

## THE HISTORY OF THE JIU-JITSU PARA-SPORT: INCLUSION, HEALTH, EDUCATION, AND PERFORMANCE.

Luis Carlos Oliveira Gonçalves<sup>1</sup>, Anibal Monteiro de Magalhães Neto<sup>1</sup>, Jaqueline Santos Silva Lopes<sup>1</sup>, Márcio Vinícius de Abreu Verli<sup>1</sup>, Gabriel Guerreiro Nunes Ferreira, Elcirley Luz Silva, Romeu Paulo Martins Silva<sup>2</sup>, Claudia Marlise Balbinotti Andrade<sup>1</sup>

1. Programa de Pós-graduação em Ciências da Saúde – Universidade Federal de Mato Grosso.
2. Programa de Pós-graduação em Ciências da Saúde na Amazônia Ocidental- Universidade Federal do Acre.

\*Autor Correspondente: [luisogoncalves@yahoo.com.br](mailto:luisogoncalves@yahoo.com.br)

### ABSTRACT

The present work is the result of a study that proposed to present the historical process of Parajiu-jitsu. As for purpose, it is a fundamental research, of observational nature, with a documental, longitudinal and retrospective approach that presents the creation of a new sport, that begins to be different worldwide. Conventional jiu-jitsu is linked to competition, and there were no parameters for the insertion of practitioners with disabilities. The para-athletes went to the competitions to compete and broadcast a message, but were often prevented from fighting for the organizers. Parajiu-jitsu is adapted according to the functional classification of each athlete. The new modality presents itself not only as a method of physical gain, but also as a tool for rehabilitation, social formation and integration, indicating its public health aspects. Policies to increase participation in school sports can be justified as part of public health strategies to promote mental and physical health.

**Keywords:** Inclusion, Health, Adapted Sport.

### RESUMO

O presente trabalho é resultado de um estudo que propôs apresentar o processo histórico do Parajiu-jitsu. trata-se de uma pesquisa fundamental, de natureza observacional, com abordagem documental, longitudinal e retrospectiva que apresenta a criação de um novo esporte, que começa a ser diferente no mundo inteiro. O jiu-jitsu convencional está ligado à competição, não havendo parâmetros para a inserção de praticantes com deficiências. Os para-atletas foram às competições para competir e transmitir uma mensagem, mas foram muitas vezes impedidos de lutar pelos organizadores. O parajiu-jitsu é adaptado de acordo com a classificação funcional de cada atleta. A nova modalidade apresenta-se não apenas como um método de ganho físico, mas também como ferramenta de reabilitação, formação e integração social, indicando seus aspectos de saúde pública. Políticas para aumentar a participação nos esportes escolares podem ser justificadas como parte das estratégias de saúde pública para promover a saúde mental e física.

**Palavras-chave:** Inclusão, Saúde, Esporte Adaptado.

## 1. INTRODUCTION

Public history can be understood as the presence, use and effects of the past in our everyday realities and the history of public sport as the intersection of these ideas with sport [1].

Modern games and sports did not arise as a means of virtue, nobility of spirit or even purity of body. Until the Victorian era their immorality was far more apparent than any benefit they could bring. Cricket had been perverted from an innocent pastime to an excessive game. The first horse race attracted bad characters, police estimated there were 200 thieves at the Worcester Races in 1829 [2]. Despite the social and cultural nature sport should have, the influence of industry and the economy has always been present [3], even until modern times. The ethics and morals that were lacking at the beginning of most sports modalities have always been observed in fight modalities, and for this reason they have been important for the formation of a citizen, at all times in history. A sport that at the

beginning of history segregated and differentiated social classes [4], today brings together and unites different cultures, religions, social classes, and ethnicities.

In 1971 the heavyweight championship bout between unbeaten black boxers Muhammad Ali and Joe Frazier elicited countless responses. Ali refused the call-up to the Vietnam War and criticized white racism, becoming a powerful symbol of Black Power. Frazier, claiming the title of heavyweight champion, while Ali was banned, approached white politicians and refused to criticize the US government. As the rhetoric around the struggle intensified in relation to black masculinity, patriotism, and community pride, one of the main aspects of the struggle opened up debates in a surprising sphere: the economics of black athletes and the possibilities and limitations of black capitalism. Discussions about the pay for a fight shed light on a wide range of economic issues facing the black community and some of the unresolved issues in the quest for civil rights [5].

