

# Mat Combat: Unravelling the Differences Between Judo and Jiu Jitsu

- In the world of martial arts, Judo and Jiu Jitsu stand out as two popular disciplines that emphasise close-range combat, throws, and ground-based techniques. While they share certain similarities, these two arts have distinct origins, philosophies, and techniques that set them apart. [Judo vs Jiu Jitsu](#), In this exploration, we delve into the intricate differences between Judo and Jiu Jitsu, shedding light on their histories, techniques, and philosophies.
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- Origins and Foundations
- Judo:
- Judo, which translates to "gentle way," was developed by Jigoro Kano in Japan in the late 19th century. Kano sought to create a martial art that focused on effective techniques while minimising the potential for injury. Judo's foundation is based on the concept of using an opponent's force and momentum against them, often through throws and takedowns.
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- Jiu Jitsu:
- Jiu Jitsu, with its roots in ancient Japan, evolved over centuries and spread across different regions. Brazilian Jiu Jitsu (BJJ) emerged as a distinct form in the early 20th century. BJJ places a strong emphasis on ground-based techniques, joint locks, and chokeholds. It's often referred to as the "gentle art" due to its focus on using leverage and technique to overcome larger opponents.



## Philosophies and Objectives



### Judo:



Judo's philosophy revolves around the concepts of maximum efficiency and mutual welfare and benefit. It emphasizes using an opponent's energy and balance against them. Judo practitioners aim to control and immobilize their opponents, often seeking to throw them onto the ground. Points are awarded for successful throws and pinning techniques in competitive Judo matches.



### Jiu Jitsu:



BJJ places a strong emphasis on positional control and submission techniques. Its philosophy is rooted in the idea that a smaller, weaker individual can defend themselves against a larger opponent using proper technique and leverage. BJJ practitioners work to establish dominant positions on the ground, such as mount or back control, and then apply joint locks or chokeholds to force their opponents to submit.



## Techniques and Training



### Judo:



Judo training involves a range of techniques, including throws, sweeps, and takedowns. The emphasis on throws means that Judo practitioners often engage in stand-up sparring, honing their ability to off-balance and throw opponents. Ground grappling is also part of Judo, although it is typically less extensive than in BJJ.

- Jiu Jitsu:
- BJJ training places a significant focus on ground grappling. Practitioners learn to control opponents from positions such as guard, side control, and mount. Submissions, joint locks, and chokeholds are central to BJJ training. BJJ practitioners often engage in "rolling" sessions, where they simulate real matches to practice techniques in a live scenario.



### Uniforms and Belt Systems

- Both Judo and BJJ use specialized uniforms and belt systems to denote rank and experience. Judo practitioners wear a heavy cotton uniform known as a "judogi," while BJJ practitioners wear a lighter uniform called a "gi." Both arts have colored belt systems to signify progress, with black belts typically representing advanced levels of proficiency.



### Competitions and Applications

- Judo:
- Judo competitions, or "randori," focus on throwing an opponent onto their back or pinning them for a specific duration. Submission techniques are limited in Judo, and points are awarded for successful throws and pins. Judo has applications in self-defense and is an Olympic sport.