

6 REASONS YOU SHOULD DO BRAZILIAN JIU JITSU

FITNESS. COMMUNITY. FUN.



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C A N A D A

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IT IS AN EFFECTIVE SELF DEFENSE SYSTEM

The world can sometimes feel like a dangerous and overwhelming place and it can be intimidating. The first time you step on the mat at a Brazilian Jiu Jitsu academy you will immediately be aware of how little the average person knows about basic self-defense and the ineffectiveness of our basic instincts. Not to worry! The fundamentals of jiu jitsu are also the basics of self-defense. It is a common misconception that striking will win out when two people get into a brawl, but in actual altercations, punching is not nearly as effective as closing the distance and controlling your opponent. That is why many law enforcement officers go through specialized programs that were developed from Brazilian jiu jitsu techniques.

MAKE NEW, LIFELONG FRIENDS

Something about rolling around on the ground trying to battle each other that really brings people together. Brazilian jiu jitsu is a life-long journey and without even realizing it, we spend months, to years learning and growing with our teammates. Jiu jitsu extends far beyond the training mat, with people traveling to tournaments together, having potlucks and belt promotions, getting to know one another in-between rolls and techniques. Ask any black belt how long they've been training and why they keep training and they'll tell you it is the people you meet and the friends you make. There is no "jiu jitsu type" and it is common to find people from all walks of life – from professionals such as doctors and lawyers to full-time jiu jitsu athletes to parents and business owners and people from every imaginable background.



TEACHES YOU HUMILITY AND PATIENCE

Just like in life, you do not always win in Brazilian jiu jitsu and sometimes class can be very frustrating when we feel like we are not improving. We need this challenge as well; otherwise how will we deal with the inevitable disappointments and set-backs we face in life? Although jiu jitsu allows smaller practitioners to win against larger, stronger opponents, sometimes things do not go our way. In these situations, we learn to address our ego and improve our ability to handle adversity. This develops the strength of our character and our patience. Jiu jitsu is not a straight uphill climb to black belt, but a series of improvements and plateaus. It is during these plateaus in our progress that we work on our humility and patience. Without it, success is elusive – both in life and in jiu jitsu.



"WHEN I'M HERE, I FORGET ABOUT MY WORK DAY OR WHATEVER WORRIES I HAVE. I LEAVE HAPPY AND WITH A SMILE ON MY FACE."

Simon X.



HELPS WITH DEPRESSION, ANXIETY & INSOMNIA

The fact that Brazilian jiu jitsu will change your body cannot be denied. You can physically see your body changing with every day or week. What you can't see is the improvements in your overall health as a result of training. Students rarely walk through the door looking to improve their blood sugar, lower their cholesterol, control their anxiety, depression or help them to sleep better. In fact, Brazilian Jiu Jitsu can help you with all those issues. We have students that after they started training with us they had big changes in their health and were able to even lower the amount of medication they take to control their diabetes or cholesterol.



INCREASES YOUR OVERALL ENERGY LEVELS

It may sound counter-intuitive that working out intensively will make you feel more energized than not, but it is true. In fact, doing a sport or other physical activity not only relieves stress but is re-energizing. That is why most academies offer early morning classes – professionals find they are better prepared for a long day after having a good workout in the morning. It is common practice among successful people to start the day with a vigorous workout. Students benefit tremendously as well since physical activity actually aids in studying and helps students to focus more and learn better. So take a break from the books and from the desk and find your way to the mat. You'll find that you will actually have more energy than if you had not trained!



BRAZILIAN JIU JITSU IS FUN

People don't expect how fun Brazilian Jiu-Jitsu actually is. Whatever the reason people start BJJ, they continue to show up and train because of how happy it makes them. There is a quality to Jiu Jitsu that keeps people coming back; a mix of effective martial arts, the BJJ culture and community and the positive atmosphere of like-minded people learning and improving themselves. It is not uncommon to find people spanning the ages of 5 to 80 years old practicing the art; it's a lifelong activity that adapts to your life as you move through the stages of life...keeping you healthy, with a positive mindset and in a supportive community. If you haven't already, find a school nearby and get started! It's never too late to start having fun!



"FIRST IT WAS FOR THE KIDS. NOW I'M DOING IT AND I LIKE HOW I FEEL EVEN CLOSER TO MY KIDS."

Dennis P.

