

Sport Vs. Martial Arts

by: Gene Roos

Watching the Ultimate fights is entertaining. If viewers think this sport will protect you in a real life situation, the answer is only on a limited basis.

First let us take a look how the sport has evolved.

	INITIAL BROADCAST	PRESENT
A.	Only two rules: <ul style="list-style-type: none">• No eye gouging• No biting	Same plus: <ul style="list-style-type: none">• No groin strikes• No back of head elbow strikes• No finger and wrist locks• No kicks or kneeling to the head on a grounded opponent, etc• 4 oz. gloves required
B.	Ten minute rounds	Three to Five (5 minute) rounds
C.	No weight classes (heaviest fighter was 668 pounds)	Five weight classes
D.	Winner fought four people to win (In one evening)	One fight

Next let us look at comparisons of Ultimate Fights to a street fight.

ULTIMATE FIGHTS	STREET
A. Many rules	Addition to no rules are: <ul style="list-style-type: none"> • groin strikes • smashing ear drums • ripping and breaking the neck • small joint locks and breaks
B. Three to five minute rounds	No rounds
C. Five weight classes	No weight classes
D. No weapons	Possible introduction of hidden or surrounding weapons (chair, sticks, ash trays, bottles, etc.)
E. One opponent	Multiple attackers are possible and may not be obvious
F. Use cage against opponent	Use of floors and walls for smashing against the opponent's head
G. Referee for stopping and judging the fight	None
H. Mat surface	Cement or hardwood surface
I. Opportunity to prepare for the event and scout the opponent	Sudden attack (very little warning) and no scouting opportunities
J. Protection of mouth piece and gloves	No gear; street clothes

In Jujitsu, there are no standardization of techniques such as kata which are used in striking arts such as Karate, etc, although some dojo add pre arranged kata to their belt testing. The practice of Jujitsu can be from traditional to combat. Practice can be light or controlled to heavy sparring or fighting applications. As you approach real life applications, the injury level increases significantly. This can cause loss of students and possible law suits. The sensei should make a decision on how close to reality the techniques in his school will approach.

If a martial arts student wants to test his fighting skills, the Ultimate Fights sport competition is one avenue that will allow him to come closer to experiencing an actual attack.

A comprehensive set of rules is instituted for the competitors' safety, which separates the sport from a street brawl.

The Ultimate Fighting Championship (UFC) is not for everyone, as many fighters leave the encounter injured and bloody in spite of the rules. But the student of mixed martial arts who chooses to compete in the UFC will find his experience equal to being involved in a full contact sport with limited protective gear (mouth piece, cup and gloves).

It must be noted that the UFC competitor must be in top physical shape, able to endure strikes, kicks and groundwork which calls for intensive training. The jujitsu student is able to participate in martial arts several hours each week and have a regular life at work or school, without extensive workouts.

Experienced UFC competitors have the opportunity to scout his opponent and watch past matches to determine his style and favorite techniques in order to spot his weaknesses. In a street confrontation the above is not available.

Each sport organization (Pride, K-1, Vale Tudo, etc.) determines its own rules. The UFC web site lists their current rules and penalties. At this writing they currently have 31 potential fouls.

Prof. Gene Roos holds a 10th Degree Black Belt in JuJitsu and a 4th Degree Black Belt in Judo. He teaches in Metairie, Louisiana. Web: www.aiki-jujitsu.com

References:

<http://www.Ufc.com>

<http://ufc-ultimate-fighting.gungfu.com/>

<http://www.themmaboard.com/showthread.php?p=4071>

http://en.allexperts.com/e/m/mi/mixed_martial_arts.htm

Copyright © 2007 American JuJitsu Association. No portion of this article may be reproduced without permission of the author.

American Jujitsu Association

www.AmericanJujitsuAssociation.org