Brazilian Jiu Jitsu: A Tool For Veteran Reassimilation

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Graduation Year
2018

Document Type
Dissertation

Degree
Ph.D.

Degree Name
Doctor of Philosophy (Ph.D.)

Degree Granting Department
Anthropology

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Keywords
Assimilation, Integration, Brazilian Jiu Jitsu, Military, Veteran, Warrior

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 Coauthor of Brazilian Jiu-Jitsu: Theory and Technique, Royler is head instructor at the Gracie Humaita Academy in Rio de Janeiro, Brazil. Kid Peligro holds a black belt in Brazilian jiu-jitsu and is one of the world's leading martial arts journalists, with regular columns in Grappling, Gracie Magazine, and ADCC News. He is the author or coauthor of three of the most successful martial arts books in recent years: The Gracie Way, Brazilian Jiu-Jitsu: Theory and Technique, and Brazilian Jiu-Jitsu Self-Defense Techniques. Download (45.93MB). Brazilian Jiu-Jitsu is a guide to the most effective and devastating techniques in popular martial arts by World Champion and BJJ legend Alexandre Paiva. The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought after instructors. Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage: takedowns, the closed guard.