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***A Simple approach to learning  
MORE moves & submissions in  
LESS TIME***



# Visualization for Grappling

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## *Are you improving as fast as you'd like, in your grappling training? Do you wish you had more time to devote to it?*

Well here's a simple method that will...

- Increase your skills quickly
- Make you a very technical grappler / martial artist
- Get you way beyond where you'd have any right to be otherwise

It's called visualization, and if you aren't doing it, you aren't getting the most out of your training. Simply put, visualization is forming a **mental image** of exactly what you want to achieve.

It is used by many professional athletes, musicians, actors and others to help achieve their desired goal. It's worked for me, my teachers, and my students. And *I can guarantee it will work for you.*

Actually, you probably already use visualization without even realizing it.

Say you have a presentation at work. You not only rehearse what you are going to say, but you probably imagine yourself in the conference room, surrounded by your colleagues, dressed in your best suit, looking sharp and giving the presentation exactly how want it to go.

Well if you do this, chances are you are more likely to have the desired outcome, simply because you gave yourself MORE PRACTICE of the presentation.

Even though the practice was only *mental* practice, your mind doesn't know the difference.

The same holds true in your grappling training. You already know that MORE PRACTICE (more reps of a specific move or submission) is the ONLY way to improve your techniques. HIGH REPETITIONS OF TECHNIQUES create “muscle memory.” Your body “remembers” how to do the movement instantly without the need for you to think about it.

But there are some problems with trying to get enough reps of your tactics:

- Not enough time to train
- Physical demands on your body
- Likely to get injured
- Too tired after work
- Not getting to do high reps during class time
- Not having a training partner

Most of these reasons for not getting high reps involve 2 things...

1. Not enough TIME...
2. You can't handle it PHYSICALLY (you get too worn out, you're older, injured, etc.)

So, you need more reps without spending more time and without having to physically do the reps.

That may sound impossible, but this is where **visualization** comes in.

Now, there is more to visualization than just picturing yourself “winning a match,” or “performing well against your opponent.” Sure, that may help, but that's not what I'm talking about here.

To get the full benefit of the power of visualization, you want to see yourself performing a SPECIFIC MOVE, and visualize it over and over.

Essentially, you will be **tricking yourself into believing you are actually performing the move**. In a nutshell, it's been proven that, to a large degree, your body / brain can't tell the difference between what you *believe* is happening, and what is *actually* happening.

Possibly, you've been told that to visualize, you should “go find a quiet place, close your eyes, breathe deeply...”

...WRONG!!!

It's not that it doesn't work that way. It does, but that takes TIME, and we already know you don't have extra time. So, let's look at it a bit differently.

### *Here's HOW to use visualization for grappling.*

1. Just picture yourself doing your moves as clearly as possible. My personal preference is to picture things as I would be seeing them through my own eyes, rather than as a 3rd person watching myself. It works great!

Actually, just the act of trying to picture it clearly is very helpful on it's own. **You can't do something that you can't see in your mind...** so, once you can see yourself doing it, you've already made progress.

2. An awesome time to visualize is when you go bed at night and are waiting to fall asleep. You can log a couple hundred reps easily, and you'll be better for it in the morning. Do it a couple nights in a row and you'll be hooked on it! \*

(\*Unless you find this causes you insomnia. Sleep is important.)

3. Do you watch T.V.? I've got a guy who's now VERY talented. His favorite visualization method? He loves to watch football, so all season long he sits in front of his TV, watching the game....

...and guess what he does in between plays and on commercials? Yep, you got it. By the time the games over, he's logged several hundred repetitions on whatever new moves he's working on. He's a walking encyclopedia of grappling moves, and can pull them off in a heartbeat.

4. Here are a few more suggested times to implement visualization:

- Standing in line at the grocery store
- Waiting in line at the bank
- Laying on the ground in your straddle stretch before class
- While your training partner is getting water

5. When you're using the iGrapple®, try this:

Watch a move, then close your eyes and do 30 reps in your mind (should take you about 1 minute.) Watch the next move, and continue doing the same thing.

I've experimented with my students using a similar method. We found that many of them could learn an astonishing 12 to 15 techniques in a single night, demonstrate them back to me the next day AND recall and use them while rolling with their partners the following day, without ever having physically done the move.

If that doesn't get you super amped-up to start doing this, nothing will!

My # 1 recommendation is that you just start doing it, and start today. It doesn't take years or months or even days to see results. You will usually see improvement the very next time you train.

Keep training!

Bob Dorris

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<http://igrapple.com>

<http://grapplingdummy.net>

<http://best-punching-bag.com>