Essays on the history of sports are examples of the diversity of contemporary academic narrative based on various research traditions. It is possible, and even necessary, to become involved in the polemics of these texts for formation [6], after all knowledge is gained from dissention rather than consensus.

The origin of martial arts often has contradictory aspects and multiple histories, but in the present study the entire text was created with the participation of one of the precursors of the modality in question.

The creation of new modalities and teams also promotes the city where it all began and historically launches the names of the participants and the political issues involved [7].

It all started with the mother art, Judo, one of the oldest fighting modalities, which is still practiced by people of all genres, ages, and nationalities.

Judo, which was projected from Japan to the world when Professor Jigorô Kanô transformed the bushi (warriors), already existing in militarism, with the dô as a spiritual path, closely connected with Buddhist Zen, and using the jujutsu nomenclature, gave origin to modern judo with a differentiated philosophy [8]. This modality was perfected by Mitsuyo Mayeda, an instructor of the Kodokan Japanese school of Master Jigorô Kanô, who began to adapt and perfect this modality, creating jiu-jitsu [9]. This mode, as well as judo, spread to the world and gained followers in all continents. In Brazil, Professor Mayeda taught this new fight modality to Gastão Gracie, giving rise to Brazilian jiu-jitsu [10].

All existing sports have publications telling their story, which immortalize the sport and facilitate its understanding and recognition by all generations. This is the first publication that tells the story of this sport.

The present work is the result of a study that proposed to present and analyze the historical process of Parajiu-jitsu, (etymologically para = parallel, jiu-jitsu = gentle art).

## **2. METHODS**

As for purpose, it is a fundamental research, of observational nature, with a documental, longitudinal and retrospective approach that presents the creation of a new sport, that begins to be different worldwide.

This type of research has the survey of documents as a basis, representing a valuable qualitative data collection tool, as well as bibliographic review research.

One of the authors of this study participates directly in this story.

### **3. HOW IT ALL BEGAN**

In the past, people with any kind of physical disability, who practiced jiu-jitsu, were required to fight against people without disabilities (called conventional jiu-jitsu) in demonstrative fights. However, the story began to change when a conventional jiu-jitsu athlete, who had practiced for more than 20 years, suffered a car accident and lost one leg. In the same year as the accident, at the end of 2014, Professor Elcirley Luz Silva, who at the time was 43 years old, presented himself on the mat for the first time as a para-athlete in São Paulo. Professor Elcirley arrived in the largest capital of the country, along with his friend, jiu-jitsu teacher Márcio Edson, a Canarana para-athlete with gold medals in Tokyo and Los Angeles.

Jiu-jitsu is a young sport, included within the martial arts, and as it is practiced by numerous participants around the world, it soon aroused the interest of the modality to be practiced or modeled or adapted for people with disabilities [11]. Thus, adapted jiu-jitsu began to emerge from invisibility in the middle of 2014, initially having a few practitioners with disabilities (physical and mental) who practiced conventional jiu-jitsu. However, there was a barrier to be overcome between conventional and adapted sports. Conventional jiu-jitsu is linked to competition, and there were no parameters for insertion of practitioners with disabilities, meaning the referee had few resources or even eliminated disabled athletes who ventured to compete in the conventional sport.

After experiencing these inequalities between conventional and adapted fighters, Ricardo Denbowski together with other jiu-jitsu fighters, in total thirteen black belts, were concerned and created a new approach within jiu-jitsu competitions, which was the insertion/acceptance/stimulation of the practitioner with a motor or mental disability. Thus, he created a commission that met periodically to adapt the rules (of what would soon become Parajiu-jitsu) in the national territory, culminating in the creation of the Brazilian Confederation of Jiu-Jitsu Para-sport (being the first entity to give attention to people with visual, auditory, intellectual, and physical disability), and later its presentation in the world context.

This honor of presenting Parajiu-jitsu to the world fell to Elcirley Luz Silva, who was not a person who felt the real need for Para-sports. This is how Elcirley Luz Silva, 43 years old, practiced and competed in Jiu-Jitsu for another 20 years, presenting himself in a para-sport competition for the first

time as a para-athlete (11 months after surviving the accident). A native of Barra do Garças, in the state of Mato Grosso, the athlete Elcirley lost his leg in a traffic accident in 2014. Like any major traumatic accident and followed by amputation, Elcirley had to adapt to the struggle of his new reality. At the end of eight (8) months of recovery and rehabilitation, now with a prosthesis (he returned to practice jiu-jitsu at the Dojo Tubarão Branco gymnasium with his professor at the time, Ronan Tsuitsui, of the Gracie Barra team in October 2014, with the incentive of black belt teacher Mario Edson (Cowboy), also a para-athlete of the city of Canarana, also in Mato Grosso).

The teacher (Cowboy), a para-athlete with a transtibial amputation of the left leg due to a motorcycle accident made a surprise invitation to Elcirley. The athlete Mario Edson Cowboy had already participated in the first competition involving Parajiu-jitsu athletes at the beginning of the year 2014, and at the end of the same year, there was going to be a new competition in the city of São Paulo, and in this way, he accredited Novice Elcirley in the world of Para-sport. During this competition (Photo below), Elcirley, who had discovered that he had no problem in competing in the adapted sport, became champion of the event.

Following his participation in this event in São Paulo, Elcirley began to receive numerous supporters of the Para-sport cause from both inside and outside jiu-jitsu, encouraging him to be a true representative, as he was disabled and could understand the reality of unconventional athletes (with a disability). This argument was offered by the other para-athletes, who gave support for him to front Parajiu-jitsu, since the members of the Brazilian Confederation of Parajiu-jitsu did not have a disability. This situation made the para-athletes worry about the legitimacy and future of the sport, and promoted real concern about the possible lack of continuity in the embryonic project Parajiu-jitsu. Part of this concern is linked to the recurring economic problems and lack of planning in every sport in Brazil.

Thus, in the midst of all the problems existing in the country, Parajiu-jitsu was idealized as being a combat sport with its own rules and adapted rules. Thus, Parajiu-jitsu recognized some factors for the success of the fight, the main point of which was what was required for future competitions (intended for the disabled). Arising from this was the opportunity to create functional classifications for participants, through adaptations of the rules, taking into account each degree of disability. These mechanisms were necessary for everyone to be equal on the tatami, with no unevenness between degrees of deficiencies, making the competition fair for all jiu-jitsu para-athletes. This guarantees the physical integrity of the fighter, allowing the finalizations to occur through joint locks, immobilizations, and throws adapted to the para-athlete's disability.

Once the adapted Parajiu-jitsu rules had become more consolidated all over Brazil, some test championships were performed, to adjust the modality, developing through "trial and error", with more hits and fewer mistakes, thus giving parajiu-jitsu the same acceptance that traditional Jiu-jitsu had a few years earlier in the mid-1990s.

In early 2015, Cowboy, through an advert on Facebook®, learned of a competition in Abu Dhabi, United Arab Emirates (Abu Dhabi world Professional Jiu-Jitsu Championship), at a time when both he (Cowboy) and Elcirley had the security and courage to face their first international competition. The presentation of the para-athletes in this event, which included mostly conventional athletes, aroused the interest of the Arab authorities who, although financing the sport throughout the United Arab Emirates, did not yet have jiu-jitsu initiatives adapted for people with disabilities. Participation in this competition in Abu Dhabi marked the emergence of Parajiu-jitsu as a sporting modality, which differed from existing practice in various corners around the world.

Abu Dhabi



<https://www.facebook.com/photo.php?fbid=402270123306895&set=pb.100005717315948.-2207520000.1535332319.&type=3&theater> > Accessed on: 24/08/2018).

Abu Dhabi 2015 first fight of a para-athlete in a conventional fight.



<https://www.facebook.com/photo.php?fbid=430582763808964&set=pb.100005717315948.-2207520000.1535332319.&type=3&theater>. Accessed on: 24/08/2018)

(22 April 2015 at Abu Dhabi world Professional Jiu-Jitsu Championship conventional fight)



<https://www.facebook.com/photo.php?fbid=402270056640235&set=pb.100005717315948.-2207520000.1535332319.&type=3&theater>> Accessed on: 24/08/2018)

(April 22, 2015, first Parajiu-jitsu fight at the Abu Dhabi world Professional Jiu-Jitsu Championship.



