



Street Jiu-Jitsu vs. Sport Jiu-Jitsu

With so much debate and confusion surrounding the issue of street vs. sport jiu-jitsu, Ryron and Renner sit down for a very candid talk in which they explain the fundamental differences between the two. In a few very simple demonstrations, they make it very clear that “street jiu-jitsu” isn’t defined by a set number of techniques, but rather the universal principles of distance management

- It's possible to train jiu-jitsu for several years and still not be "street ready."
- The difference between street and sport jiu-jitsu rests in the "distance" at which the fight is fought.
- Most jiu-jitsu schools ignore the street applicable techniques because they don't apply in tournament situations.
- The first thing you learn is the hardest thing to forget.
- At the Gracie Academy we teach both aspects but we start with 100% street preparation.
- It's wise to have a "street switch" that you can switch on at any time.

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.