Audio description (AD): 28 year old Yahya sits at home facing the camera.

I never realised how sports could boost my self-confidence, let alone my social life.

I used to be pretty confident walking the streets, but when I started to lose my sight, I felt a lot more anxious.

AD: Yahya grabs his cane and leaves the house.

I was reluctant to use my cane as it made me feel vulnerable.

The first time I went out with it, I had a bad experience that totally shattered my confidence.

AD: Yahya walks down an alley and looks pensive.

I just didn't feel safe anymore.

That's when I looked into Jiu-Jitsu.

Six local classes said no, which was pretty disheartening.

But the one that said yes, changed my life.

AD: Yahya arrives at his Jiu-Jitsu centre and greets his coach.

Sure, I had concerns.

Would I injure myself or would I embarrass myself through lack of fitness?

AD: They start training, grappling on the floor.

But the coach was amazing, talking through it at first to put my mind at ease and then having a go at a one on one session.

I was hooked immediately.

It was so exhilarating.

I was so proud that I could do this and I didn't get injured.

AD: Yahya lines up in a group.

They bow and start practicing in pairs.

I soon joined the main class.

People were surprised, but I had a real drive to prove myself.

I gave as good as i got, reaching the point of not just surviving, but beating my sighted training partners.

AD: He ties his Jiu-Jitsu belt.

And those that went easy on me soon regretted it.

AD: Yahya completes a move and fist bumps his sighted training partner.

Getting active has not only boosted my self-belief but also my pride.

It's given me the courage to start new things like surfing.

AD: The group bow and handshake at the end of class.

Sight loss can be pretty daunting, but Jiu-Jitsu has introduced me to a new group of support networks

and has given me a new sense of confidence.

AD: Yahya leaves the Jiu-Jitsu Studio and walks confidently down the street.

I am so much more than my blindness and have a great group of friends hat believe that too.

I'm so glad that I took that first step.

Get your self-confidence back by starting your own journey today.

Complete the See Sport Differently quiz to find an activity that's right for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery.