



Comparative analysis of technical and tactical training in traditional (Japanese) and Brazilian jiu-jitsu

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Abstract. The study aimed to identify the specific characteristics of the technical and tactical training of athletes in traditional and Brazilian jiu-jitsu. The research methodology was based on the use of structural analysis, comparison and theoretical modelling. The study revealed differences in the structure of the technical repertoire of the two styles, manifested in the priority given to throwing techniques, linearity and regulated movements in traditional jiu-jitsu, and a focus on positional control, variability and adaptability in Brazilian jiu-jitsu. The study revealed that in traditional (Japanese) jiu-jitsu, the standing position dominates as the primary phase for executing technical actions, whereas in Brazilian jiu-jitsu, the ground position is central. Differences in the development of tactical skills have been identified, manifesting in the linearity of tactical schemes and a focus on achieving results quickly in the traditional style, and in the gradual acquisition of positional advantage, flexibility and adaptability of decisions in Brazilian jiu-jitsu. The interconnection between technique and tactics has been substantiated; in traditional jiu-jitsu, this interconnection is more rigidly regulated, whereas in Brazilian jiu-jitsu, it is dynamic and variable. An integrated model of technical and tactical training has been developed, combining basic technical, positional control, tactical variation and competitive integration components, and providing for continuous transitions between the phases of a bout. An example of a training session is presented, demonstrating the practical application of the model through the step-by-step development of skills and their integration into competitive activity. The study found that the use of varied sparring and situational exercises contributes to the development of adaptive thinking and the effectiveness of athletes' technical and tactical actions. The results of the study confirmed the advisability of integrating the structured nature of traditional approaches with the variability of practices to enhance the effectiveness of athletes' technical and tactical training. The practical significance of the study lies in the possibility of using the developed integrated model and the proposed training approaches to improve the effectiveness of the training process for athletes

Keywords: training methods; training process; relationship between technique and tactics; technical repertoire; positional control

Introduction

As sports training evolves, there is a growing need to consider the specific characteristics of different schools of jiu-jitsu. Japanese (traditional) and Brazilian jiu-jitsu have

developed distinct technical repertoires, tactical approaches to combat, and training methodologies, all of which influence the structure of athletes' physical and technical

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readiness. The variety of approaches to executing techniques, priorities in standing and ground positions, as well as different principles of training design, necessitate a systematic comparison of these approaches. Considering these features helps to improve the soundness of the choice of training methods in sporting practice. Discrepancies in the technical and tactical approaches of traditional and Brazilian jiu-jitsu complicate the definition of universal criteria for assessing athletes' fitness. The mismatch between the structure of technical actions and tactical models of match conduct requires the harmonisation of approaches to their analysis and interpretation in the training process.

C.G. Almeda *et al.* (2023) investigated the relationship between training experience, training preferences and fighting style among jiu-jitsu athletes. Body composition, strength and power were analysed in relation to individual training characteristics. The results revealed differentiated relationships between fighting style and physical qualities. Variability in technical and tactical approaches was also found depending on the athletes' experience. A. Artyushenko *et al.* (2025) found that for 14-15-year-old boys in mixed martial arts, a method combining general physical training with specialised technical and tactical exercises is effective. They emphasised the importance of gradually increasing the intensity of training and incorporating the age-related characteristics of the body.

V. Mocherniuk & V. Leitsyus (2025) found that, during the initial basic training phase, systematic instruction in basic technical and tactical movements and jiu-jitsu is central. They justified the use of a step-by-step approach, progressing from simple movements to complex combinations in simulated combat conditions. B. Hanley (2023) demonstrated that jiu-jitsu training contributes to the development of athletes' mental resilience, particularly self-control, emotional regulation and the ability to cope with stressful situations. The author emphasises the role of the training process and competitive activity as factors in the development of psychological endurance. C. Jones *et al.* (2026) examined the characteristics of coaching in jiu-jitsu within the context of ecological dynamics. The principles of structuring the training process and making tactical decisions were analysed. The findings outlined the specifics of modern approaches to the development of technical and tactical skills. T. Peric *et al.* (2026) investigated the relationship between cognitive functions and the level of proficiency of jiu-jitsu athletes using virtual reality technologies. Attention, information processing speed and decision-making were assessed. The results demonstrated a correlation between cognitive indicators and the effectiveness of technical and tactical actions. The study contributed to analysis of the role of mental processes in sporting activity. A study by I. Hinzburh & V. Tyshchenko (2023) demonstrated that jiu-jitsu training improves the physical fitness of cadets at educational institutions. The researchers observed improvements in strength, endurance, coordination, and speed-strength qualities. The authors emphasised that incorporating elements of jiu-jitsu into the educational process is an effective means of comprehensive physical development.

Y. Santos (2026) also investigated the evolution of teaching methods in jiu-jitsu, from traditional forms to modern pedagogical approaches. Changes in the content of

the training process and in the methods of imparting technical knowledge were analysed. The transformation of the coach's role and the organisation of training was identified. The results reflected the dynamics of the development of methodological principles of training. The development of software for analysing technical and tactical actions in Brazilian jiu-jitsu was conducted by M.A. Ferreira dos Santos *et al.* (2024). The structure of indicators characterising the effectiveness of technical techniques and tactical decisions was determined. The results demonstrated the possibility of a systematic analysis of athletes' competitive performance. The studies reviewed focused primarily on individual components of training for Brazilian jiu-jitsu athletes, specifically physical, cognitive or methodological aspects, without integrating them comprehensively within a single system of technical and tactical analysis. A comparative analysis with Japanese jiu-jitsu has not been adequately covered, which has hindered an integrated interpretation of the differences in the training of athletes in different disciplines.

