

# ART OF WINNING

## Competition Training Program Checklist

- Read Competition Preparation Article
- Completed Competition Training Intake Form
- Completed Training Schedule
- Read Mastering Jiu-Jitsu One Move at a Time
- Completed Strengths & Weaknesses Game Plan worksheet
- Read Dieting Properly
- Weight class finalized
- Game plan written out
- Started Visualization drills & Positive Affirmation Statements
- Completed IBJJF Membership (for IBJJF tournaments)
- Registered for tournament on [www.IBJJF.com](http://www.IBJJF.com) (or whatever competition you are competing in.)

