Sport Jiu-Jitsu in a Street Fight

In one of the most important Gracie Breakdowns of all time, Ryron and Rener analyze the viral video of a fight that took place in a YMCA basketball gym, and then go into detail regarding the most notable differences between street and sport jiu-jitsu. They also introduce “The Four Filters” that any sport BJJ practitioner can apply to their sparring sessions to help make their reflexes and techniques more applicable in a real fight.

- Sport jiu-jitsu is to street fights as ping pong is to tennis. Although some sport jiu-jitsu skills can be directly applied in a fight, most of the sportive reflexes can be disastrously counterproductive.
- There are three primary differences between sport and street jiu-jitsu: 1) the techniques, 2) the timing, and 3) the training objectives.
- If you train at a sport BJJ location, use the “4 Filters” to make your training sessions much more street applicable.
- People fell in love with Gracie Jiu-Jitsu due to it’s unprecedented success in real fights. If jiu-jitsu continues being practiced solely for recreational sport, it will eventually lose it’s definition as the most effective fighting system of all time.

Notes:

© 2015 Gracie Jiu-Jitsu Academy®