The study aimed to identify the characteristics of technical and tactical training for athletes in traditional and Brazilian jiu-jitsu. The objectives of the study were: to analyse the technical repertoire and determine the functional significance of the main groups of technical actions in traditional and Brazilian jiu-jitsu; to characterise tactical approaches in competitive activity; to compare the structure of the training process and identify differences in the prioritisation of technical, tactical and competitive training; to conduct theoretical modelling of an integrated system of technical and tactical training for athletes.

Materials and Methods

The study was conducted using a theoretical approach based on methods of systems analysis, comparison and scientific generalisation. The source base was formed through the targeted selection, analysis and systematisation of scientific studies devoted to the development of jiu-jitsu, the technical and tactical training of athletes, and the structure of competitive activity (Draeger, 1973; Gracie & Danaher, 2003; Hancock & Higashi, 2006). The analysis also included works highlighting the characteristics of the training process, as well as the physiological and technical-tactical aspects of athletes' preparation (Andreato *et al.*, 2013; Andreato *et al.*, 2017; Bradic & Callan, 2018). Studies that explored issues of tactical strategies, match structure and the specifics of competitive activity in combat sports were analysed (Sánchez García, 2018; Spanias *et al.*, 2022). Sources were selected based on criteria of scientific relevance, topicality and representativeness, considering their alignment with the subject of technical and tactical training for athletes and the specific features of the training process organisation.

The study was based on a structural analysis method, which was used to divide the technical and tactical training of athletes in traditional and Brazilian jiu-jitsu into separate structural components. The analysis was conducted by grouping the technical repertoire into main categories (throwing techniques, joint locks and chokeholds, holds, transitions between positions), followed by an examination of their role and place in training and competition. Within the framework of this method, the principles of technical skill development were also analysed, in particular the sequence of their acquisition and the degree of technical

variability (Gracie & Peligro, 2003; Giardullo *et al.*, 2026). A content analysis of the official competition rules of the International Brazilian Jiu-Jitsu Federation (2024) and the Ju-Jitsu International Federation (2024) was conducted. The analysis covered the system for evaluating technical actions, scoring criteria, permitted and prohibited techniques, the role of wrestling in the standing and ground positions, conditions for early termination of a bout, as well as time limits for positional control and ground fighting. Regulated methods of transition between match phases and the significance of positional advantage in the structure of competitive activity were emphasised. The units of analysis were technical actions, tactical models of match conduct, phases of wrestling, the structure of training sessions, the role of sparring and situational exercises, as well as the specifics of competition rules. The criteria for content analysis identified the dominant groups of techniques, the ratio of actions in the standing and ground positions, the functional purpose of the techniques, the nature of transitions between phases of the fight, the criteria for the effectiveness of technical and tactical actions, and the methods for achieving a competitive advantage. Additionally, an analysis was conducted of tactical models of competitive activity in traditional and Brazilian jiu-jitsu. The criteria for their analysis were methods of initiating an attack, features of positional control, the nature of transitions between phases of the bout, the making of tactical decisions under changing conditions of the fight, as well as options for concluding a technical action following the specifics of the competition rules. The term “traditional (Japanese) jiu-jitsu” was used as a generalised technical and methodological model of the classical Japanese schools that formed the basic principles of technical, tactical and practical training within the martial arts system. Within the scope of this study, this term was not equated with the modern sport form of jiu-jitsu, but was considered as a set of traditional approaches to building a technical repertoire, organising the training process and developing combat skills.

A comparative analysis was used to systematically compare the content and organisational characteristics of training methods in Japanese and Brazilian jiu-jitsu. A comparison of the structure of training sessions was carried out, including the ratio of the preparatory, main and concluding parts, and differences in the prioritisation of technical, tactical and competitive training were identified (Ambroży *et al.*, 2021; Cerqueira *et al.*, 2022; Báez-San Martín *et al.*, 2025). A system of criteria was used, formulated in accordance with the key characteristics of the technical repertoire and the structure of the training process, namely the priority of technical groups, the main phase of the fight, the role of the ground game, the structure of technical actions, the nature of transitions between techniques, the level of variability, tactical orientation and methods of ending the bout. Additionally, criteria related to the organisation of the training process were considered, in particular the structure of the session, the characteristics of the preparatory, main and concluding parts, the organisation of technical instruction, approaches to the development of tactical skills, as well as the role of sparring and situational exercises.

The method of theoretical modelling was used to develop a model of integrated technical and tactical training for athletes, combining elements of traditional (Japanese)

and Brazilian jiu-jitsu. This model involved a synthesis of the structural order and basic technical fundamentals characteristic of the Japanese school with the variability, adaptability and developed system of positional control inherent in Brazilian jiu-jitsu. The model involved the use of combined training methods, including technical sequences, situational exercises and varied sparring, aimed at developing athletes' adaptive tactical thinking. Based on a synthesis of scientific approaches, a structured example of a training session was developed as a conceptual model for organising training. The results obtained were interpreted using a systems approach and a structural-functional approach, which involved viewing technical and tactical training as a hierarchically organised system of interrelated elements. The limitations of the study lie in its focus on the structured analysis and modelling of technical and tactical training without empirical verification of the proposed model's effectiveness in practical conditions.

Results

The analysis of the technical repertoire of traditional (Japanese) jūjutsu was based on the classical schools of “koryū jujutsu” (traditional schools of old-style jujutsu), whose technical system included throwing, joint-locking, choking, holding and striking techniques, designed for practical application in hand-to-hand and armed combat. It has been established that the technical repertoire of these schools was characterised by complexity, functional variability and the combination of different groups of techniques within a single system of combat training (Mol, 2001). The study established that the system of technical actions within this martial art has a clearly structured hierarchical nature and includes several interrelated groups: throwing techniques (nage-waza), holding and immobilisation techniques (osae-waza), joint-locking techniques (kansetsu-waza), choking techniques (shime-waza), as well as auxiliary striking actions (atemi-waza), which serve as preparatory or destabilising elements. The use of these terms was based on a related Japanese classification tradition, common in judo and other Japanese martial arts, and was applied exclusively as an analytical framework for systematising the technical repertoire, rather than as an identification of traditional jiu-jitsu with judo. This classification reflected not only the morphological differentiation of techniques but also their functional purpose, which was to gain control over the opponent, restrict their movement, and create the conditions for ending the bout (Draeger, 1973).

