

1: Judo or BJJ- Which Style Should You Train in? - Effective Judo- Neil Adams Judo Blog

A Judo teacher, however, can often be found much more easily than a Jiu-Jitsu teacher can, but often a traditional old school instructor that teaches Judo will be trained well enough in Jiu-Jitsu to give lessons on that martial art as well.

It focuses on strikes, grappling and submission particularly in close quarters. Historically jiu-jitsu ka person who practices jujitsu would also have training in the use of small weapons such as knives and chains. Many other martial arts come from Jiu-jitsu. These include Russian sambo, catch wrestling and Aikido. Techniques that originate in Jiu-jitsu have found their way into many modern combat systems around the world. Judo Broken Down We all know judo for one thing! Spectacular throws. Not the type that require a lot of power but seem to only need good technique. Beyond this a judoka person who practices judo will also be well versed in pins and joint-locks. It does have a striking component. The uniform of Judo is made out of strong and heavy material. This keeps it from tearing when practicing throws. The Yielding Art Etymology First of all, there are a bunch of different spellings for this art. Translating Japanese has not always been the easiest thing, so the spelling can be different from country to country. Therefore the yielding art. The idea is to use the attackers force against him rather than meeting it head on. Origin Jiu-jitsu was originally conceived for the sole purpose of fighting an armored opponent who has a weapon. The space might be cramped, you might not have enough time to draw your sword or you might have lost it to begin with. Taking all this into consideration, a close combat fighting system was designed that would work under all these circumstances. You can apply joint locks, causing you opponent terrible pain. The nature of these techniques can allow you to either make your escape or finish your opponent with a small weapon like a knife. It became popular during the latter half of the Muromachi period in Japan AD. Modern time Later on during the much romanticized Edo period AD weapons and armor where a lot less common due to strict regulations set by the shogunate. There are a lot of fictional stories that play during this time. Most of them involve ronin samurai without a master , as their feudal lords were constantly stabbing each other in the back. All of a sudden jiu-jitsu made a lot less sense. Now that your assailant is bound to be unarmored you can punch him in the face and kick him in the nuts. The times had changed and the art had to change with it. Adaptations where made to include techniques like punches, kicks, eye pokes and biting. Towards the end of the Edo period this style was everywhere. They were hence referred to as Edo jiu-jitsu. In the late s a new government took power. As Japan was westernizing and developing rapidly, its favorite fighting system was left behind. It was a representation of an old era and fell a lot quicker than it rose. A well learned and smart kid, Kano wanted to learn a martial art for the same reason that so many kids want to learn one today. To defend himself against bullies. It took him years before he could find someone to instruct him. Many practitioners refused to teach, stating that there is no need for such an art in a modern world. As a small and meek man he found that Jujitsu was still too physical of an art, not suitable for the people at large to learn. But one of the difference between Judo and Jiu-jitsu comes from this point, most striking actions were removed from his syllabus. Striking should be to unbalance your opponent so you can effectively grapple with him or her. Judo should be safe to practice and yet effective in a real life. These changes would make judo not only ideal for heated sparring sessions but for sports as well. The sport component of Judo has always been a very important aspect of it. It is exciting to watch and easy for even a layman to appreciate. Thus it quickly found itself spreading. Judo and Jiu-jitsu gained popularity not only in Japan but in places as far off as Russia and Brazil. Jiu-jitsu though entrenched in spirituality and tradition was formed primarily as a combat system. Wrapping It Up Judo originates from Jiu-jitsu but has evolved into its own art over the decades. The relationship of Judo and Jiu-jitsu can be complex but the principle of controlling your opponent by using his force against him stays the same. Jiu-jitsu itself not only survived but has also evolved in many ways. At the end of it all, Judo was created as a refinement of Jiu-jitsu to make sure it can survive another century. And that is exactly what it has done. Do you enjoy our article,; Help us to introduce this site to your friends and others.

2: Waza Ju-Jitsu – Hybrid Judo and Jiu Jitsu

Difference Between Jujutsu and Judo (Originally published at Kajukenboinfo) The Philosophical Differences. In looking at the differences between judo and jujitsu one needs to understand the.

