Brazilian Jiu Jitsu: A Tool For Veteran Reassimilation

Gino L. Collura, University of South Florida

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Major Professor
Daniel H. Lende, Ph.D.

Committee Member
Heide Castañeda, Ph.D.

Committee Member
Erin Finley, Ph.D.

Committee Member
Kevin Kip, Ph.D.

Committee Member
Rebecca Zarger, Ph.D.

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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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This is a list of notable Brazilian jiu-jitsu practitioners. The Brazilian jiu-jitsu ranking system awards practitioners different colored belts for increasing levels of knowledge and skill. The system shares its origins with Judo but now has its own character that has become synonymous with the art, including an informality in promotional criteria and a conservative approach to promotion in general generally resulting in a longer time to reach black belt. While black belt is commonly viewed as the Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses on grappling and ground fighting. /r/bjj is for discussing BJJ training, techniques, news, competition, asking questions and getting advice. Beginners are welcome. Discussion is encouraged. If you come across a post which you believe has incredible content and lively discussion, vote for it to become a “Featured Post” by writing FeatureMe in a comment. Posting Rules. Follow the rules of reddit and use reddiquette.