A defining feature of traditional jiu-jitsu is the predominance of standing grappling, which is due to both historical and cultural factors and the practical nature of this martial art. Throwing techniques form the central element of the technical repertoire and include a wide range of manoeuvres, in particular sweeps, leg sweeps, body throws, as well as sacrifice techniques aimed at unbalancing the opponent and placing them at a disadvantageous position. At the same time, throws not only serve to change the opponent's spatial position but also act as a means of initiating further control actions (Brdic & Callan, 2018). A fundamental component of the technical system is a focus on the continuity of movement and the rational use of the opponent's strength. This is reflected in the classic three-part structure of executing a technical action, which includes

the stages of disrupting balance (*kuzushi*), preparing to execute the technique (*tsukuri*) and the actual execution of the technique (*kake*). This sequence not only ensures the biomechanical efficiency of technique execution but also forms the basis for the development of coordination skills and a sense of timing and distance in athletes. The transition from one technical action to another is achieved using the inertial characteristics of movement, which minimises energy expenditure and increases the efficiency of technical combinations. Within the methodological framework of traditional (Japanese) jiu-jitsu under consideration, ground fighting is more often presented as a logical continuation of the action following a throw, rather than as a separate phase of the bout. In this context, holding techniques (*osae-waza*), joint locks (*kansetsu-waza*) and chokeholds (*shime-waza*) are used to achieve ultimate control over the opponent, restrict their movement and force them to cease resistance. The application of these technical actions is regarded as a component of a comprehensive system for neutralising the opponent, in which throwing and ground combat elements are functionally interrelated. At the same time, striking techniques (*atemi-waza*) perform a supporting function, helping to create favourable conditions for the execution of the main technical techniques, in particular by destabilising the opponent's position or distracting their attention (Hancock & Higashi, 2006). From a functional perspective, the technical repertoire of traditional jiu-jitsu, particularly in an applied and self-defence context, is characterised by a focus on rapidly establishing control over the opponent and effectively ending the bout using throwing, joint-locking, choking and immobilisation techniques. In the sporting versions of Japanese jiu-jitsu, the execution of such actions is largely determined by the rules of the specific discipline and the system for scoring technical actions. This causes a predominance of combination moves, within which individual technical elements are integrated into coherent movement patterns. In the training process, these techniques are organised into training programmes designed to ensure the gradual development of motor skills, technical precision and versatility in execution (Sánchez García, 2018). This approach involves the gradual increase in the complexity of technical actions, their repeated practice, and adaptation to various conditions of interaction with a partner.

A structural analysis of the technical repertoire of Brazilian jiu-jitsu has revealed its distinct functional focus on controlling the opponent, engaging in ground fighting, and achieving a gradual positional advantage – a focus that has emerged as a result of the evolution of this martial art within a competitive environment. The study established that the technical system is hierarchically organised and is based on a sequential transition from less advantageous to more dominant positions, followed by the conclusion of the bout. Within this system, technical actions can be classified into several interrelated groups: positional control (maintaining dominant positions), guard as a specific form of defensive-offensive interaction (closed, open and numerous variations thereof), as well as submissions, which include pain and choke holds (Gracie & Danaher, 2003). This classification reflects not only the structural organisation of the technical repertoire, but also its functional focus on the gradual subjugation of the opponent through control and

restriction of their movement. The dominance of ground fighting is a defining characteristic of Brazilian jiu-jitsu, which determines the specifics of both the technical and tactical training of athletes (Stephenson & Rossheim, 2018). In Brazilian jiu-jitsu, actions aimed at taking the opponent to the ground and establishing control over their body through positional advantage are central. At the same time, standing wrestling is regarded primarily as a preparatory phase, the functional purpose of which is to create the conditions for transitioning to the ground or initiating offensive actions aimed at securing an advantageous position. In competitive practice, ground fighting is the main arena for realising an athlete's technical and tactical potential, as this is where control is established, an advantage is formed and finishing moves are prepared (Andreato *et al.*, 2017).

One of the key characteristics of the technical repertoire is its high degree of versatility and adaptability, which is reflected in the athlete's ability to make seamless transitions between different positions depending on the opponent's behaviour. The study established that the technical structure is based on the principle of dynamic interconnection of elements, within which guards, dominant positions and attacking actions form a single system. Transitions between these components are conducted continuously, forming complex combinations and chains of actions, where each subsequent technical element logically follows from the previous one. This approach ensures flexibility in technical thinking and can be used by the athlete to quickly change their tactical strategy depending on changes in the opponent's position and actions. The guard also takes on significance within the technical structure as a universal tool for defence and attack. It acts as an intermediate link between defensive and offensive actions, which can be used by the athlete to control distance, restrict the opponent's movements, and create conditions for transitioning to more advantageous positions or for directly executing submissions (Gracie & Peligro, 2003). The variability of the guard, in particular the existence of its numerous modifications, contributes to increasing the unpredictability of the athlete's actions and complicates the opponent's counterattacks. The functional logic underlying the structure of technical manoeuvres in Brazilian jiu-jitsu is defined by the sequence: positional advantage – stabilisation of control – finishing the fight. Control of position is regarded as a key prerequisite for the effective execution of attacking manoeuvres, as it ensures positional stability and minimises the risk of losing the initiative. The match is concluded by applying pain or choke holds, the effectiveness of which depends directly on the quality of prior control and the correct timing of the attack (Spanias *et al.*, 2022). Thus, the technical repertoire is characterised by a clear logical sequence and a focus on the rational use of strength and spatial capabilities.

