INCLUSION OF PERSONS WITH DISABILITIES AT SPORT JU JITSU AS A SOCIALIZING FACTOR

University of Peloponnese
Postgraduate Studies Program
"Organization and Management of Athletic Activities for People with Disabilities "

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MARTIAL ARTS

- The martial arts developed around the world mainly from people's need for self-defense.
- Reports of exercises in martial arts are from ancient Egypt, Greece and the Far East thousands of years ago. The young men were mainly trained to prepare for their involvement in a battle. The workouts were tough and demanded excellent fitness.
- Gradually the various systems became known throughout the world, and most modified how they practiced and taught to involve individuals of all ages, sexes and physical states.

(Woodward, 2009).

THE BENEFITS OF TRAINING IN MARTIAL ARTS IN THE GENERAL POPULATION

- Improves various physiological functions such as cardiovascular endurance, muscle strength and endurance, balance, flexibility, and body weight.
- It has been linked to the reduction of premature mortality, hypertension, coronary heart disease, diabetes mellitus, colorectal cancer, and obesity.

(Douris, 2004; Bahr, 2003; Pate, 1995).

- Psychologically, there is a reduction in stress and levels of aggression, while self-confidence and socialization increase is evident.

(Fuller, 1988; Zivin & Hassan, 2001; Daniels & Thornton, 1992).

- Meditation, breath control, an environment of discipline, self-esteem and courtesy to others seems to be the key elements that make the above results.

MARTIAL ARTS AND DISABLE ATHLETES (1)

- Blindness → improved spatial orientation, reduction of stress and depression symptoms, increased concentration & sense of control.

- Deafness → improved balance

- Down Syndrome → Improved strength and coordination, increased the sense of independence

- Paraplegia/amputation →contribute to both physical and mental therapy. They improve coordination, strength as well as basic motor functions. Increase self-control & develop new skills. Reduce anxiety and adopt a more positive attitude. They help with self-confidence and self-defense.

MARTIAL ARTS AND DISABLE ATHLETES (2)

- Developmental mobility disorder → increased stability and strength

- Autism → Improved play and balance skills. Regular eye contact. Smaller incidents of disorderly behavior - increasing social and cooperation.

- Epilepsy → lower stress levels - better quality of life

- Attention Deficit / Hyperactivity Disorder (ADHD) → reduction of impulsivity and increase of concentration, increase of motor and behavioral control

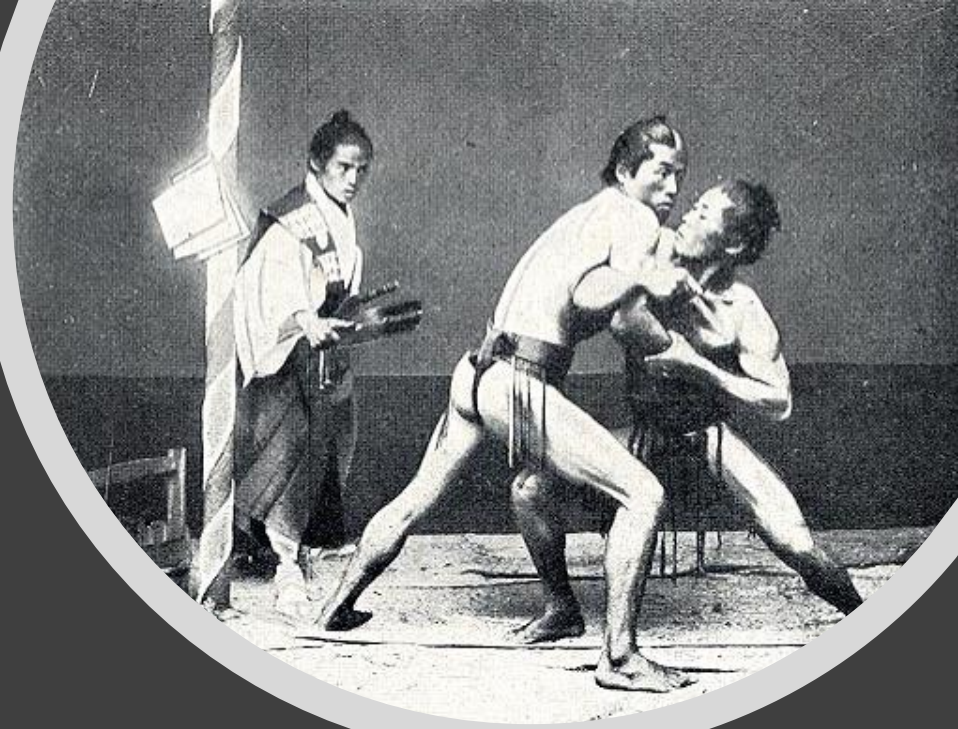
WHICH IS THE DIFFERENCE FROM OTHER CATEGORIES OF SPORTS AND EXERCISE

- The systematic effect of meditation
- Rhythmic breathing and relaxation
- Keeping the protocol.
- The sense of group cohesion with common goals and ideology
- New physical skills, values and beliefs are being developed
- A program of teaching, modeling, imitation, positive reinforcement and observation is systematically followed.

