

Rickson Gracie

Quotes

*Mma, Art, Mind, Fighting, Believe, Jiu Jitsu, Heart, Focus, Winning, Martial Arts,
Victory, Long, People, Achievement, Opposites, Gratitude, Strong, Intuition,
Journey, Deals*

True strength is not always shown through victory. Stand up, try again and display strength of heart.

~Rickson Gracie

Sometimes, you don't have to win, you cannot win. but that has nothing to do with losing.

~Rickson Gracie

I am a shark, the ground is my ocean, and most people can't even swim.

~Rickson Gracie

Our fears don't stop death, they stop life.

~Rickson Gracie

I believe intelligence and fear are very close together. Guys who say they are not afraid of anything, they are stupid. They are silly to me...I am afraid of everything

~Rickson Gracie

The journey has to be based on passion. Put yourself in something you love to do. If you love what you do you're able to dedicate yourself, overcome obstacles.

~Rickson Gracie

If we fight for money, I'll stop hitting you when you ask me to. If we fight for honor, I'll stop hitting you when I feel like it.

~Rickson Gracie

In life, when presented with any situation, breathe, take your time, focus and then decide what to do.

~Rickson Gracie

Physical strength (hard work), mental strength (perseverance) and

spiritual strength (love & acceptance) are the keys to continuous growth.

~Rickson Gracie

If size mattered, the elephant would be king of the jungle.

~Rickson Gracie

A brave man, a real fighter is not measured by how many times he falls, but how many times he stands up.

~Rickson Gracie

If you are not comfortable to deal with an opponent 50 lbs heavier than you, there is something wrong with your Jiu Jitsu.

~Rickson Gracie

Self-defence, self-confidence, discipline and self control. The values you learn are priceless.

~Rickson Gracie

The biggest gift I received as a martial artist is without a question the capacity to be in peace.

~Rickson Gracie

If today you have nothing to be happy about, thank God for the potential of tomorrow.

~Rickson Gracie

Everybody has fear. The difference is that the coward does not control fear and the brave... gets over it.

~Rickson Gracie

If you are ready to die, then you are ready to live.

~Rickson Gracie

I always keep my mind open. For me, a mind has to work like like a parachute, works only if it's open.

~Rickson Gracie

My code of life and my personal bushido is honour, respect, loyalty, courage and surrender.

~Rickson Gracie

A strong body is a good asset. A strong mind is a very good asset.

~Rickson Gracie

Born to fight. Learn to win. Live to help.

~Rickson Gracie

A 10,000 mile walk, begins with a single step and continues one step at a time.

~Rickson Gracie

Willingness to learn is the mark of a youthful mind.

~Rickson Gracie

Finding the balance between body, mind and spirit is a great achievement.

~Rickson Gracie

If you do not speak up when it matters, when would it matter that you speak? The opposite of courage is conformity. Even a dead fish can go with the flow.

~Rickson Gracie

Not the past, not the future, life is now.

~Rickson Gracie

When I am fighting I am keeping my mind empty for any expectations. I

am waiting for something unique, completely new.

~Rickson Gracie

The most important thing is not victory, the most important thing is don't get defeated.

~Rickson Gracie

What makes you tough is your mindset and I believe anyone can be tough.

~Rickson Gracie

I don't believe in luck; it's just dedication to the technique plus good physical condition.

~Rickson Gracie

Don't be rushed, be sure.

~Rickson Gracie

Look around and find something for which to be grateful.

~Rickson Gracie

It's all about how I feel about things. I never expect much, I always felt like I obey my heart.

~Rickson Gracie

It doesn't matter what it is, it becomes better with love.

~Rickson Gracie

If you believe, then you have already taken the first step towards your achievement.

~Rickson Gracie

I see fear as a sign of intelligence, of preservation.

~Rickson Gracie

My inspiration's coming from nature, I love nature and all the expressions, I love art, I love expressions of beauty. It's part of my life, being engaged in the moment.

~Rickson Gracie

If you don't love yourself, who is supposed to do it for you?

~Rickson Gracie

Can I overcome pressure? Yes. This is always my first thought.

~Rickson Gracie

The search for truth begins in your heart.

~Rickson Gracie

When setting a long-term goal, find the pace necessary to achieve it.

~Rickson Gracie

Be positive and the challenge will be easier.

~Rickson Gracie

Being in an empty mind increases my intuition, my sense of energy.

~Rickson Gracie

Study is a life long pursuit.

~Rickson Gracie

Forgiveness is its own reward.

~Rickson Gracie

People are here to serve. We cannot waste potential.

~Rickson Gracie

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