessons about life."

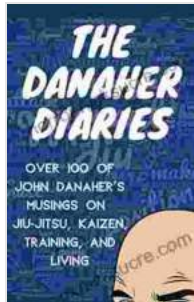
"Jiu-jitsu has taught me the importance of perseverance."

"Jiu-jitsu has taught me the importance of humility."

"Jiu-jitsu has taught me the importance of compassion."

"Jiu-jitsu has taught me the importance of gratitude."

These are just a few of John Danaher's musings on jiu-jitsu, kaizen, training, and living. If you are looking to improve your jiu-jitsu and your life, I encourage you to study his teachings.



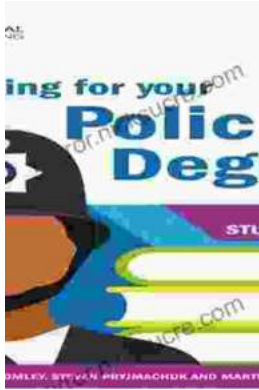
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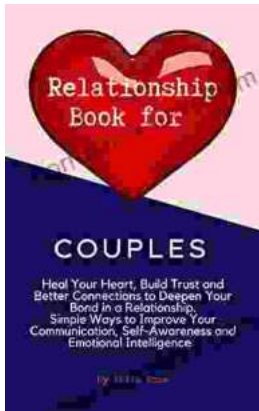
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