Brazilian Jiu Jitsu: A Tool For Veteran Reassimilation

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Abstract
This dissertation evaluates veteran participation in the martial art of Brazilian Jiu Jitsu (BJJ) as a tool of reassimilation for veterans suffering from anxiety, stress and/or combat PTSD associated with military deployment. From the onset of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn, challenges associated with U.S. Veteran assimilation and reintegration have been increasing. Coping with long term displacement, trauma, loss, and making sense of identity shifts between being an active duty service member and civilian can often present challenges when navigating back into civilian life.

By utilizing a neuroanthropological lens, ethnographic inquiry, surveys, semi-structured interviews, and focus groups, this research advances anthropology’s understanding of how sport participation may have the ability to combat assimilation and mental health challenges that are a result of combative trauma exposure. I examine BJJ as a physical and mental tool for strengthening social bonds, buttressing identity formation, and easing the burden of transitioning into a civilian life after enduring time within a combative theater. This analysis is a building block for future research that will explore BJJ as an avenue of elective intervention for veterans suffering from stress and anxiety disorders associated with time in service.

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Do you want Brazilian Jiu Jitsu Techniques? Find only in this app! However, if you are practicing the Mixed Martial Arts or the Brazilian Jiu Jitsu, then you have a wide selection of techniques available for use at your guise. Mastering most of these techniques will enable you to stay abreast your opponent and be able to outsmart him or her. Among others are the ankle choke, the kimura lock, the rear naked choke, the open guard and the collar choke. You also have techniques on escapes from the dominating skills your opponent may display. The clock choke is one of the commonly used technique in the Brazilian Jiu Jitsu as well as the Mixed Martial Arts. In the Brazilian Jiu Jitsu champion Demian Maia is regarded as one of the greatest grapplers in MMA history. Grappling oriented arts are totally different than striking-based martial arts and attract a diverse group of individuals. It’s a topic that veteran practitioners like Rickson Gracie have addressed as a point of contention in the art. There are versions of BJJ that focus more on self defense and students can always choose to train there. Jiu Jitsu is a multi-functional tool that can be used in many ways. In order to become a great grappler you need to roll with the best on a daily basis and the best grapplers in the world are those who compete in sport-grappling tournaments. So training in both sport and self defense Jiu Jitsu is very likely to be a student’s best option.