

encyclopedia of brazilian jiu pdf

Brazilian Jiu-Jitsu focuses on getting an opponent to the ground in order to neutralize possible strength or size advantages through ground fighting techniques and submission holds involving joint-locks and chokeholds. On the ground, physical strength can be offset or enhanced through proper grappling techniques.

Brazilian jiu-jitsu - Wikipedia

The Brazilian jiu-jitsu ranking system awards practitioners different colored belts for increasing levels of knowledge and skill. The system shares its origins with Judo but now has its own character that has become synonymous with the art, including an informality in promotional criteria and a conservative approach to promotion in general generally resulting in a longer time to reach black belt.

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