During training, these technical components are practised using specialised methods, with situational exercises and variable (positional) sparring being central. This approach simulates typical competitive situations, helps develop decision-making skills under time and space constraints, and fosters the ability to adapt quickly to an opponent's actions. Another substantial aspect is the emphasis on repeated practice of technical movements in various variations, which helps automate motor skills and

improve their effectiveness in real combat situations (Andreato *et al.*, 2013). Thus, Brazilian jiu-jitsu is characterised by systematicity, hierarchical organisation and a high level of adaptability, which ensures effective ground fighting. Its distinctive features include the prioritisation of positional control, the fluidity of transitions between technical elements, and a focus on consistently gaining an advantage leading to the conclusion of the bout, which defines its uniqueness as a modern martial arts system.

A comparison of the technical repertoires of Japanese and Brazilian jiu-jitsu has revealed differences in the

prioritisation of technical groups, stemming from the historical context of their development and the specific nature of competitive practice. Both styles were based on the principles of controlling the opponent, utilising their strength and the rationality of movements; however, the implementation of these principles differed in structure and content. Traditional jiu-jitsu was characterised by a priority on throwing techniques and a linear sequence of technical actions, whereas Brazilian jiu-jitsu demonstrated a focus on positional control, multi-level transitions and a highly adaptable technical repertoire (Table 1).

Table 1. A comparative analysis of the technical repertoire of traditional and Brazilian jiu-jitsu

Content analysis criteria	Traditional jiu-jitsu	Brazilian jiu-jitsu
Dominant groups of technicians	Throwing techniques, holds, pain-inducing and immobilising manoeuvres	Position control, guard, submissions, ground transitions
Critical phase of the fight	Stability, followed by a transition to control	Ground fighting and the battle for positional advantage
Balance between standing and ground techniques	Most of the action takes place in the standing position; the ground is used primarily to secure control.	Dominance of ground fighting and sustained positional control
Functional purpose of the techniques	Disruption of equilibrium, neutralisation and rapid establishment of control	Gradual dominant position and preparation for the submission
Nature of the transitions between the phases of the struggle	Smooth transition from the throw to the hold or the completion of the move	Seamless transitions between positions and technical movements
Structure of technical operations	Regulated and structured	Variative and adaptive
Features of tactical models	Emphasis on quickly concluding a technical move after the opponent has lost their balance	Emphasis on maintaining position, wearing down the opponent and seeking opportunities to secure a submission
Role of competition rules in shaping tactics	Limits on prolonged ground combat, with an emphasis on throwing and control techniques	Encouraging positional control, guard passes and active ground combat
Performance indicators for technical and tactical actions	Effectiveness of control, precision of technique execution, and completion of the attack	Accumulation of position points, maintaining dominant positions, and early termination of the bout

Source: compiled by the author based on International Brazilian Jiu-Jitsu Federation (2024), Ju-Jitsu International Federation (2024)

An analysis of the competition rules revealed that the rules of the fight significantly influenced the development of tactical patterns in the styles under study. In traditional jiu-jitsu, restrictions on prolonged ground fighting and an emphasis on throws and control techniques encouraged athletes to quickly unbalance their opponent, execute an effective throw, and immediately finish the technical manoeuvre. The tactical model in this case was geared towards quickly gaining an advantage and minimising protracted positional struggles. In Brazilian jiu-jitsu, the scoring system, based on awarding points for passing the guard, maintaining dominant positions and controlling the opponent on the ground, shaped a different nature of tactical behaviour. Athletes emphasised gradual positional advantage, control of the match's tempo, and creating submission opportunities. The absence of strict time limits on ground fighting encouraged the development of multi-stage tactical combinations, continuous transitions between positions, and highly adaptable technical manoeuvres. In traditional jiu-jitsu, throwing techniques, takedowns, and elements of standing control dominated, which corresponded to the practical nature of the training and the focus on quickly unbalancing the opponent. In Brazilian jiu-jitsu, the priority shifted towards ground fighting, where positional control, holds, and submissions were of key importance, reflecting the specific nature of the sporting format and competition rules. There were also differences in how techniques were used in the standing position and on the ground. In traditional jiu-jitsu, the standing position was the primary phase

for executing technical manoeuvres, where throws were performed and the ground combat laid for subsequent control. The ground was regarded as a secondary phase, within which technical combinations were completed. In Brazilian jiu-jitsu, by contrast, the ground game constituted the central phase of the fight, where the majority of technical and tactical actions took place, whilst the standing position served as a transition to positional fighting. The level of variability and adaptability of technical actions in the styles studied was characterised by different structures. In traditional jiu-jitsu, technical actions were performed within defined combinations and sequences, which ensured the structure and predictability of the training process. In Brazilian jiu-jitsu, variability was a defining characteristic, manifested in the athletes' ability to alter technical actions depending on the situation, transition between positions, and combine various techniques in continuous motion. The results obtained demonstrated that the technical and tactical structure of traditional and Brazilian jiu-jitsu was shaped by different functional and competitive priorities. Traditional jiu-jitsu was characterised by the structured nature of its technical combinations, a focus on standing techniques, and an emphasis on quickly gaining control over the opponent. In Brazilian jiu-jitsu, the defining features were positional grappling on the ground, the variety of technical transitions, and the adaptability of tactical decisions during the bout.