Maeda had trained first in sumo as a teenager, and after the interest generated by stories about the success of Kodokan Judo at contests with other jujutsu schools that were occurring at the time, became a student of Jigoro Kano. Maeda accepted Carlos as a student and Carlos learned for a few years, eventually passing his knowledge on to his brothers. When Maeda left Japan, judo was still often referred to as "Kano jiu-jitsu", [23] or, even more generically, simply as jiu-jitsu. To make the matter clear I will state that jiu-jitsu is the term selected by Professor Kano as describing his system more accurately than jiu-jitsu does. Professor Kano is one of the leading educators of Japan, and it is natural that he should cast about for the technical word that would most accurately describe his system. But the Japanese people generally still cling to the more popular nomenclature and call it jiu-jitsu. Thus, when Maeda and Satake arrived in Brazil in , every newspaper announced their art as being "jiu-jitsu" despite both men being Kodokan judoka. When the Gracies went to the United States to spread their art, they used the terms "Brazilian jiu-jitsu" and "Gracie Jiu-Jitsu" to differentiate from the already present styles using similar-sounding names. The art is sometimes referred to as Gracie Jiu-Jitsu GJJ , this name was trademarked by Rorion Gracie , but after a legal dispute with his cousin Carley Gracie , his trademark to the name was voided. While each style and its instructors have their own unique aspects, they are all basic variations of Brazilian jiu-jitsu. Today there are four major branches of BJJ from Brazil: Some rule changes were sought to enhance it as a spectator sport, and some for improved safety. Several of these rule changes have greatly de-emphasised the groundwork aspects of judo, and others have reduced the range of joint locks allowed and when they can be applied. Spinal locks and cervical locks are completely forbidden from Gi Jiu Jitsu, [44] amateur MMA, [45] multiple forms of no Gi Jiu Jitsu, [44] Judo, [46] and other martial arts, [47] due to potential to cause serious bodily injury. BJJ permits all the techniques that judo allows for the fighters to take the fight to the ground. BJJ also allows any and all takedowns from wrestling, sambo, or any other grappling arts including direct attempts to take down by touching the legs. BJJ also differs from judo in that it also allows a competitor to drag his opponent to the ground, and even to drop to the ground himself provided he has first taken a grip. BJJ has also become more sports oriented and has eliminated techniques such as picking up an opponent from the guard and slamming him. It has since become a staple art for many MMA fighters and is largely credited for bringing widespread attention to the importance of ground fighting. Style of fighting[edit] This section needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. January See also: List of Brazilian jiu-jitsu techniques Upholding the premise that most of the advantage of a larger, stronger opponent comes from superior reach and more powerful strikes, both of which are mitigated when grappling on the ground, Brazilian jiu-jitsu emphasizes getting an opponent to the ground in order to use ground fighting techniques and submission holds involving joint-locks and chokeholds. A more precise way of describing this would be to say that on the ground, physical strength can be offset or enhanced by an experienced grappler who knows how to maximize force using mechanical advantage instead of pure physical strength. BJJ permits a wide variety of techniques to take the fight to the ground after taking a grip. While other combat sports, such as Judo and Wrestling, almost always use a takedown to bring an opponent to the ground, in BJJ one option is to "pull guard. Once the opponent is on the ground, a number of maneuvers and counter-maneuvers are available to manipulate the opponent into a suitable position for the application of a submission technique. Achieving a dominant position on the ground is one of the hallmarks of the BJJ style, and includes effective use of the guard a signature position of BJJ position to defend oneself from bottom using both submissions and sweeps, with sweeps leading to the possibility of dominant position or an opportunity to pass the guard , and passing the guard to dominate from top position with side control , mount , and back mount positions. This system of maneuvering and manipulation can be likened to a form of kinetic chess when used by two experienced practitioners. A submission hold is the equivalent of checkmate in the

sport, reflecting a disadvantage which would be extremely difficult to overcome in a fight such as a dislocated joint or unconsciousness. Renzo Gracie wrote in his book *Mastering Jiu-jitsu*: Renzo Gracie stated that this was a fundamental influence on the Gracie approach to combat, these strategies were further developed over time by the Gracies and others, and became prominent in contemporary MMA. BJJ is most strongly differentiated from other martial arts by its greater emphasis on ground fighting. Commonly, striking-based styles spend almost no time on groundwork. Even other grappling martial arts tend to spend much more time on the standing phase. This has led to greater time dedicated to training on the ground similar to that of Kosen Judo, resulting in enhancement and new research of groundwork techniques by BJJ practitioners. To remedy this comparative lack, there is an emphasis on take-downs and cross-training between BJJ, wrestling, judo, and sambo, as well as striking based arts such as boxing, karate, taekwondo, Muay Thai, and kickboxing.

Training methods[edit] A Brazilian Jiu-Jitsu instructor gently demonstrates how to tackle an opponent. Sport BJJ focus on submissions without the use of strikes while training allows practitioners to practice at full speed and with full power, resembling the effort used in a real competition. Training methods include technique drills in which techniques are practiced against a non-resisting partner; isolation sparring, commonly referred to as positional drilling, where only a certain technique or sets of techniques are used, and full sparring in which each opponent tries to submit their opponent using any legal technique. Physical conditioning is also an important part of training at many clubs. The Gracie family focuses on real-world applications for BJJ. They will often run reflex development drills in which one person is surrounded by a circle of other students who will attempt to attack the defending student, who in turn must defend themselves using "street" Jiu-jitsu techniques.

