

# Itai Liptz - Brazilian Jiu-Jitsu Constitution

Itai Liptz, aged 37, has a passion for various sports, including freediving, mountain climbing, rock climbing, Brazilian jiu-jitsu, and Thai boxing. Beyond his athletic pursuits, Itai Liptz has dedicated years to working with special needs kids, deriving immense satisfaction from this meaningful endeavor. Additionally, he has had the experience of living in Thailand and South Africa, exploring numerous destinations around the globe through his travels.

## **Brazilian Jiu-Jitsu Constitution by Itai Liptz**

Jiu-jitsu practitioners learn to leverage their opponent's body weight and strength against them. This makes it possible for a smaller person to defeat an opponent much larger and stronger.

Scientific researches have demonstrated that jiu-jitsu athletes display high values for the maximum torque test. This could be due to protocols used in training that develop torso and lower limb flexibility.

## **History**

Jiu jitsu is one of the world's fastest growing martial arts. It is taught to students of all ages and from every walk of life for self-defense, fitness, camaraderie, and as a means to escape from stress. Its roots are believed to go back thousands of years and the art became more refined as it spread from Asia to feudal Japan, where Kano Jigoro created his modern version of jiu jitsu.

In the late 19th century, masters of jiu jitsu began to travel abroad to demonstrate and fight, seeking new challenges and opportunities for their students. Mitsuyo Maeda, a student of Kano's at his Kodokan, was one of these masters. He travelled the world giving Jiu jitsu demonstrations and accepting challenges from wrestlers, boxers, and savate fighters. Maeda brought his skills to Brazil where he met Gastao and Carlos Gracie.

The Gracie brothers would then develop their own style of Jiu jitsu which they called Brazilian jiu-jitsu. This is an art centered around getting your opponent to the ground and using grappling techniques such as joint locks and chokeholds. The premise is that a smaller, weaker person can use proper technique to submit larger, stronger opponents.

BJJ is also a sport in which there is always more to learn, making it a rewarding and challenging experience for people of all ages and skill levels. Many people find that the physical exertion, mental challenge, and sense of accomplishment

in BJJ build confidence and self-esteem. Additionally, the way in which the ranking system is oriented in BJJ provides a gratifying and exciting way to track progress in the art.

Today, BJJ is taught in over 150 countries to millions of people. It has gained a reputation in the martial arts community as a very effective fighting system and is now used by professional mixed martial artists, law enforcement, and military forces. It has risen to prominence in the global arena because of its success in MMA competitions and is now considered an essential technique in the curriculum of most top-tier martial arts schools and organizations.

## Philosophy

Embedded within the complex philosophy of BJJ, which transcends combat techniques, is an underlying message that promotes self-discovery and personal advancement. It is an art that encourages a relentless pursuit of excellence and resilience in the face of life's obstacles. It also emphasizes the importance of humility and respect for all those involved in the journey.

BJJ teaches that superior technique and intelligent thinking can overcome a much larger opponent. The art also emphasizes discipline, focus, mindfulness, and patience. These lessons apply to both fighting and daily life, allowing practitioners to achieve a more balanced lifestyle.

The Gracie family in particular placed a lot of emphasis on spirituality and being a good person. This philosophy, in conjunction with a rigorous training regimen, helped them become some of the most dominant fighters in Brazilian history. Today, many BJJ instructors embrace this ethos and encourage their students to be the best they can be both on and off the mats.

A key component of the philosophy of BJJ is the concept of ahimsa or nonviolence. This is a principle that is embodied by the samurai warrior tradition, and it is a foundational part of the Gracie martial arts system. This philosophy is a powerful tool for transforming one's life, and it offers a holistic approach to handling adversity and navigating challenges in life.

Brazilian jiu-jitsu is a form of self-defense that emphasizes leverage and technique over strength. It also requires a high level of physical fitness and mental fortitude to master. Despite its complexity, jiu-jitsu is also a practical and effective martial art for self-defense.