All of the above are aimed at teaching peace, relaxing the body, adapting to obstacles and problem-solving strategies, something that does not develop in any other routine exercise such as weightlifting or jogging.

柔術

JU-JITSU/ JU-JUTSU/ JIU-JITSU/ DSCHIU-DSCHITSU/ GIU-GITSU/ ДЖИУ-ДЖИТСУ



柔 «ju» : soft or gentle

術, «jutsu» : art

- The meaning of Ju Jitsu in Japanese is the "Gentle Art" or the "Art of Suppleness"
- The JJIF member federations agreed with the use of Ju-Jitsu as official name even if other transcriptions are used in the national federation or style.

It’s a Multiple Combat Type - Mixed Fighting Art.

It includes kicking, striking, throwing, ground battle, choking, locking on the joints, use of certain weapons, as well as the immobilization and control of an opponent.

NATIONAL AND WORLD REPRESENTATION

- Worldwide, it is represented by the Ju Jitsu International Federation (JJIF) and nationally by the Greek Ju Jitsu Federation.
- It is a pre-Olympic sport and is recognized by the International Olympic Committee (IOC), the Greek Olympic Committee (OGI) and the General Secretariat for Sport (GGA).
- As a member of the IWGA (International World Games Association), takes part in World Games, every 4 years.
- As a member of SportAccord (formerly GAISF), it takes part every 4 years in the Sport Accord Combat Games, the Olympics of martial arts sports.

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THE JU JITSU SPORT

The athletic part of the Ju Jitsu sport is divided into combat and technical competitions and includes 4 fighting / competition systems:

A. The Fighting System that includes 3 parts:

- Striking and kicking in the upright position (something similar to sport karate)
- Throwing techniques (something similar to sport judo)
- Ground techniques: controlling positions, strangulations, locks on the joints & submission (something similar to the sport judo and the Brazilian Jiu Jitsu)

with a separate, independent and complete identity.

B. The Duo System : Self Defense techniques for all age groups and mixed couples.

C. The Ne Waza System (Brazilian Jiu-Jitsu) that emphasizes in ground techniques**.**

D. The Self Defence System for Special Forces.

TRAILER
JU JITSU
INTERNATIONAL
FEDERATION

VIDEO

Para Ju Jitsu – JJIF/UAEJJF

VIDEO

MILESTONE

2018: World's First International Parathlete Ju-Jitsu Competition (Abu – Dhabi)

Grapplers from around the world met in Abu Dhabi on April 14 for a tournament, which offered disabled athletes the first opportunity to compete in the same arena and with the same prestige as non-disabled athletes.

The event will featured adult, masters, and juvenile competitors.

MAIN CATEGORIES OF ATHLETES DISABILITIES ACCORDING TO UAEJJF:

- Class 1 -- Lower limb amputee
- Class 2 -- Amputee and proximal lower limb amputation
- Class 3 - Upper limb amputee
- Class 4 - Amputee and proximal bi-amputee of the upper limb
- Class 7 - Amputated and bi-amputated from the elbow down
- Class 9 - Severe poliomyelitis of the lower and upper limbs
- Class 10 - Spinal cord injury (paraplegic)
- Class 13 - Les autres (includes all athletes with any deficiencies that may be registered by the UAEJJF Functional Classification Department, be it motor, intellectual disability, mild and moderate level Down syndrome, total deafness, or any other deficiencies that do not fit in other groups or classes).

Para Ju Jitsu – JJIF/UAEJJF

VIDEO

Chase Smith / FloGrappling

VIDEO

JU JITSU FOR PEOPLE WITH DISABILITIES

SENSEI GEORGE ZANTIOTIS
GREEK JU JITSU FEDERATION

JU JITSU PROGRAMME FOR ATHLETES WITH VISION PROBLEMS- 2015

- VIDEO

HOW IS TO COMPETE WITH A DISABILITY?

- VIDEO 1
- VIDEO 2

HOW IS TO COMPETE AGAINST ATHLETES WITH DISABILITIES?

- DIMITRIS PAPARGYRIS, inflammation in the brain (Istyocystiosis Erdhmeir - Chester)
- BLOUTIS GIANNIS (Pan European Champion Brazilian Jiu Jitsu, World Champion Pangration Athlima)
- VIDEO

AFTER ALL IS JU JITSU SUITABLE FOR DISABLED PEOPLE?

MARTIAL ARTS ARE NOT FOR ALL. MARTIAL ARTS ARE FOR UNIQUE PEOPLE WITH UNIQUE ABILITIES.
JU JITSU HAS THE SINGULARITY TO BE SO MULTIPLEX THAT GIVES YOU OPTIONS ACCORDING TO YOUR WILLS AND ABILITIES.

IN JU JITSU DISABILITY IS NOT AN OBSTACLE IS JUST A VARIATION.

THANK YOU FOR
YOUR ATTENTION!

SOURCES & ADDITIONAL MATERIAL

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