Primary ground positions[edit] This section needs additional citations for verification. December

Main article: Grappling position During the ground phase of combat, the BJJ practitioner strives to take a dominant or controlling position from which to apply submissions. These positions provide different options.

Side control An "americana" or "paintbrush" submission from traditional side control In side control, the practitioner pins his opponent to the ground from the side of his body. A wide variety of submissions are initiated from side control. It is also referred to as the side mount. Additionally, the typical side mount increases opportunity for the dominant grappler to advance to a more dominant and less used type of side control known as the mounted crucifix position. This position is most used in MMA as it allows the dominant fighter to strike whilst taking away their opponents defence. Submission options are limited however and so this position is rarely used in BJJ competition.

3: Difference Between Judo and Jujitsu | Difference Between

Judo matches are usually faster-paced and look more violent than Brazilian jujitsu matches, but judo is also part of the culture of Japanese martial arts with its emphasis on respect and hierarchy, while the tradition of Brazilian jujitsu emphasizes challenge matches and gaining the victory at all costs.

Adams was the first British male to win a World title, and the first British male to simultaneously hold a world title and a European title. Other achievements include a gold medal at the World Judo Championships in Maastricht, the Netherlands, plus silver medals in the and Summer Olympic Games and the Judo World Championships. Adams was also five-time European Champion. On 20 September he was promoted to 8th Dan at the age of He is famous for his ground game ne waza and his arm lock that won him the world championship. Judo is a sport that can come across as having a very limited ground or Newaza game. This most certainly is not the case, however as in anything the rules of Judo have dictated how tactics and techniques have evolved. Due to the evolution of sport we have seen the art of Newaza or ground fighting taken to new levels by BJJ, however, others are now gaining popularity such as Sambo, Submission Grappling and even Catch Wrestling are enjoying an increasing cult following. It is clear that the thirst for ground grappling is still strong. When we look at Judo many are keen to dismiss the rules as limiting ability in some way, as if the reduction in time allowed on the ground decreases the skill of the player. The truth, however, is that it is not a limitation of ability, rather a laser focused approach whereby time is of the essence. The time on the ground in Judo is similar to the boxer looking for a big KO to win a fight. If we look at the hierarchy of positions that exist in BJJ such as the guard, side mount, mount, etc. We see that this is an art that places a very large amount of its focus on moving through the positions, and I believe the win is reflected by means of an eventual submission. In Judo we are not rewarded for moving through the positions, we are only rewarded for dominance on the ground, be it holding a position past the legs or gaining a tap out. So in essence Judo completely bypasses the need for an overly complex guard passing game in favour of using throws to land in a position of dominance. Take Osoto Gari for example. A good Osoto as seen in the video below lands the player in the perfect position to capitalise in Newaza. If we look at the BJJ matches we see a lot of takedowns that land the player in the guard, of which they then have to pass. The Judo rules totally take this out of the game. In essence which is more efficient? Is it better to learn how to throw so that you can end in a more beneficial position or just learn to do a takedown that puts you in the guard? In BJJ, this is crucially important because opponents are highly trained to fight off their back and are very good at chokes, and armlocks from that position, so why would anyone give their opponent this opportunity? It seems the logical thing to do that BJJ players should improve their Judo skills, those that do will certainly be able to spend less time in the Guard of an opponent. BJJ players can benefit from training Judo Newaza if they look at transitions. Transitions are something I have heavily focused on myself. I am not thinking about points; I am focused on finishing the match. My armlock shows this perfectly. I land and transition into Newaza at speed, hunting for the arm. Take a look at the videos below for examples of this. Instead, you should think about focusing on the transition and making this as effective as you can. For BJJ coaches, this starts with the standing work. I have previously written myself that I agree with cross training, but it goes beyond time on the mat. The actual fast paced rules of Judo can help BJJ players to become submission hunters on the ground rather than playing for points. A great way for BJJ and Judo players to improve their groundwork is to practise techniques from a throwing position and then transition into ground work from there. It is surprising how many different opportunities occur for transition into ground work when opponents are actually trying to throw each other. In this situation you do not actually start your groundwork training from the ground, you start off on your feet and throw the opponent to the floor and then go into ground work. This is as close to a contest situation as possible. You can also train from failed throwing positions, so you will throw your opponent to the floor but in this case the throw does not go to plan and he or she might land on their front, as they land you have to go into ground work. You are only limited by your own creativity in designing situations. Time is short, so you need to try and get the submission within that time frame. This is key to being able to quickly spot opportunities on

the ground in a contest situation. In longer groundwork sessions focus on catching a technique until you can no longer get that same one technique on your opponent, then move on. Only when it becomes impossible to land, do you move on to trying another technique. This focus will also help to turn you into a submission hunting machine. BJJ can learn a lot from both the standing side of Judo and also focus their skills with the ways in which Judoka transition from Tachiwaza to Newaza. It is the Judoka or BJJ player that cross trains regularly that will reap the benefits of both sports and improve their skills. The sports will never be the same due to the rules.

