

Brazilian Jujitsu: a comprehensive personal development skill.

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Researcher discovered that intelligence is not only the logic performance. IQ cannot be more the only intelligence measurement. Now we can affirm that there are in our nervous system, that connect any millimeter of our body, different intelligences or capacities: logic, creative, imaginative, kinesthetic, emotional. The efficient use of our multiple intelligences in our personal life determines our comprehensive personal development. The jujitsu fighter uses all integrated and coordinated intelligences:

1. The speed with which a Jujitsu fighter must make decisions in fractions of seconds exercises him in the use of his nervous System in an efficient way. The brain instructs the body about the needed movements, which improve reflexes and mind-body coordination. Thinking and moving fast is the key to success in jujitsu and not brutal force.
2. The jujitsu fighter must be creative and imaginative. He must draw in his mind the position of his body before executing a movement and must learn to use his imagination to duplicate and observe the fight from outside, which allows him to mentally discover positions and new technical resources to memorize for future matches. This way of keeping the mind duplicated by mirroring its own body and the opponent's body, is an invaluable effort in the development of imaginative and kinesthetic intelligence, that is, the self-perception of his own marvelous physical and biological existence. Duplicate our brain functions need the best healthy and cardiovascular condition becomes it demands proteins and oxygen. This fact develops in the fighter a great respect for the own body like a perfectly integrated machine. Following the opponent in his or her movements, feelings and thinking strategies becomes a kinesthetic and emotional mirror. In this effort to duplicate the perception stimulates the growth of intelligence, especially at a early age. Today parents take their children to jujitsu school thinking that they will give them advantages against the increasing bullying in school and society, but few recognize these advantages in the development of intelligence, self-perception and self-esteem.
3. Jujitsu appears to be a violent sport and could be fatal if someone practices incorrectly breaking the training and competition rules, or uses jujitsu technics with narcissist, immoral, revenge or criminal purposes. In both cases we cannot talk about a real jujitsu practitioner. The development of a jujitsu match looks aggressive, but it is actually a sport of protection of the own body and the physical integrity of the opponent. For this reason, police departments are suggesting to their police officers this type of training that allows them to control an uncontrolled person who can harm himself or others without using lethal force in critical situations. Once again, emotional intelligence and good character are present, but specially. Not only, the jujitsu requires and develop moral integrity and the compromise of be protective and compassionate.

We must add other characteristics that make jujitsu an extraordinary way to reach a personal and integral development:

1. Jujitsu builds character and emotion by developing tolerance for frustration, physical pain and handling defeat as the recognition of the opponent's qualities, but above all to enjoy success with humility and balance without humiliating the opponent. Any match is a learning activity.
2. Jujitsu schools consider themselves as families and develop a sense of belonging and identity. The payments they make to schools are not just payments to a training service. They are at the same time donations to a worldwide movement that is increasingly useful for integral personal development from early age. This sense of belonging and identity develops the social and emotional intelligence of those who practice this martial art.
3. We see that Jujitsu is a very demanding art and requires high-level physical and emotional conditions. That is why it becomes a lifestyle that involves healthy eating, cardiovascular exercise, socializing with schoolmates, reading about psychological, social and philosophical topics, and spontaneous and constructive conversation.
4. Adults with great stress, professional diagnostic, criminal records and/or emotional frustrations will get the best comprehensive therapy, recovering or social readaptation in jujitsu. Many parents have tried alternatives to channel the energies of their stressed children, with behavioral or learning diagnostic and/or academic demotivation or obsession for digital games and devices. After going through psychotherapies, advisory, music, art or sports activities, they find in jujitsu a complementary magical world that changes the behavior of the children and teens in a very short period.

Those advantages for a comprehensive personal development offered by Brazilian jujitsu have put it not only in vogue worldwide but in a vanguard cultural activity and a renewed ancient lifestyle. At the end of every day, if you follow the jujitsu philosophy you can say: I am becoming an integral person; I am a jujitsu fighter!