A comparative analysis of the structure of the training process in Japanese and Brazilian jiu-jitsu has revealed

differences in the balance of training components, the organisation of technique instruction, and approaches to developing tactical skills. In traditional jiu-jitsu, the training structure was characterised by clear regulations and a sequence of stages, comprising a preparatory, main and concluding section. The preparatory section involved general fitness exercises and basic movements aimed at preparing for technical elements. The main part focused on the step-by-step practice of technical actions following the

established form and sequence. The final part included exercises for recovery and consolidation of the material covered. In Brazilian jiu-jitsu, the structure of the sessions also included these parts, but their proportions were characterised by greater variability. The preparatory part included functional and specialised exercises, the main part combined technical training with practical application, and the concluding part could include additional rounds of sparring or recovery exercises (Table 2).

Table 2. A comparative analysis of the structure of the training process in jiu-jitsu

Criteria	Traditional (Japanese) jiu-jitsu	Brazilian jiu-jitsu
Lesson structure	Clearly defined, consistent	Versatile, flexible
Introductory section	General warm-up, basic movements	Functional and specialised exercises
Main section	Step-by-step practice of techniques	A combination of technique, situational drills and sparring
Conclusion	Recovery, generalisation	Rematches or additional rounds
Organisation of technical training	Standardised repetition	Flexible, adaptable implementation
Tactics formation	Rehearsal of specific scenarios	Scenario modelling and decision-making
Role of sparring	Auxiliary	Main
Scenario-based exercises	Limited use	Widespread use
Type of training	Structured, regulated	Dynamic, adaptive

Source: compiled by the author based on T. Ambroży *et al.* (2021), B.S. Cerqueira *et al.* (2022), E. Báez-San Martín *et al.* (2025)

The approach to teaching techniques differed in terms of its underlying principles. In traditional jiu-jitsu, training involved repeated practice of techniques with a gradual increase in difficulty, which ensured the standardisation of movements. In Brazilian jiu-jitsu, technical training was integrated with variable performance conditions, which involved adapting techniques to the opponent's actions and applying them in different situations (Giardullo *et al.*, 2026). Approaches to developing tactical skills also differed: in the traditional style, these were developed through practising specific scenarios, whereas in Brazilian jiu-jitsu, they were developed through simulating combat situations and making decisions under changing conditions. The role of sparring and situational drills reflected these differences: in traditional jiu-jitsu, sparring served a supporting function, whereas in Brazilian jiu-jitsu, it was a central element of the training process.

An analysis of tactical approaches in competitive practice identified typical patterns of combat that reflected the specific characteristics of the sporting versions of traditional (Japanese) and Brazilian jiu-jitsu. Within the sporting and competitive context of traditional jiu-jitsu, tactical behaviour was characterised by a focus on quickly establishing control through the initiation of active actions aimed at disrupting the opponent's balance, executing a throw, and subsequently applying control or finishing techniques. The sequence of actions was characterised by relative linearity, whereby each stage of the bout logically followed on from the previous one. In Brazilian jiu-jitsu, tactical models were formed on the basis of gradually achieving positional advantage, which involved progressively restricting the opponent's actions, controlling space and creating conditions for a subsequent attack or the execution of a submission. This model was characterised by a longer duration of execution, continuous transitions between positions, and the presence of alternative options for the development of the bout. Decision-making methods in different phases of the fight differed in nature and dynamics. In traditional

jiu-jitsu, decisions were made within the framework of pre-determined technical and tactical schemes, which ensured the coordination of actions and their suitability for typical situations. In Brazilian jiu-jitsu, decision-making occurred in a changing environment, where the choice of actions depended on the current position, the opponent's reaction, and the possibility of transitioning to a more advantageous position. This necessitated constant adjustments to tactical behaviour and the use of alternative solutions within a single bout. Differences in the athletes' tactical behaviour were evident in the nature of their interaction with the opponent and the ways in which they exploited their advantage. In traditional jiu-jitsu, actions aimed at achieving a quick result through the effective use of the initial phase of the bout predominated. In Brazilian jiu-jitsu, tactical behaviour was characterised by a gradual approach, control of the pace of the fight, and the ability to maintain a positional advantage over a prolonged period. This approach involved a more flexible response to the opponent's actions and the use of various scenarios for the development of the bout. The interconnection between technique and tactics was evident in the mutual determination of the choice of technical actions and the methods of their application. In traditional jiu-jitsu, technique served as the basis for implementing specific tactical schemes, which limited variability but ensured the structure of actions. In Brazilian jiu-jitsu, technical elements were integrated into the tactical process as tools for achieving positional advantage, providing variation in their use depending on the situation. Thus, the interrelationship between technique and tactics in the two styles was characterised by different levels of flexibility and methods of integration into competitive activity.

Based on a synthesis of the results of the structured analysis conducted using the theoretical modelling method, a conceptual model of integrated technical and tactical training for athletes was developed, which combines the systemic characteristics of two approaches to wrestling. The model was constructed by abstracting the key

structural elements of technical and tactical training, followed by their integration and logical organisation into a coherent system that reflects the patterns of effective competitive performance. The modelling covered parameters

such as the structure of the technical repertoire, the nature of dominant positions, the principles of constructing technical actions, and the specifics of transitions between different phases of the bout (Table 3).