4: Brazilian jiu-jitsu - Wikipedia

The Gracie's adapted it, and, much like Judo evolved from Jiu-jitsu, Brazilian Jiu-Jitsu evolved from Judo (if you're confused about the names, I believe Judo was still considered a style of Jiu-jitsu at the time).

Judo The martial art originates in Japan, having been founded in by Jigoro Kano. Its development stems from jiu-jitsu, but many of the methods have been modified to be less dangerous in their delivery so that students can practice without causing serious harm to one another. Judo is an art style that focuses on defense. It focuses on grappling, throwing, and occasionally striking ; however, as judo evolved more into a combat sport, more importance was given to throws and submissions. In the early s, Mitsuyo Maeda was one of the judoka that judo founder Jigoro Kano sent overseas to help spread knowledge about the art. Maeda arrived in Brazil and eventually taught Carlos Gracie, who in turn passed on the teachings to his own siblings. As such, he switched up some of the moves to favor leverage more rather than force and took the fight to the ground. That is where BJJ differs from most martial arts; it actively teaches individuals to both defend and attack while on their backs. In judo and BJJ, you are likely to find choking techniques and joint lock techniques. Before you can successfully implement these techniques, however, practitioners from both arts rely on throws, sweeps, and grappling moves to get into the right position. Throws and sweeps take the battle right to the ground, which can either end or just begin a match. Whereas grappling helps you gain an upper hand on your opponent and can lead to you controlling and winning the match. Both judo and BJJ practitioners use similar moves within these techniques like various renditions of the famous arm bar, leg locks, triangle choke, sleeve choke, etc. Appearance First off, there are some differences between a judo gi and a BJJ gi. Yes, some companies manufacture uniforms with intent that they can be used across various martial arts. Judo vs Jiu Jitsu Judo gis come with a general larger cut e. These boil down to the difference in rules and techniques between the two. In the end though, you are more likely allowed to where a judo gi during a BJJ competition than the other way around. BJJ competitions are not as strict so judo gis are deemed appropriate still. However, judo comes with stricter rules concerning attire, so it can be harder to get away with sporting a BJJ gi. You can throw your opponent, with a great amount of force, onto the mat. If you both end up on the mat, you can use submissions to win from there. On many occasions, a judo fight that lasts too long on the ground without either opponent gaining leverage is stopped to allow both opponents to go back to their feet. BJJ Starts on the Ground Unlike with judo, if you throw or sweep your opponent to the ground in BJJ, you are awarded with points and the match goes on. Another big difference with BJJ and judo is that in BJJ, fighters are allowed to stay on the ground rather than forced onto their feet again after some time. A BJJ match typically ends in a triumphant submission technique. The whole judo being pinned against BJJ is an unnecessary feud that should end. Both arts have similar roots, thus use similar techniques; more so since BJJ is more of a love child from judo rather than traditional jiu-jitsu. Best Karate Gi These two martial arts are equally successful in what they do with BJJ just having a larger focus on ground game while judo dominates being on the feet and forcing an opponent down to stop a match. Judo vs BJJ comes down to a personal preference in the end and deciding if you feel you can perform better on your feet or on the ground. Either way, both martial arts will help you develop the fighting skills you thrive for. Your email address will not be sold or shared with anyone else.

5: Low School of Jujitsu and Judo by Dr. Chris Low

Jujitsu vs Judo. Self-defense is a natural thing, and there is no country in the world where some system of self-defense in the form of fighting without any arms did not develop to help people protect themselves from not just game but also fellow humans. However.

