

TRAIN MY HANDS FOR WAR

References - A brief history of Brazilian Jiu-Jitsu

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. 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/>

2. 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>

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