

TRAIN MY HANDS FOR WAR

References - What is 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. 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>

3. 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/>

4. 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>

trainmyhandsforwar.com | mail@trainmyhandsforwar.com

Reference sheet generated October 2, 2026.