To those who might not be familiar with the martial arts, Judo and Jiu Jitsu might seem to be very much the same. After all, they both employ the use of similar uniforms and many of the techniques are the same. However, there are quite a number of pronounced differences which is why an examination of an overview of Judo vs Jiu Jitsu is worth exploring. Brazilian Jiu Jitsu has greatly eclipsed traditional Jiu Jitsu in terms of popularity to the point that most people automatically now think of the Brazilian version as opposed to the Japanese version despite its many centuries of existence. Generally, the most obvious difference needs to be pointed out when starting a discussion of Judo vs Jiu Jitsu would be a discussion of the prime focus of both arts. Judo is primarily an art of throwing while Jiu Jitsu is an art that deals primarily with ground fighting. Now, Judo does certainly have a ground component to it. Jiu Jitsu also has a standup game but, once again, the rules of the sport reduce the complexity and expansiveness of the techniques in the standup realm. In many ways, the establishment of rules and regulations is what takes two very similar arts and drives them into different directions to the point they only vaguely resemble one another. When discussing Judo vs Jiu Jitsu, you need to look a bit closer at how the ground game works. Both arts put a great deal of emphasis on pinning positions. Both use the side control, but Judo is known for using the scarf hold and its variations and the four corners hold. Jiu Jitsu uses these positions but puts a lot more emphasis on the knee on stomach and mounted position. Also, in Judo, you can win with a pin if you hold an opponent for roughly 30 seconds. You cannot win with a pin in Jiu Jitsu. In both arts, you can win with submissions although you are limited in Judo to certain armlocks and chokes while in Jiu Jitsu, you not only have a wider range of armlocks and chokes, you have the ability to attack the legs. Judo vs Jiu Jitsu A common mistake many make when discussing Judo vs Jiu Jitsu is they try to figure out which art is better than the other. This might not be the best approach to take. Rather, it would be wiser to look at the art from the positives of each. Honestly, studying both arts is recommended so as to create a well rounded ground game.

6: Difference Between Judo and Jiu-Jitsu

At its core Jiu-jitsu is a grappling art. It focuses on strikes, grappling and submission - particularly in close quarters. Historically jiu-jitsu ka (person who practices jujitsu) would also have training in the use of small weapons such as knives and chains.

Jujitsu is a complete system of fighting deployed by ancient Japanese Samurai warriors and includes using punches, kicks, grappling, swordplay and what have you to take down the opponent. The discipline of Jujitsu was honed in the battlefields of ancient Japan of the Samurais. It includes all of the techniques of Judo. That apart it also incorporates combination systems of attack on nerve centers and organs. Judo is a much safer and toned down version of Jujitsu that completely does away with attacks on nerve centers and organs, and instead render it safe as a form of martial art which could easily be practiced, and indulged in as a competitive sport. Jujitsu on the other hand expands on this and uses several combinations of traps, pins, devastating blows and joint locks. You could say that while Judo is more of a sport, Jujitsu has to do with real fighting. In essence this means that while in Judo the endeavor is to merely throw or trip an opponent in Jujitsu the intention is to destroy the opponent by debilitating them or shattering their bones. Or in other words Judo is for boys and Jujitsu for men! If one were to enumerate the moves in the two disciplines one would say that judo equals throws, locks and chokes, whereas Jujitsu stops at nothing-throws, locks, chokes, various ways of striking including using kicks, elbows, knees, punches, head butts and weapons. Jujitsu is part of ancient Japanese martial tradition and is in a way reflective of the ancient Japanese attitude towards life and war. Judo on the other hand is an invention of the modern times and is reflective of the sensibilities of the modern era and is therefore a much civilized and certainly kinder form of martial art. Judo is taught in schools the world over. One sincerely doubts that any school in the world would be thinking of teaching traditional Japanese Jujitsu to its students. Jujitsu is the progenitor of Judo. Jujitsu is a complete system of fighting deployed by ancient Japanese Samurai warriors and includes using punches, kicks, grappling and swordplay. Jujitsu incorporates combination systems of attack on nerve centers and organs. Judo is a much safer and toned down version of Jujitsu that completely does away with attacks on nerve centers and organs. If you like this article or our site. Please spread the word.

7: A Quick History of BJJ: From Jujutsu to Judo to Brazilian Jiu-Jitsu | The Jiu-Jitsu Vortex

Brazilian jiu-jitsu eventually came to be its own combat sport when Judo mainstream took an Olympic turn, and through the experiments, practices, and adaptation of judo, jujutsu and wrestling through Carlos and Hélio Gracie (who passed their knowledge on to their extended family) as well as other instructors who were likely students of the.

