

## 6 Benefits of Brazilian Jiu Jitsu

Brazilian Jiu Jitsu is a systematic form of Martial Arts that involves grappling and ground fighting. It was built around the concept that an individual can defend himself or herself against any opponent using leverage and techniques. However you may be asking yourself, "How could Brazilian Jiu Jitsu be beneficial to me?" To answer your inquiry, these are 6 (of the many) benefits of Brazilian Jiu Jitsu.

### **1. Health**

Exercise is essential to maintain a healthy lifestyle. Brazilian Jiu Jitsu is an intense work out that incorporates your entire body! You use leverage from a plethora of different angles that help to target different muscle groups. In addition, you must practice and condition in order to execute the proper techniques that are given to you by the instructor.

### **2. Flexibility**

As previously stated, Brazilian Jiu Jitsu is primarily grappling and ground fighting. This can be compared to wrestling in the sense that you may end up in positions that require a range of flexibility. BJJ will certainly increase your flexibility with stretching and practice!

### **3. Discipline**

As in most concentrations of Martial Arts, Brazilian Jiu Jitsu includes structure, respect, and repetition. In order to excel in these areas you must have discipline to succeed. If discipline is something that you lack, you can count on BJJ to lead you to a more disciplined lifestyle!

### **4. Self-Defense**

Brazilian Jiu Jitsu was created to allow someone to defend him or herself against any foe. In this concentration size does not matter! With this training you will learn the grappling holds and restrictions that will allow you to defend yourself!

### **5. Self-Esteem**

Self-Esteem does not happen over night. With the help of Jiu Jitsu you can strengthen your self-esteem with a quicker pace. You'll be working out, which will make you feel and look healthy! In addition, you will have the confidence and stability that all humans strive for!

### **6. Fun**

Working out and following the path to a healthy lifestyle may not always be fun or exciting. With training in Brazilian Jiu Jitsu you are offered a fun and energetic way to stay on that path. You're in a kinesthetic environment that is fast paced and fun with the company of others!