

Jiu-jitsu – the elegant fighting style from brazil essay



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With a rich history present behind the Brazilian famous fighting style Jiu-Jitsu, it only became popular in USA during the Ultimate Fighting Championship. Royce Gracie used this form of fighting style to counter attack its opponents during the UFC to show the class of this game. The striking point was the quick finishes of the game which promoted the people to learn Jiu-Jitsu. The core point in this Brazilian Game art is the ground techniques like grappling etc and hence requires very less strength and power from the stylist.

All the moves are done from ground and a specialist weighing less than 100 lbs can defeat a 2-3 times heavier opponent with a submission lock. There are numerous options and techniques present in Jiu-Jitsu. This includes choke holds, arm locks, leg locks and various other techniques. One of the famous moves is the leg wrapping or lock from behind when the stylist is down and opponent is on the top. There are various other techniques from guard position and if applied correctly can finish the game in fractions of seconds as opponent's entire breathing and nervous system is choked and he gives up rapidly. The other famous positions include mount position which is best suited for submission mode or punch executed by stylist being on the top of opponent.

The side control provides the opportunity for arm lock once the stylist is on opponent's chest. However back mount is the most dangerous position and causes the maximum damage on opponents back with no Jiu-Jitsu experience. However the draw back of the game lies in the issue of multi-attacker where these ground moves cannot be executed due to real time multi-attacks keeping the stylist away from these moves. The time limit is extremely short too to execute these moves. There is various degree of

expertise in this form which starts from white belt and goes to blue, purple, brown, and highest degree of expertise called black belt.

It is estimated that getting promotion from one degree to another requires 2-3 years each level and after 10 years, a stylist can reach black belt position and coach other junior stylist about Jiu-Jitsu. The martial art of Brazil has been utilized in various recent tournaments through group grappling and this is one of the highest quality and top cadre martial art form from Brazil which has become extremely effective and popular and it is worth to study and learn Jiu-Jitsu.