This is probably because they sound, and sometimes look, very similar. But, in fact, Judo and Jiu-Jitsu are two different types of martial arts. Jiu-Jitsu was a fighting style that was developed by Samurai warriors. It is considered to be one of the oldest Japanese martial arts and was developed out of necessity during the Feudal period. The first records of an unarmed martial art that is similar to Jiu-Jitsu is in the Chronicles of Japan. They speak of the creation of unarmed combat arts in the country of Japan. One of the first stories of a warrior using Jiu-Jitsu was of the warrior Nomi no Izumo. Izumo defeated Tajima no Kehaya in front of Emperor Suinin using throws, strikes, and restraining movements. Those that practiced this style of fighting called it nihon koryu jujutsu. Other names started emerging, such as kogusoku, kumiuchi, hakuda, and yawara. These styles of martial art were not meant to be used without any weapons. On the contrary, this style of fighting was meant to enhance fighting, and to give a warrior who was fighting with only a few weapons a chance against an opponent who was heavily armored. Many of the samurai took it one step further and would find it unnecessary to unsheathe their weapons. The martial art continued to develop, becoming less and less dependant on weapons. The art relied on striking, throwing, restraining, evading, bending, and escaping. Judo Kano Jigoro was a very small man. He was born small and was always very frail and picked on by those larger than he was. When he was 17, he tried to find a master to teach him the unpopular art of Jiu-Jitsu, but had a difficult time finding one. A year after he started searching, Jigoro found Fukuda Hachinosuke. Hachinosuke, however, died a year after he began teaching Jigoro. Jigoro then found Iso Masatomo, who was a much different style of teacher than Hachinosuke was. Hachinosuke put more emphasis on technique, while Masatomo put more emphasis on forms, or katas, than Hachinosuke had. Jigoro moved up the ranks quickly and became a master instructor and direct assistant to Masatomo when he was. Masatomo became ill, however, soon after Jigoro was promoted, so he went to another master. This time his master, Tsunetoshi Iikubo, taught him to focus on free practice and on throwing techniques. Jigoro had learned a lot from all of his teachers, and at 22 he was finishing up his degree at the University and took some students on his own. He began creating different moves, such as the shoulder wheel and the floating hip, both moves which are practiced in the modern day Judo. Jigoro realized that he could change Jiu-Jitsu to make it more appealing to the population, especially since Jiu-Jitsu was a dying martial art. It did not focus on full contact wrestling and strikes, but instead focused on throwing the opponent off balance so that they could be tossed to the ground. In theory, the sport can be used successfully for defense against an attacker. Once the attacker is down, the person defending themselves can run away. Even though those practicing Judo do not use strikes, they are trained to protect against them. Judo throughout the years all over the world has remained the same. Meaning the rules and regulations. In certain countries they may train differently and use subtle different techniques, but when it come to competition point are all scored the same throughout the world. A famous Judoka known throughout the world is Rusty Kanokogi. She was also one of the first ladies to ever train at the Kodokan judo training center in Japan. Rusty has been an inspiration to many throughout the world when it comes to Judo. Jiu-Jitsu is the father of Judo, but both types of martial art are still practiced. A Judo teacher, however, can often be found much more easily than a Jiu-Jitsu teacher can, but often a traditional old school instructor that teaches Judo will be trained well enough in Jiu-Jitsu to give lessons on that martial art as well. Another current aspect is the uniform jiu-jitsu fighters wear. Whereas the Judo uniform, the player may wear is a bit more loose so that the opponent has a chance to score with a good grip. These days now jiu-jitsu has evolved into a more complex art. All these variations still come from the same roots that the Samurai warrior from Japan trained in. One thing is for certain:

8: What Happens To Your BJJ Game When Cross-Training in Judo

Judo vs Jujitsu. The first and foremost distinguishing trait is the fact that Jujitsu is the progenitor of Judo. Jujitsu is a complete system of fighting deployed by ancient Japanese Samurai warriors and includes using punches, kicks, grappling, swordplay and what have you to take down the opponent.