In addition to developing a strong and agile body, the philosophy of Brazilian jiu-jitsu teaches patience and perseverance. It also emphasizes the importance of learning from mistakes and staying focused on continuous improvement. This principle is embodied by the idea of kaizen, which refers to small improvements that add up over time and can lead to greater success.

BJJ teaches the importance of respect for all those involved in the sport, from training partners to competitors. It also fosters a sense of community and promotes diversity and understanding. In the context of the sport, this is

manifested in a deep appreciation for all backgrounds, and a commitment to continuous learning.

## Techniques

Jiu-Jitsu is a grappling-based martial art that uses distance control, leverage and positioning to control and submit bigger and stronger opponents. It was developed largely by the Gracie family and is often referred to as “the gentle art” because of its emphasis on submissions and on controlling an opponent rather than hitting or striking them. BJJ also has a unique emphasis on the guard, which requires athletes to have high levels of flexibility of the torso and lower limbs to sweep an opponent or to take them down into a position from which they can choke them with a grip such as the guillotine choke.

While it is difficult to pinpoint when and where Jiu-Jitsu originated, it is clear that it has rudimentary manifestations in various cultures at different historic moments. Some of these are attributed to Buddhist monks in India, while others are credited to masters of various martial arts disciplines such as Judo, wrestling, Sambo, and even ancient Greek combat techniques.

It was in the latter part of the 19th century that some Jiu-Jitsu masters, including Jigoro Kano’s students, emigrated to other continents, teaching the martial arts and fighting in challenges. One of these was Esai Maeda Koma, who travelled with a troupe that battled in countries across Europe and the Americas and eventually settled in Brazil in 1914.

Maeda’s arrival in Brazil was the first time jiu-jitsu was taught in the country. He would go on to teach the Gracie brothers and a number of other Brazilians, and develop his own style that still thrives in modern BJJ.

The Gracie’s incorporated Kano’s Jiu-Jitsu into their own art, which came to be known as Brazilian jiu-jitsu, though it is sometimes referred to as simply “BJJ”. It is important to note that while BJJ is renowned for its ground fighting techniques, there is still a strong emphasis on standing based skills such as kickboxing and karate. It is for this reason that many practitioners train in both BJJ and striking based martial arts such as MMA and boxing. BJJ teaches its practitioners to use the disciplined mental and physical training they learn on the mat in their daily lives, encouraging them to apply the principles of perseverance and dedication to their relationships, professional endeavors and other aspects of life.

## Rules

Getting to the mats with an opponent in Brazilian jiu-jitsu is all about utilizing leverage and timing. This can lead to submission holds that involve joint manipulation and chokes, putting your opponent in an immobilizing position. However, you need to keep in mind that this martial art is a sport, and as such there are rules to follow. If you do not abide by these rules, you may get penalized or even disqualified in a competition.

One important rule in BJJ is that you must respect your opponent at all times. This means that you should not make derogatory comments about other athletes' strength, flexibility, or coordination. While there are some students who might bend the rules, most have a high level of integrity and will not put down other members. There is also a difference between having fun and bantering with fellow members, and bullying or harassing other athletes.

In addition to respect, you should not use your physical size to dominate your opponents. This will only hurt your reputation and could cause injuries. Also, do not stall for points or run down the clock to avoid penalties. This will not make you a better fighter, and can actually give your opponent more points in the end.

The first jiu-jitsu instructors arrived in Brazil in 1909, when the crew of the Brazilian Navy cruiser Benjamin Constant came across two Japanese jujutsu teachers. Sada Miyako and Mme Kakiara taught jiu-jitsu to seamen and the military until 1912.

Jiu-Jitsu is primarily a grappling martial art, and its focus is on getting an opponent to the ground using techniques such as takedowns and submission holds. Traditionally, smaller and weaker athletes have been able to overcome larger and stronger opponents through the application of grappling techniques. However, this advantage can be negated if the techniques are executed correctly.

Developing protocols that assess the physiological demands of BJJ matches would help coaches to adapt their training regimens. In particular, there is a need to develop protocols that test the flexibility of guard passer athletes, as many of the techniques they use require them to hold their opponent's legs. This would enable them to perform sweeps and back control techniques.