



# The Art and Benefits of JJIF Fighting Jujitsu

“Discover the Art of JJIF Fighting Jujitsu: A Safer,  
Strategic Alternative to MMA for Martial Artists of  
All Levels.”

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Written by Chris Thyer

## Introduction

Ju-Jitsu, often called the “gentle art,” is a martial discipline that combines athleticism, strategy, and respect for one’s opponent. Within its framework, the Ju-Jitsu International Federation (JJIF) Fighting System offers a structured and balanced competition style. While other combat sports like Mixed Martial Arts (MMA) have gained immense popularity for their dynamic intensity, JJIF Fighting Jujitsu provides an alternative for those seeking a different blend of strategy and physical engagement without the ferocious strikes often seen in MMA.

This eBook explores the benefits of JJIF Fighting Jujitsu while recognising the value and choice offered by other combat sports, like MMA, to martial artists worldwide.

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## What is JJIF Fighting Jujitsu?

### The JJIF Fighting System is unique in its three-phase approach, integrating striking, throwing, and groundwork into a single competitive format:

Part I: Striking: Controlled strikes and kicks executed with precision to score points.

Part II: Throwing: Competitors engage in grips and throws to bring their opponent to the ground effectively and safely.

Part III: Groundwork: The focus shifts to securing points through pins, joint locks, or submission holds.

This segmented structure requires competitors to master a variety of techniques and seamlessly transition between them, making it a highly technical and balanced martial art.

Fighting Jujitsu is performed in a Gi at all stages, emphasising technique and grip control.

Within JJIF competitions, there are also alternative categories to explore, such as Jiu Jitsu Gi/No Gi, Duos, Show Duos, and much more.

These categories allow one competition to host a variety of styles, offering participants and spectators a diverse and enjoyable experience.

# The Benefits of JJIF Fighting Jujitsu

## Balanced Skill Development:

JJIF Fighting Jujitsu develops all aspects of martial arts: striking for precision and speed, throwing for balance and timing, and groundwork for control and submission. This holistic approach ensures practitioners become well-rounded martial artists.

## Mental Growth:

The emphasis on strategy and adaptability fosters mental discipline, decision-making skills, and composure under pressure.

## Accessible for All:

With its focus on controlled techniques, JJIF Fighting Jujitsu appeals to a broad range of participants, including those who prefer a less aggressive style of combat.



## Safe Competition Standards:

Strict rules promote participant safety while still allowing athletes to compete at a high level.

You can find a pdf of the rules here: [https://gbjj.co.uk/wp-content/uploads/2024/05/Rules\\_JJIF-Fighting-2023-AE.pdf](https://gbjj.co.uk/wp-content/uploads/2024/05/Rules_JJIF-Fighting-2023-AE.pdf)

# Comparing JJIF Fighting Jujitsu and MMA

## Acknowledging Both Choices

MMA is undeniably one of the most intense and physically demanding combat sports. Its no-holds-barred approach, incorporating powerful strikes, ground control, and submissions, appeals to those seeking high-adrenaline competition. However, not every athlete is drawn to the physicality of repeated head strikes or the intensity of MMA combat.



JJIF Fighting Jujitsu provides an alternative for martial artists seeking a technical, controlled, and equally challenging form of competition. It emphasises precision over power, control over aggression, and safety over all-out combat.

## Key Comparisons:

**Striking:** JJIF Fighting Jujitsu focuses on controlled, precise strikes to score points, reducing the risk of traumatic head injuries. MMA permits full-power strikes to the head, which, while effective, carry a higher risk of concussions. **Rules and Structure:** JJIF's three-part structure ensures athletes develop well-rounded skills in striking, takedowns, and groundwork, while MMA encourages continuous engagement without strict segmentation. **Injury Risk:** JJIF's rules minimise injury risks, making it an appealing option for those prioritising long-term health.

**This is not to diminish MMA, which has its own merits and attracts practitioners seeking a different type of competition.**

**Instead, JJIF Fighting Jujitsu offers a viable, safer alternative for those who may not be drawn to the all-out intensity of MMA.**

### **A Safer Path for Competitors**

Head injuries and concussions are a major concern in all combat sports. Studies have shown that repeated strikes to the head, as seen in MMA, can lead to long-term health issues, including Chronic Traumatic Encephalopathy (CTE). JJIF Fighting Jujitsu reduces this risk by promoting controlled techniques and minimising head strikes. The emphasis on technical skill rather than raw aggression makes it a safer choice for those who want to compete without compromising their long-term health.





## Why Choose JJIF Fighting Jujitsu?

JJIF Fighting Jujitsu is an excellent choice for individuals who:

- Value technical skill and strategic thinking over raw aggression.
- Want to compete in a structured, rule-based environment.
- Seek to balance athletic competition with long-term health considerations.

This sport offers the thrill of competition, the challenge of strategy, and the safety of controlled techniques—all while upholding the martial values of respect, discipline, and self-improvement.

## Conclusion:

Every martial artist has the freedom to choose their path, whether it's the high-octane intensity of MMA or the controlled and strategic challenges of JJIF Fighting Jujitsu. Both disciplines have their unique merits, but JJIF Fighting Jujitsu offers a distinctive blend of safety, strategy, and technical mastery that appeals to a wide range of practitioners. If you're seeking a martial art that challenges your mind, hones your body, and respects your long-term health, JJIF Fighting Jujitsu may be the perfect choice.

If this is of interest to you or you would like more information, please visit [www.gbjj.co.uk](http://www.gbjj.co.uk).

To see actual footage of Fighting Jujitsu in action, visit the JJIF YouTube page: <https://www.youtube.com/c/JuJitsuInternationalFederation>

For resources to help you implement Fighting Jujitsu training at your own club, check out <https://strikethrowrollrepeat.vhx.tv/>.

If you would like to find out more, please email the creator of this eBook, Chris Thyer, at [chris@strikethrowrollrepeat.com](mailto:chris@strikethrowrollrepeat.com), who is one of the coaches for the Great Britain Youth Jujitsu Team and the head coach for the southern region of the UK.





Examples of Fighting Jujitsu can be found here:

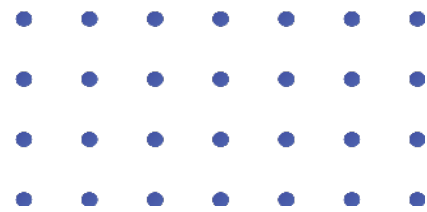
[European Cup 2024 - Fighting Jujitsu Match 1 \(No Sound\)](#)

[European Cup 2024 - Fighting Jujitsu Match 2 \(No Sound\)](#)

[JJIF World Championships 2024 - Fighting Jujitsu Match 1](#)

Find more at <https://strikethrowrollrepeat.vhx.tv/megan-thyer-fighting-jujitsu-matches>

# Resources used:



## Sources Directly Used in the eBook

1. Ju-Jitsu International Federation (JJIF) Details on Fighting Jujitsu rules, categories, and competition structure. <https://jjif.sport>
2. JJIF YouTube Channel Official channel showcasing Fighting Jujitsu and other JJIF categories. JJIF YouTube Channel
3. National Health Service (NHS), UK Information on head injuries and their prevention. <https://www.nhs.uk>
4. PMC Research on Concussions in Sports Study on the effects of repeated head trauma and Chronic Traumatic Encephalopathy (CTE). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4639959/>
5. Leonis Ju Jitsu Club General insights into Ju-Jitsu philosophy and benefits. <https://www.leonisjjclub.com>
6. Strikethrowrollrepeat Platform Resources for Fighting Jujitsu training and implementation. <https://strikethrowrollrepeat.vhx.tv/>