



JIU JITSU • MMA • WRESTLING

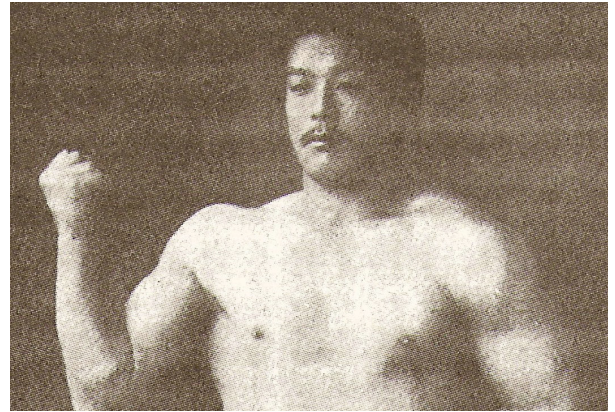
"Creating a positive culture and environment for youth and adults to succeed in life."

HISTORY OF BRAZILIAN JIU JITSU

MITSUYO MAEDA (1878-1941)

Maeda was a martial arts prodigy who eventually became one of the greatest fighters in the history of Judo. Maeda originally practiced classical styles of Jiu Jitsu, eventually entering the Kodokan to study Judo.

After remaining undefeated in Judo tournament competition, Kano sent Maeda to the U.S.A. in 1904 to spread the message of Kodokan Judo. Over the course of his career, Maeda fought in literally hundreds of matches, grappling with and without the gi, and fighting in "mixed" matches (that included striking and kicking, commonly referred to as "no-holds-barred" fights).



During his travels, Maeda fought in the United States, Great Britain, continental Europe, Cuba, Mexico and finally Brazil. Throughout his career as a professional fighter, after engaging in over 1,000 free fights, Maeda retired without ever losing a match. The culmination of Maeda's training in classical Jiu Jitsu and especially Judo, tempered by his extensive combat experience against all types of challengers, resulted in a realistic, street effective method of fighting.



THE GRACIES

Mitsuyo Maeda finally settled in Brazil and opened an academy of "Jiu Jitsu". One of his students was a young man named Carlos Gracie. After studying with Maeda for several years during the 1920's, Carlos opened his own academy in 1925. Carlos and his brothers established a solid reputation by issuing the now famous "Gracie Challenge". All challengers were welcome to come and fight with the Gracies in no-holds-barred (NHB) matches. The Gracie fighters emerged victorious against fighters of all different backgrounds. The Gracies continued to develop the strategies and techniques they learned from Maeda, honing their skills with the realities of real fighting.



Helio Gracie

BRAZILIAN JIU JITSU TODAY

Brazilian Jiu Jitsu is divided into three categories, each supportive of the other; self-defense (striking and unarmed techniques against armed opponents), free fighting (MMA), and sport grappling with/without the gi. The overall fighting strategy of BJJ is designed to equip a physically smaller or weaker individual with an effective method of defending against a larger, stronger attacker. When applying BJJ techniques, leverage is paramount, as it's the secret to most efficient use of force. BJJ also has the most developed methods of fighting while on one's back, a position weaker fighters will often find themselves when attacked.

