

TRAIN MY HANDS FOR WAR

References and further reading

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

Primary sources are listed so anything taught can be verified. Rules, minimum ages, and promotion standards change - always read the current source. External links are for education only and do not imply endorsement or affiliation.

1. Official IBJJF Rule Book

International Brazilian Jiu-Jitsu Federation

Current scoring, control criteria, advantages, penalties, and illegal techniques by age and belt. The rulebook governs, not a summary.

<https://ibjjf.com/books-videos>

2. IBJJF graduation system and age divisions

International Brazilian Jiu-Jitsu Federation

Adult and youth belt categories, minimum ages (blue belt at 16), degrees, and time-in-rank guidance.

<https://ibjjf.com/graduation-system>

3. Kodokan Judo Institute - history of Jigoro Kano and the Kodokan

Kodokan Judo Institute

Primary source for the 1882 founding of the Kodokan and the judo lineage Brazilian Jiu-Jitsu grew from.

<https://www.kodokanjudoinstitution.org/en/>

4. Jujutsu and Brazilian Jiu-Jitsu - encyclopedia overview

Encyclopaedia Britannica

Neutral background on Japanese jujutsu, its spread, and the Brazilian branch of the art.

<https://www.britannica.com/sports/ujitsu>

5. USA Judo and judo terminology (uke, tori, ukemi)

USA Judo

Terminology and falling (ukemi) fundamentals carried into BJJ vocabulary.

<https://www.teamusa.com/usa-judo>

6. HEADS UP: concussion signs, symptoms, and return-to-play

U.S. Centers for Disease Control and Prevention

What to watch for after a head impact, and why any suspected concussion ends the session.

<https://www.cdc.gov/heads-up/>

7. Youth sports safety and injury prevention guidance

American Academy of Pediatrics - HealthyChildren.org

Supervision, matching by size and experience, hydration, and rest - the basis of our 13+ youth policy.

<https://www.healthychildren.org/English/healthy-living/sports/Pages/default.aspx>

8. Texas Penal Code Chapter 9 - justification excluding criminal responsibility

Texas Legislature

Self-defense is a legal question before it is a technical one. Read the statute; this is information, not legal advice.

<https://statutes.capitol.texas.gov/Docs/PE/htm/PE.9.htm>

9. Ephesians 6:10-18

Scripture

The guardrail for how we train: our struggle is not against flesh and blood.

<https://www.biblegateway.com/passage/?search=Ephesians+6%3A10-18>

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