Table 3. Integration of elements of traditional and Brazilian jiu-jitsu into the technical and tactical training programme for athletes

Model component	Training contents	Training elements	Practical implementation	Expected result
Basic and technical	Mastery of fundamental techniques (throws, holds, joint locks, chokeholds), development of coordination and technical precision	Technical routines (kata), isolated practice of techniques, repetitive exercises	Step-by-step learning: from simple to complex, with repeated practice and quality checks	Consistency in technical skills, precision and efficiency in executing techniques
Position-monitoring	Development of control skills in the standing and ground positions, maintaining dominant positions, and transitions between positions	Positioning exercises, simulated scenarios, ground combat drills	Practice of maintaining positions (mount, side control, etc.), transitions and maintaining balance	Ability to control an opponent and maintain the upper hand
Tactical and versatile	Development of flexible tactical thinking, a variety of techniques, and building combinations	Scenario-based exercises, varied tasks, technical and tactical combinations	Simulation of various fight scenarios, variation in the conditions under which techniques are performed	Adaptability, speed of decision-making, and effectiveness in changing circumstances
Competitive and integrative	Integrating technical and tactical actions into a coherent system of competitive activity	Varied sparring, test matches, and competitive formats	Sparring sessions with various objectives (positional, time-based, tactical)	Comprehensive competition readiness, effective application of skills
Transient-dynamic (integrating)	Seamless transitions between the stand-up and ground phases, as well as between techniques and phases of the fight	Combined exercises, circuit training, scenario-based drills	Practising transitions: throw → control → submission; guard → sweep → dominant position	Smoothness of technical movements, fluid transitions, and energy efficiency

Source: compiled by the author based on B. Szabó (2017), L. Lamas *et al.* (2024), M. Gomes *et al.* (2025)

The proposed model is based on a synthesis of the structural order and basic technical fundamentals inherent in traditional training approaches, combined with the variability, adaptability and sophisticated positional control system characteristic of modern competitive practices. Conceptually, the model envisages a combination of two complementary training vectors. On the one hand, this involves the development of clearly structured basic technical skills that ensure the stability and precision of technique execution. On the other hand, it involves developing the ability to apply techniques variably in the changing conditions of a match, which enhances the flexibility and effectiveness of tactical decisions. Structurally, the model comprises several interrelated components: basic-technical, positional-control, tactical-variational and competitive-integrative. The basic-technical component focuses on the formation of fundamental motor skills, the mastery of key technical elements, and the development of athletes' coordination abilities. The positional-control component involves mastering the principles of controlling an opponent in various phases of the bout, including both standing techniques and positional control on the ground. The tactical-variational component is aimed at developing the ability to flexibly combine technical actions, make quick decisions and adapt to an opponent's behaviour. The competitive-integrative component ensures the integration of acquired skills into a coherent system of competitive activity, which takes the form of test matches and varied sparring. The key principle of the model's operation is to ensure seamless transitions between different technical and tactical actions, achieved by integrating training elements into a single logical sequence. This involves developing athletes' ability to effectively combine standing actions

with transitions to the ground, maintain positional control, and execute finishing techniques at the right moment. This approach contributes to increasing the versatility of training and ensures a higher level of adaptability in competitive conditions. The implementation of the model in the training process involves the use of combined training methods, including technical sequences aimed at practising basic elements; situational exercises that simulate typical competitive situations and promote the development of tactical thinking; and varied sparring, which ensures the integration of technical and tactical skills in dynamic combat conditions. The combined use of these methods creates the conditions for the development of athletes' adaptive tactical thinking, enhances their ability to make effective decisions, and optimises their technical and tactical training as a whole.

An example of implementing an integrated model of technical and tactical training for jiu-jitsu athletes can be presented in the form of a comprehensive training session lasting approximately 90 minutes, structured in accordance with the logic of the step-by-step development of technical skills, positional control, tactical versatility and their integration into competitive activity. Such a session aims to develop novice athletes' ability to transition effectively from standing techniques to ground control, followed by the execution of finishing techniques, as well as to foster adaptive tactical thinking in the context of dynamic interaction with an opponent. The preparatory part of the session, lasting 10-15 minutes, involves general fitness and specialised exercises aimed at improving the body's functional readiness for exertion. It includes elements of a dynamic warm-up, joint mobility exercises, as well as specific movements characteristic of jiu-jitsu, in particular, safety techniques during

falls, ground movement, bridges and technical lifts. This stage creates the conditions for the safe and effective execution of subsequent technical actions and, at the same time, lays the foundation for developing the skills to transition between the different phases of a bout.

The main part of the session begins with the basic technical component (approximately 20 minutes), during which key technical movements are practised. In particular, the focus is on executing throwing techniques with an emphasis on disrupting the opponent's balance, correctly initiating the move and completing the technical action, followed by a transition to ground control. Practice is conducted initially with minimal resistance from the partner, and subsequently with a gradual increase in resistance, which helps to develop stable motor skills and improve the accuracy of technique execution. The next stage involves the positional control component (approximately 15 minutes), aimed at developing the ability to maintain dominant positions and control the opponent. During this stage, elements of stabilising the body position on the ground are practised, in particular, maintaining positions such as side control and transitions to more advantageous positions, such as mount. A substantial aspect is the development of the ability to maintain control for a specified duration under active resistance from the partner, which brings training conditions closer to competitive activity. The tactical-variational component (approximately 20 minutes) involves the use of situational exercises that simulate typical match scenarios. Athletes perform tasks aimed at achieving a specific objective (for example, transitioning to a dominant position or executing a submission) whilst facing active resistance from an opponent. This approach develops the ability to make decisions in dynamic situations, to diversify technical manoeuvres, and to adapt to changing circumstances during combat.

The transitional-dynamic component (approximately 10 minutes) is designed to integrate individual technical elements into coherent combination sequences. In this context, the connections between technical actions are practised, encompassing the sequence: taking the opponent to the ground, establishing control, and finishing the bout. The exercises are performed as continuous movement with a gradual increase in resistance, which helps develop the ability to transition smoothly between different phases of the bout and optimise energy expenditure. The competitive-integrative component (10-15 minutes) takes the form of varied sparring, during which athletes apply the technical and tactical skills they have acquired in conditions as close as possible to those of a competition. A distinctive feature of the stage is the ability to vary the starting conditions of the bout (starting from a standing position or on the ground, time limits or restrictions on technical actions), which can be used for a targeted influence on the development of specific aspects of training. The final part of the session (5-10 minutes) includes recovery exercises, stretching of the main muscle groups and a brief analysis of the combat. The reflective component helps athletes become aware of actions, identify typical mistakes and determine areas for further improvement. The proposed example of a training session demonstrates the practical implementation of an integrated model of technical and tactical training, within which a gradual transition is

ensured from the acquisition of basic technical elements to their comprehensive application in competitive activity.

