

It was the last rotation in the training session and the part I dreaded most. I stared across the mat at Steve, my [describe your opponent], anxious for the timer to start and resigned to the inevitable three minutes of being rag dolled. The minute we spent sitting across from each other felt like eternity, as I was fixated on the tattered collar of his Gi, his cauliflower ear, and the scars on his nose that has been broken far too many times. When the sparring began, it didn't take long for Steve to attain a dominant position. His pressure felt suffocating as I tried to escape, weighed down by a five-pound cotton Gi which soaked in every single drop of sweat. While on my back, I defended patiently until finally, I had the opportunity to set up a technique I had been practicing for months. When I found the opening, I grabbed his collar and wrapped my leg around his head and my knee around his ankle, completing the triangle choke and successfully executing the submission.

Jiu Jitsu was an addiction for me. I had started martial arts at the end of elementary school, beginning with Tae Kwon Do, and transitioned to Jiu Jitsu and other forms of grappling at the end of middle school. As a teenager, I would routinely spar with friends with mats set up in their garages. By the time I was a sophomore in college, I was sparring almost daily, with a rotation of Gi's drying on the fire escape of my New York City apartment.

Growing up with martial arts is what first instilled discipline in me. I craved the competition of my peers and vied for the praise of my coaches. To satisfy these desires, I learned to improve through consistent practice and physical conditioning. Jiu Jitsu was one of the most important facets of my identity. It was what transformed me from an awkward middle schooler to a confident young man. It absorbed all of my leisure time, as I dedicated countless hours to film study and casual spectatorship.

Needless to say, the most difficult year of my life was when Jiu Jitsu was taken away from me. The injuries started small, with minor sprains or overextensions of my shoulder. It then escalated to dislocations, landing me in the hospital three times that year in order to place the joint back into its socket. The last straw was with my final dislocation. The doctor informed me that without surgery, I would risk severe injury that would affect the day-to-day functioning of my shoulder. As advised, I

Commented [M11]: This is a bit wordy. Is there a way to say this but without so many pieces?

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Commented [M12]: Would probably choose a different term.

Commented [M13]: What's a gi?

Commented [M14]: What's that?

Commented [M15]: Yours or his?

Deleted: that

Deleted: my

Commented [M16]: Love this transition.

Deleted: (East Village)

Commented [M17]: Seems like this thought almost comes out of nowhere. What's the transition to this?

Commented [M18]: Rather than tell the reader is instilled discipline in you, why not explain the role discipline plays in martial arts or specifically jiu jitsu?

Commented [M19]: You craved your peers' competition?

Commented [M110]: Rather than speak directly of your desires, why not speak about what was required for martial arts. You want the focus to be on you getting great at something, which required certain attributes. Not that because you wanted those attributes or things, you went after the martial art. Unless you want to say that you got into the martial arts for that reason. That doesn't seem to be the purpose of this PS, though, and you explain getting into in the previous paragraph already, no?

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Commented [M111]: Again, this is telling. Let the fact that it was a huge part of your identity breathe through from the story you tell. Trust me, it will.

Commented [M112]: Not sure this fact is important. And, even if it isn't, it will come through from your story. Right?

Commented [M113]: Do you see how this clause is pretty obvious based on the rest of the sentence? The reader will either assume it took up all your time or that it at least took

Commented [M114]: We'll figure out the transition here [2]

Commented [M115]: Don't like this passive voice. Also [3]

Commented [M116]: What year?

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Commented [M117]: Fourth?

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underwent surgery to repair my labrum and rotator cuff, fastening my shoulder joint with bioabsorbable anchors.

Post operation, I spent six weeks on my couch, sleeping upright as required by the doctor, and had plenty of time for contemplation. It was very difficult to overcome the feeling of hopelessness as I felt like all of the progress I made through training and conditioning had been wiped out overnight. I engaged in six months of physical therapy, pulling resistance bands, rolling on yoga balls, struggling with lifting small dumbbells as most of the muscle tissue in my right arm had atrophied. After eight months of intensive therapy, I returned to the mats, only to get injured again two months later. When it dawned on me that I may never be able to participate again in Jiu Jitsu, I was crushed.

Jiu Jitsu for me was more than just a physical contest. Aside from the sparring and tournaments, it was about the discovery and mastery of technique. There's nothing that matches the feeling of seeing someone perform a creative take-down, sweep, or submission, and implementing in my own style. Despite leaving the sport, my curiosity for learning new techniques would serve me well in my other passions. During that spring, I pursued my interests in landscape photography. I studied shooting and editing techniques thoroughly and went on several trips to Death Valley and the Sierra Nevada's to take photos of the mountain ranges, sand dunes, and stars. The abundance of time I had from leaving Jiu Jitsu allowed me to pursue more academic interests as well.

During the spring of my junior year, I joined the Undergraduate Law Review, in which many of the traits I obtained from martial arts were essential for my role as a staff editor. I was disciplined, ensuring that my writers were always punctual with meeting their deadlines, and more importantly, I was interested. I would approach articles with the same fascination as I would with a Jiu Jitsu technique or photographic composition. While my job was to help writers develop a cohesive structure, oftentimes, they were the ones with more expertise on the subject. One article in particular which interested me was about privacy rights in the era of modern technology. The writer used a series of supreme court decisions to underscore a trend in the changing standards of privacy. Through the process, I realized that editing is

Commented [M118]: Reads awkwardly as written at end of sentence.

Commented [M119]: The sentence can probably start here with the beginning clause cut out, no?

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Commented [M120]: This start after week 6?

Commented [M121]: When did it dawn on you? Put things in the moment.

Commented [M122]: On first glance, I'd probably cut this. Instead, use this paragraph to talk about how while you were recover the second time (was there a second surgery), you forced yourself to find something required the same sort of discipline you developed (ok to say it straight out in this sort of context) with Jiu Jitsu. And that was when you learned about the Undergraduate Law Review. Then you continue talking about it.

Make sure the timeline of everything is clear as you go along.

Commented [M123]: Too direct. The previous paragraph, which I explain in my last comment, will introduce the similarity. Here, you can focus on again going back to the narrative style of telling over what you do.

Commented [M124]: It's cool how you made this flow, but I think it could be better in the narrative form. And the narrative form would match the rest of the PS, thus flowing better with it.

Commented [M125]: One writing? That's what you seem to mean given the context of the sentence, but I don't think you mean that.

Commented [M126]: What role did you play in the article?

rewarding for many of the same reasons as Jiu Jitsu. It involves taking new knowledge and applying it through consistent and careful revision.

[Conclusion?]

Commented [M127]: Through the process maybe you should have solidified your interest in law school?

Page 1: [1] Commented [MI13] Moshe Indig 10/9/19 5:42:00 PM

Do you see how this clause is pretty obvious based on the rest of the sentence? The reader will either assume it took up all your time or that it at least took up a ton of your time. Work the countless hours of film study and casual spectatorship into the narrative.

Page 1: [2] Commented [MI14] Moshe Indig 10/9/19 5:43:00 PM

We'll figure out the transition here after the previous paragraph is fixed, but this isn't the smoothest of transition and is more of a telling over a story than showing the story and letting the reader be a part of it.

Would probably use a transition that moves within the same narrative but to a change of tone/situation, if that makes sense.

Page 1: [3] Commented [MI15] Moshe Indig 10/9/19 5:44:00 PM

Don't like this passive voice. Also don't like the tone if gives off.