And I am not the only one who thinks this. You will notice that a lot of people who dedicate a huge portion of their time to the two martial arts find it rather meditative and life-changing. Judo and jiu jitsu are made to be lifetime sports. The benefits of doing these two martial arts go far beyond knowing how to protect yourself. I truly believe they are legitimate vehicles for positive change in our lives. Here are the 8 reasons why doing jiu jitsu and judo are good for you. Teaches you the value of hard work When you start out you are getting thrown and submitted at will. But you will start to see that as you put more time into your practice, it takes you longer to lose, and you lose less and less. Judo and jiu jitsu teaches you the value of hard work, because you actually get to see the fruits of your labor every time you spar. Getting good at judo and jiu jitsu is just like getting good at anything else, you need to stay the path, be consistent, and practice mindfully. Your progress in judo and jiu jitsu is an allegory for progress in life. I was getting tossed around like a rag doll in judo and got submitted every 30 seconds in jiu jitsu. There were many nights where I just dreaded going to class knowing that I am going to get my butt handed to me when I spar. But you know what? I started getting better. I started lasting a lot longer when I sparred. Then after a bit longer, I started submitting and throwing people myself. And right now, I am at the point where I can defeat some people much bigger than me. You have two choices when you lose, you can either get up and try again or you can quit. People who progress get up and try again. That is called persistence. That is called grit. Judo and jiu jitsu does not sugarcoat the fact that they are combative sports—pain is part of the game. And while injuries do happen, precautions are taken to make sure that you are as safe as possible. The people that stay with judo and jiu jitsu are eventually able to face their fears of being hurt, by forcing themselves to take the pain and becoming resistant to their fear of pain as a result. In essence, judo and jiu jitsu teaches you to face your fears head on, not subverting or diverting it. Once you have done judo and jiu jitsu for awhile, you will find that most of your fears of permanent physical damage are unfounded, most of the time. It toughens you physically Practicing judo and jiu jitsu is going to hurt and it is going to be painful see above point. As far as physical pain goes, judo is one of the roughest sports out there. That is just the how it is. This is akin to kickboxers toughening up their shins to the point where cutting down trees with their shins no longer hurts see this video for an example. Because of the combative nature of the sport, it makes you more physically aggressive. You have to actively try to throw, trip, choke, or lock a joint of an opponent. It builds mental toughness Mental toughness is a big reason why I continue with jiu jitsu and judo. The two sports teach you to fight through discomfort and pain. It teaches you to fight back when you are backed against the wall. It teaches you that you should not be afraid to fight someone bigger or more skilled than you. Judo and jiu jitsu are martial arts that even the playing field for little guys because it is more technique-oriented. I am pounds but I have beaten people almost twice my size. Extremely fit people come into the gym cocky but walk out very humbled by their initial experience, after finding out that someone half of their size can throw them at will or choke them unconscious. And as you continue with the sports, the humbleness that you feel at the beginning of your journey stays with you. That is because humbleness comes with the arts because you have reality staring you in the face every day, when you are beat by someone better than you. So you are reminded constantly that you are not the best. This keeps you grounded and humble. Gives you confidence Although you become more humble as you start grappling, you also gain more confidence. You are confident because you have been given skills to defend yourself and hold your own. But more importantly, the confidence you build comes from being proficient, being skillful, and being able to face your fears. Watch this video from world-renowned jiu jitsu player Andre Galvao on how the art can teach people confidence. That part of the video starts at the 1: The whole video is awesome so watch the whole video when you get a chance. Helps you get in shape and become more athletic The amount of calories you burn doing live sparring in judo and jiu jitsu is ridiculous. Judo and jiu jitsu works out both your

anaerobic and aerobic systems, giving you great cardio endurance. In addition to working on your cardio, the sports also help you build muscles, often in areas that are least developed. The two grappling arts use muscles very rarely used during the day—so it gives you a chance to develop major muscle groups along with muscles that you would not otherwise develop just lifting weights. On top of cardiovascular and muscular strength, the sports also give you increased agility, reflex, and balance. However, the four days a week that I do go have been extremely beneficial for me. Judo and jiu jitsu are not things you have to dedicate all your time to in order for it to be beneficial to your life. You can be a casual practitioner like me and reap the many benefits it has to offer. Although both sports have huge benefits, it is not practical for most people to do both sports due to time constraints, money, or other reasons. That is why you should probably just pick one or the other and stick to it. If you are one of the lucky to be able to take both, do it. So if you are ever around the area, I suggest stopping by.

9: Judo Vs Jiu Jitsu: Which is the superior art?

Opposed to Judo, which went the way of throws and sweeps, BJJ's area of specialization is the ground. Reverting to many of the most basic traditional Jiu-Jitsu principles of control, BJJ is built around a system of dominant pinning positions.