Discussion

The results of this study showed that traditional jiu-jitsu is characterised by greater structure, linearity and a focus on throwing techniques, whereas Brazilian jiu-jitsu is distinguished by high variability, adaptability and a predominance of positional control on the ground. This is consistent with the findings of R. Matkarimov *et al.* (2024), who noted that the effectiveness of technical and tactical training in martial arts depends on the ability to combine structured technical elements with adaptive tactical decisions. The results showed that in Brazilian jiu-jitsu, the athlete's ability to react quickly and maintain control in conditions of variable interaction with an opponent is substantial, as evidenced by continuous transitions between positions. This is consistent with the findings of J. Kędziorek *et al.* (2025), who established the significance of reaction and postural control under dual-load conditions in Brazilian jiu-jitsu athletes, emphasising the importance of sensorimotor adaptation for effective technical and tactical performance. The study also revealed that the training process in traditional jiu-jitsu is based on the standardised repetition of techniques and the practising of specific scenarios, which ensures consistency in performance. The results of this study showed that, in contrast to a more regimented approach, Brazilian jiu-jitsu favours the use of situational drills and sparring, which ensure constantly changing conditions and encourage athletes to make independent decisions. This approach promotes the development of adaptive thinking, the ability to react quickly to an opponent's actions, to vary technical manoeuvres and to combine them effectively in the dynamic environment of combat.

Tactical behaviour in traditional jiu-jitsu is linear in nature and aimed at achieving a result quickly, whereas in the Brazilian style it is characterised by gradual progression, positional control and flexible decision-making. This corresponds with the findings of L. Lorenço-Lima *et al.* (2025), who emphasised the role of mental resilience and cognitive flexibility in shaping effective behaviour in athletes under challenging competitive conditions. The study established a correlation between technique and tactics, which in traditional jiu-jitsu is more rigidly regulated and implemented through pre-determined technical and tactical patterns, whereas in Brazilian jiu-jitsu, it is characterised by flexibility, dynamism and the ability to constantly adapt in the context of changing interactions with the opponent. This approach involves not only the mechanical execution of technical actions but also their conscious variation depending on the situation during the bout, ensuring a more effective integration of the technical and tactical components of performance. This is consistent with the findings of L. de Lorenzo-Lima *et al.* (2025), who highlighted the significance of self-control, aggression and psychological resilience as key factors ensuring athletes' performance in complex and dynamic competitive situations. The results of this study also showed that the use of varied sparring as a key element of training in Brazilian jiu-jitsu creates the conditions for the holistic integration of technical and tactical skills in an environment that closely resembles competition. The variability of sparring conditions, in

particular changes in starting positions, pace and level of resistance, helps to foster flexible thinking, improve decision-making skills and develop the ability to act effectively in non-standard situations. This training format not only enhances technical and tactical proficiency but also maintains a high level of athlete engagement in the preparation process. This is consistent with the findings of T.L. Tarver & J.J. Levy (2023), who noted that athletes' motivation to train is largely linked to practical forms of interaction, particularly sparring, which enhances the effectiveness of learning and skill consolidation.

The results of this study showed that the effectiveness of technical and tactical training depends not only on physical and technical aspects, but also on psychological factors. This is consistent with the findings of R.O. Segovia *et al.* (2024), who notes the positive impact of Brazilian jiu-jitsu training on mental health, as well as with the results of J.C.A. Bueno *et al.* (2025), who highlighted the importance of recovery and the physiological condition of athletes. The results of this study showed that the intensity and contact nature of Brazilian jiu-jitsu require proper control of training loads, as the dominance of ground fighting and continuous technical and tactical actions is accompanied by demands on athletes' functional, strength and coordination fitness. This is consistent with the findings of C.R. Riquelme-Hernández *et al.* (2022), who, within the framework of a scoping review, established that competitive activity in BJJ is characterised by high physiological and physical demands, as well as a significant role for technical and tactical components in the structure of athletes' sports training.

The results of the study showed that the high variability of technical actions and the dynamic nature of transitions between phases of a jiu-jitsu bout necessitate constant tactical decision-making and rapid decision-making under changing conditions of combat. In this regard, the effectiveness of technical and tactical actions depends to a large extent on the athlete's psychological resilience, their confidence in actions, and their readiness to apply varied models of match conduct. Effective technical and tactical training requires an adequate level of physical fitness and injury prevention, particularly in conditions of high-intensity combat and a significant number of ground-based contact actions. This is consistent with the findings of L.C. Nery *et al.* (2023), who identified a high prevalence of injuries among Brazilian jiu-jitsu athletes, particularly injuries to the knee and shoulder joints, which underscores the need for effective load management and the implementation of preventive measures within the sports training system. Positional control and ground combat in Brazilian jiu-jitsu are accompanied by increased stress on the musculoskeletal system, which influences the nature of athletes' training. This is consistent with the findings of M. Piekarski *et al.* (2026), who identified a high prevalence of knee injuries among athletes, emphasising the need to address biomechanical loads when planning the training process. Furthermore, the intensity of competitive activity and the specific nature of technical movements affect athletes' recovery process and necessitate a comprehensive approach to rehabilitation. The high level of physical contact, significant loads during ground fighting, and frequent transitions between positions create additional functional and

mechanical stress on the body, requiring a systematic combination of recovery measures, load control, and rational planning of the training process. This is consistent with the findings of F. Santacaterina *et al.* (2025), who note that Brazilian jiu-jitsu is characterised by a high incidence of injury, which, in turn, necessitates the implementation of effective recovery strategies and the optimisation of the process of athletes' return to training and competition. Thus, the results of this study confirm that technical and tactical training in traditional and Brazilian jiu-jitsu have both common foundations and differences, which are manifested in the structure of technical actions, the organisation of the training process, and the tactical behaviour of athletes.

