
Brazilian Jiu-Jitsu

Das **Brasilianische Jiu-Jitsu** (kurz **BJJ** oder auch **Gracie**), ist eine Abwandlung und Weiterentwicklung der japanischen Kampfkunst Jiu Jitsu, welche den Schwerpunkt auf Bodenkampf legt, wobei im Training trotzdem Wurftechniken im Stand unterrichtet werden.

Geschichte

Das Brasilianische Jiu Jitsu ist die südamerikanische Variante des traditionellen, japanischen Jiu Jitsu und wurde von den Brüdern Carlos und Helio Gracie entwickelt. Carlos Gracie lernte das Jiu Jitsu von Mitsuo Maeda, einem Schüler von Jigoro Kano und gab es an seinen jüngeren Bruder Helio weiter. Helio war körperlich eher schwächling und konnte viele der traditionellen Jiu Jitsu Techniken nicht anwenden. Aus diesem Grund veränderte er die Mechanik und Hebelwirkung vieler Techniken und machte sie somit effektiver und auch für körperlich schwächere Personen anwendbar. Helio und Carlos unterrichteten ihre Kinder im Jiu Jitsu und so erschufen sie die nächste Generation von Kämpfern und Lehrern, die das Brazilian Jiu Jitsu weiter verbreiteten und die Effizienz des Stiles in vielen Vale Tudo Herausforderungskämpfen immer wieder bewiesen. ^[1]

In den siebziger Jahren kam einer der Söhne von Helio, Rorion Gracie in die USA, um dort Fuß zu fassen und Karriere zu machen. Er unterrichtete den Familienstil in seiner Garage und langsam interessierten sich auch in den USA immer mehr Menschen für diese Kampfkunst. Anfang der Neunziger Jahre eröffnete Rorion eine große Akademie in Los Angeles und erschuf zusammen mit dem Werbefachmann Art Davie, die legendären "Ultimate Fighting Championships" (kurz "UFC"). Bei diesen Wettkämpfen, die im amerikanischen "Pay-per-View- Fernsehen" übertragen wurden, kämpften Kampfkünstler der verschiedensten Stile ohne viele Regeln gegeneinander. Ziel war es, den Gegner k.o. zu schlagen oder ihn zur Aufgabe zu zwingen. Royce Gracie, der Sohn von Helio Gracie war der leichteste Teilnehmer und gewann trotzdem überlegen drei der vier teilgenommenen UFC-Turniere. Wobei er alle gewonnenen Kämpfe durch Aufgabe des Gegners beendete. Bis heute ist er der einzige Kämpfer, der jemals 4 Kämpfe in einer Veranstaltung gewinnen konnte.

Sein Kampfstil ist bis heute prägend für BJJ-Kämpfer während eines MMA-Kampfes. Schläge und Tritte, die beim BJJ nicht den Schwerpunkt bilden, werden in erster Linie taktisch benutzt, um den Gegner zu veranlassen, als Schutzreaktion einen Arm oder ein Bein zu bewegen, welches dann ergriffen werden kann, um eine finale Hebel- oder Würgetechnik einzusetzen. Im Standkampf wird vor allem die Meidung der gegnerischen Schläge und Tritte geübt. Die Distanz zum Gegner so schnell wie möglich zu überbrücken, um ihn in den Bodenkampf zu verwickeln, ist ebenfalls BJJ typisch. Die Erfahrung mit regellosen Kämpfen zeigt, dass das eigene Verletzungsrisiko durch ein solches Kampfverhalten minimiert werden kann, da es durch die geringe Distanz in der Bodenlage nur wenige Positionen gibt, in denen harte Schläge ausgeführt werden können. Es ist jedoch falsch, BJJ mit Valetudo, Free Fight oder MMA gleichzusetzen. Das Brazilian Jiu-Jitsu konzentriert sich auf den sportlichen Bodenkampf ohne Schläge und Tritte.

Ein dem BJJ sehr ähnlicher Stil ist das brasilianische Luta Livre (Freies Kämpfen) - im Gegensatz zum BJJ oder japanischen Jiu Jitsu wird beim Luta Livre kein Gi getragen.

BJJ ist u.a. Grundlage für die Nahkampfausbildung von US-Spezialeinheiten wie Green Berets und Delta Force.

Sportliche Variante

In der sportlichen Variante messen sich Kämpfer in verschiedenen Gewichts- und Anfänger/Fortgeschrittenen Klassen, die nach der Gürtelfarbe der Kämpfer einteilen. Diese Abstufung der Gürtel im BJJ unterscheidet sich von anderen japanischen Gürtelsystemen. Die Farben, vom Anfänger zum Meister, sind weiß - blau - lila - braun - schwarz. Traditionell werden im BJJ die Gürtel von dem Meister (in der Regel ein Schwarzgurt) an seine Schüler "verliehen". Hierbei ist weniger entscheidend, wie lange die Person BJJ bereits ausübt, sondern eine "beltpromotion" (Gürtelverleihung) findet anhand des Erfolges statt, den die Schüler im Training oder auf Wettkämpfen unter Beweis stellen konnten. Viele Schulen vergeben auch noch bis zu vier Streifen pro Gurt, die zusätzlich eine Feinabstufung des Könnens darstellen sollen. Theoretisch sollte ein höher graduerter Kämpfer (höhere Gürtelfarbe bzw. mehr Streifen bei gleicher Gürtelfarbe) gegen einen nieder graduierten Kämpfer gewinnen (können).

Der sportliche BJJ Kampf mit Gi startet in der Regel im Stand (Schläge, Tritte, Kratzen, Beißen etc. sind verboten) und wird meistens nach einem sog. "Takedown" am Boden fortgesetzt und beendet. Der Kämpfer hat zwei Möglichkeiten den Kampf zu gewinnen. Im BJJ erhalten die Kämpfer für bestimmte Positionen oder Aktionen, die für sie vorteilhaft sind oder den Kampfverlauf zu ihren Gunsten ändern, Punkte. Beispielhaft kann das Einnehmen der "Mount" - man sitzt auf dem Brustkorb des Gegners - oder ein erfolgreicher "sweep" - man schafft einen Wechsel von einer ungünstigeren Position in eine bessere z.B. von der Rückenlage in die Oberlage - genannt werden. Unabhängig vom Punktestand besteht jederzeit die Möglichkeit, den Gegner mit einer "Submission" (Unterwerfung) zur Aufgabe zu zwingen, die dieser durch Klopfen mit der Hand auf die Matte, seinen oder den Körper des Gegners symbolisiert. Dies kann durch zahlreiche Würge- und Hebeltechniken herbeigeführt werden. Erreicht keiner der Kämpfer nach Ablauf der Kampfzeit (meistens 5-10 min) eine "Submission" des Gegners, gewinnt der Kämpfer mit den meisten Punkten.

Weblinks

- Brazilian Jiu-Jitsu Federation ^[2]
- Brazilian Jiu-Jitsu Bund Deutschland ^[3]

Einzelnachweise

[1] Dabei ist zu beachten: In einem Kampf ist der Sieg oder die Niederlage hauptsächlich von der körperlichen und geistigen Verfassung der jeweils kämpfenden Person abhängig. (→Gewichtsklasse) Sind die Kontrahenten sich körperlich ebenbürtig, kann der Stil oder das Kampfkunstsystem ausschlaggebend sein.

[2] <http://www.ibjjf.org/>

[3] <http://www.bjjb.de/>

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