Which Style Should You Train in? BJJ or Judo One of the biggest debates around at the moment is what should you train? Should you train BJJ or Judo? In this article we will tackle the question of which is best and which you should train. Many years ago the only type of martial arts that were around that focused on the ground game were of course Judo, Wrestling, Sambo and Traditional Ju Jitsu. People suddenly wanted to learn the ground game or Newaza aspect of martial arts and if we are honest Judo probably had a lot of new students as a result of this rise of interest in grappling. The End Goal People dont take up martial arts because they want to learn a martial art, the art is just a vessel to get them to their final destination. For many this is to have fun, make new friends, get stronger and fitter and also to learn some type of self defence. There are many different fitness options out there for people from going to the gym, running, crossfit or another similar class. So the main difference really is that judo or another type of martial art offers self defence- this is the simple thing that sets it apart. To the average person therefore the styles of BJJ and Judo are the same, they wear the same types of uniforms the Gi , they both train on mats and they both do standing and ground work. So again to the average person the difference between the 2 is almost indistinguishable. Even if we are to look closer at the ethical side of the arts and to enquire about the way in which Judo delivers almost an intangible benefit to a persons life as their brain and body will develop a mentality that solves problems and over comes adversity. Again the sport of BJJ can easily make the same claims. So if both sports deliver the same end goal and are so similar, how can we advise a student on which discipline to take up and why? The point here is getting the balance right for the standing and groundwork practice. How we practice each of these elements is often determined by the amount of time allotted for each and this is often related to the rules that govern each of the sports. In Judo for example, in the past, the rules determined for a long time that Newaza exchanges would only be allowed shorter periods of time to hunt, capture and complete a technique, which often was not nearly enough time, before standing the fighters up to continue the contest on the feet. This meant that more emphasis was concentrated on Tachiwaza standing techniques than on the ground. Therefore, the throwing skills became more prominent. This particular rule has now been changed to allow more time in Newaza exchanges if the techniques are progressive in nature, and this, in turn, has encouraged the teaching and learning of groundwork skills in Judo. The balance of learning has now been addressed. As BJJ ground fighting is allowed more time on the ground searching for the submission, it has evolved to be more technically involved on the ground. The way I see it, there is very little emphasis on technical ways to get them down to the ground. My thinking is maybe of a small rule adjustment in their matches in order to make a subtle change. Not being able to drag an opponent to the ground for example, but having to throw into a groundwork position could encourage more teaching and learning in throwing skills. These simple aspects could just help to adjust the balance of play in both BJJ and Judo. If matches were to start on the ground, then ok, off you go, keep up the great work! So, improving your throwing game as well as the transition game will improve your start any day of the week, all day long. Now in those 3 sessions you can choose to take part in- Judo or bjj or both! This is the dilemma facing many different martial artists across the world today and what has happened to this point is that many have chosen to concentrate on one or the other. The result is easy to see, Judo clubs across the world do very little Newaza training and BJJ clubs do very little standing work or Tachiwaza. The gap is now getting wider and wider and each art seem to have rules that endorse this type of game play. However if we look closer at the rules of each sport, then we can see that both still use the areas they are neglecting- BJJ still has take downs and Judo still has Newaza and both can help each sport to win or lose a match. With this in mind it is clear that both sports can benefit from what is known as Cross Training with each other and the smart athlete will see massive gains by cross training. But I should Just Do More Judo Newaza This is an argument that is essentially sound, yes doing more Judo Newaza is a great thing but hardly

any clubs run Newaza only sessions these days and there are a lot of reasons why they dont. For some it is down to club funds, venues may be unavailable, players might not want to train more in Newaza- the reasons can be varied but in some clubs there are players that want more! These players want to get better and without the structure in place to help them it would seem very silly not to take advantage of the opportunity to do more Newaza at a venue nearby. The other side of this equation is the same with BJJ. Players might hate the thought of being thrown, the mats in BJJ clubs are often very thin and again devoting more time to standing grappling takes away time from the ground where they need to be to win fights. So BJJ players might not want or be able to train in standing work in their sport. When most of Judo match is tachiwaza and most of a BJJ match is on the ground it is difficult to justify spending an extra hour doing training for the aspect of their sport that they do the least and this has resulted in this in balance in both sports. Become Skilled and Not De Skilled For those Judo or BJJ players who want to have success in their sport it is essential that the use their time as effectively as possible. When we talk about success we do not mean winning world medals, it is success as it pertains to each individual. This might mean winning a local or area medal, it might just mean being better in your own club, or it could mean getting on a National squad. Regardless of the goal you need to use your time effectively to become more skilled. For example- if you have 3 x 1 hour sessions a week to train in BJJ and you spend 15 minutes on standing grappling each session then you train 45 minutes on standing per week which seems a lot. However lets say you cross train and spend 2 sessions of BJJ in the week and then you go to a Judo club for 1 session per week Where you do 45 minutes standing and only 15 minutes on the ground. You have actually ended up with a grand total of: Groundwork- 1 hour 45 minutes per week Standing 1 hour 15 Minutes per week There is actually zero difference- if you go to a Judo club you are spending no more time on your Standing work as you would if you stayed at your BJJ club. So why cross train then? The answer is simple, because for the time you are cross training you are with people who spend the vast majority of time doing the aspect you want to improve on. If we use the same basic guidelines the BJJ player who trains 3 x per week and 52 weeks a years and does a Judo session would spend minutes or 91 hours a year training on the ground and just 3, minutes or 65 hours on their standing game. The Judo player that did the same would of course spend 91 hours a year training on his Tachiwaza and just 65 hours on their ground game. So basically the BJJ players has had a whopping 26 hours more practise than the Judo player on the ground over a year, and over 5 years??? It is the compound effect that makes cross training special because when you go to training you are being immersed with athletes who have a great deal more training time than you do in the area you want to improve. Training with people who are specialists in the area that you want to improve. However this is because it all comes down to choice. You will pick a style that suits you and what you enjoy. It is clear that both offer amazing opportunities to get fit and make new friends. What is clear is that if you want to make faster improvements in your ability in either sport then cross training is an excellent way to do this. If you start cross training today then in a few years the results will compound and both your tachiwaza and newaza will improve. I hope you have found this article enjoyable and for more please subscribe and share this article via social media.

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