Conclusions

A comparison of the technical repertoires of Japanese and Brazilian jiu-jitsu has revealed differences in the priorities of technical groups, the structure and variety of technical manoeuvres, as well as in the roles of the standing and ground positions; these differences stem from the historical context of their development and the specific nature of their competitive practice. Both styles are based on shared principles of controlling the opponent and the rational use of movements; however, their practical implementation differs in terms of the content and structure of technical actions. Traditional jiu-jitsu was characterised by a dominance of throwing techniques, a focus on standing actions, and the linearity and structure of technical combinations, whereas Brazilian jiu-jitsu was distinguished by a focus on positional control on the ground, multi-level transitions, dynamism and a highly adaptable technical repertoire. A comparative analysis of the structure of the training process in Japanese and Brazilian jiu-jitsu also revealed differences in the balance of training components, the organisation of technical instruction, the development of tactical skills, and the role of sparring. In traditional jiu-jitsu, the training process was characterised by clear regulations, a sequence of stages, standardised repetition of techniques and the practising of specific tactical scenarios, which ensured the structure and predictability of the training. In contrast, Brazilian jiu-jitsu was characterised by diversity, a combination of technical training and practical application, the active use of situational drills, and the central role of sparring as the primary means of integrating technical and tactical actions. It was found that tactical behaviour in the traditional style was based on linear patterns aimed at achieving a quick result through the effective use of the initial phase of the bout. At the same time, in Brazilian jiu-jitsu, tactical models were based on the gradual acquisition of positional advantage, flexible responses to the opponent's actions, and the adaptability of decisions in changing combat conditions. This entailed a closer and more flexible interconnection between technique and tactics, ensuring the effectiveness of actions in various competitive situations.

Based on theoretical modelling, a conceptual model of integrated technical and tactical training for athletes has been developed, combining the structured and fundamental nature of traditional approaches with the variability, adaptability and positional control of modern competitive practices. The model encompasses interrelated components (basic-technical, positional-control, tactical-variational and competitive-integrative) and is based on the principle

of continuous transitions between technical and tactical actions, ensuring the integrity of training. Its implementation contributes to the formation of stable technical skills, the development of adaptive thinking, and the enhancement of athletes' competitive performance. The proposed example of a training session demonstrates the practical implementation of an integrated model of technical and tactical training, which ensures the step-by-step development of technical skills, positional control, tactical variability and their integration into competitive performance. The structure of the session involves a sequential transition from basic technique practice to their comprehensive application in conditions of variable interaction with an opponent, which promotes the development of adaptive thinking and the effectiveness of actions. The implementation of this

model ensures the development of the ability to transition seamlessly between phases of a bout, the optimisation of technical and tactical actions, and an improvement in the performance of athletes in competition. Future research should verify the integrated model in practice and evaluate its impact on athletes' competitive performance.

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Conflict of Interest

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Порівняльний аналіз техніко-тактичної підготовки спортсменів у традиційному (японському) та бразильському джиу-джитсу

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Анотація. Метою дослідження було визначення специфічних характеристик техніко-тактичної підготовки спортсменів у традиційному та бразильському джиу-джитсу. Методологія дослідження ґрунтувалася на застосуванні структурного аналізу, порівняння та теоретичного моделювання. У результаті дослідження було встановлено відмінності у структурі технічного арсеналу двох стилів, що проявлялися у пріоритеті кидкової техніки, лінійності та регламентованості дій у традиційному джиу-джитсу та орієнтації на позиційний контроль, варіативність і адаптивність у бразильському. Виявлено, що у традиційному (японському) джиу-джитсу домінує стійка як основна фаза реалізації технічних дій, тоді як у бразильському ключову роль відіграє партер. Визначено відмінності у формуванні тактичних навичок, що проявляються у лінійності тактичних схем і орієнтації на швидке досягнення результату в традиційному стилі та у поступовому здобутті позиційної переваги, гнучкості та адаптивності рішень у бразильському. Обґрунтовано взаємозв'язок техніки та тактики, який у традиційному джиу-джитсу має більш жорстко регламентований характер, а у бразильському – динамічний і варіативний. Розроблено інтегровану модель техніко-тактичної підготовки, що поєднувала базово-технічний, позиційно-контрольний, тактико-варіативний і змагально-інтегративний компоненти, а також передбачала безперервність переходів між фазами поєдинку. Запропоновано приклад тренувального заняття, який демонструє практичну реалізацію моделі через поетапне формування навичок і їх інтеграцію у змагальну діяльність. Встановлено, що застосування варіативного спарингу та ситуаційних вправ сприяє розвитку адаптивного мислення та ефективності техніко-тактичних дій спортсменів. Результати дослідження підтвердили доцільність інтеграції структурованості традиційних підходів із варіативністю практик для підвищення ефективності техніко-тактичної підготовки спортсменів. Практичне значення дослідження полягає у можливості використання розробленої інтегрованої моделі та запропонованих тренувальних підходів для підвищення ефективності навчально-тренувального процесу спортсменів

Ключові слова: тренувальні засоби; процес підготовки; взаємозв'язок техніки та тактики; технічний арсенал; позиційний контроль