

What is Jujitsu?

Jujitsu is defined by the two Japanese Characters “Gentle” “Art”. Due to the phonetics of the Japanese characters, you will sometimes see it popularly spelled Jiu-Jitsu/Jujutsu today because of the popular Sport of Brazilian Jiu-Jitsu in the MMA community. Jujitsu developed by the samurai of feudal Japan as a method for defeating an armed and armored opponent in which one uses no weapon. Strikes against armor were ineffective therefore throws joint locks, pins, escapes, and utilizing the principles of physics allowed a smaller opponent to use an attacker’s energy against them.

Jujitsu Curriculum

Jujitsu has a vast curriculum unlike some of the Sport jujitsu schools abundant today. The Samurai were the doctors, lawyers, and the teachers of feudal society and it is reflected in a traditional jujitsu system. Traditional jujitsu has healing arts that are still practiced today by western medicine. Jujitsu has a philosophic background that is applied in many governments we see today, and, traditional Jujitsu examines pedagogy – or the theory and practice of teaching.

A list of physical arts is in each course: Rolling, Falling, motion awareness, throwing an opponent to the ground, escaping attackers, disarming weapons, ground pins, constrictions, joint locks, and more. Each course can have its own life of study. (See Brazilian Jiu-Jitsu)

Tradition

A dojo, or school, is a sacred place in Japan. Therefore, there are customs one must abide by in a school. Bowing in and off the matt without shoes. Wearing a white uniform etc. These will be explained inside a Dojo.

What is Judo?

Judo is physical, mental, and moral pedagogy of Jujitsu created by Jigoro Kano. The characters translate to “Gentle” “Way”. Jigoro Kano was a master of jujitsu that fused traditional Japanese styles together to form Judo. Most people today know Judo as the Olympic sport of throwing and pinning/constricting for a win and therefore only practice that aspect of Judo. According to IJF, more countries send Judo teams to the Olympics over any other event. Judo is very popular outside the USA similar to soccer.

What is Brazilian Jiu-Jitsu?

As Judo’s popularity grew, Jigoro Kano sent many of his students to different areas around the world to propagate the system. One of Kano’s many students in Brazil named Mitsuyo Maeda taught Carlos Gracie Judo or (Kano Jiu-jitsu). The Gracie family particularly enjoyed the aspect of ground grappling and devised an entire sport out of it in the 1930’s. The sons and grandsons of Helio Gracie (Brother of Carlos) are responsible for the MMA movement when they created the UFC. This extremely popularized their sport in the United States to the point where people thought Jujitsu came from Brazil and that it was a method of ground grappling only.