<https://www.facebook.com/photo.php?fbid=634859460047959&set=pb.100005717315948.-2207520000.1535331128.&type=3&theater>. Accessed on: 24/08/2018

As jiu-jitsu is popular in the federation of monarchies of the United Arab Emirates (UAE), a lot of money is invested in the practice of the sport. The sheik presented the athletes with an amount for



them to take care of their sports prostheses and wanted to know a little about the trajectory of both athletes (Photos)



[12]

During the conversation, the Sheik questioned them about the absence of public policies for inclusion of people with disabilities in the sport, and challenged them to be the face of the Parajiu-jitsu sport in the world (photo). The athletes also revealed that a cruel side of the sport already existed for people who fought and participated in competitions, but the competitions were unequal (the para-athletes fought against athletes in "normal" physical conditions). In fact, these people went to the competitions to compete and pass on a message, but were often prevented from fighting by the organizers who thought them unable to participate.

Abu Dhabi



<https://www.facebook.com/photo.php?fbid=516446195222620&set=pb.100005717315948.-2207520000.1535331401.&type=3&theater>  
Accessed on: 26/08/2018)

(April 22, 2016 conventional fight in Abu Dhabi)



<https://www.facebook.com/photo.php?fbid=516446368555936&set=pb.100005717315948.-2207520000.1535331401.&type=3&theater> Accessed on: 24/08/2018)

After the presentation at this great event, both athletes were surprised by an unusual invitation, through the personal assistant of Sheik Mohamed Biz Zayed Al Nahyan, who announced that the High Representative of this small country wanted to meet them in person.

This conversation was not simply an informal invitation, over a few months the three (Sheik, Elcirley, and Cowboy) met in the United Arab Emirates (UAE) and sat down to devise strategies to improve Parajiu-jitsu as well as integration policies for people with disabilities throughout the Emirates (photo).



<https://www.facebook.com/photo.php?fbid=518056055061634&set=pb.100005717315948.->

[2207520000.1535331401.&type=3&theater](https://www.facebook.com/photo.php?fbid=2207520000.1535331401.&type=3&theater)  
Accessed on: 24/08/2018. (April 27, 2016 meeting between Cowboy, Mohamad, and Elcirley in the palace and organizer of the UAEJF ....)

The message of union between practitioners of adapted jiu-jitsu needed to reach all continents. In order for the sporting modality to be established, there was a need to connect the nuclei, previously isolated and scattered throughout the world. The work began by searching for para-athletes on social networks, and once found, beginning to travel to competitions of the JIU-JITSU FEDERATION OF THE UNITED ARAB EMIRATES-UAEJF which would include the para-sport modality in its competitions.

Currently, competitions have already taken place on 5 continents. Since the initial meetings, the black belts have been supported (by the UAEJF) to travel around the world publicizing the modality, gathering para-athletes, and organizing competitions in the modality.

The format of Parajiu-jitsu has been consolidated day by day, providing safety and technical ability to its practitioners to participate in more and more competitions, with greater degrees of difficulty. In 2017 the UAEJF was officially established as the main source of support to expand Parajiu-jitsu around the world. In less than three years, the new modality mobilized two dozen countries, on five continents. New athletes appeared, increasing the number of practitioners, which now involves more than 25 countries (photos).



<https://www.facebook.com/photo.php?fbid=683039958563242&set=pb.100005717315948.-2207520000.1535333310.&type=3&theater>> Accessed on: 24/08/2018

The initiative to include people with disabilities in a martial art has served as a model for the world [13]. The structure built around the world from the support of the jiu-jitsu federation of the Arab Emirates also meets the needs of the city of Barra do Garças - MT (Image), where Elcirley resides. From here, it has become the General Headquarters for the Parajiu-jitsu modality in the world. The opening of the Gracie Barra Academy in early 2017 made it a world reference for jiu-jitsu adapted for people with disabilities. In the academy, Professor Elcirley, together with Professor Davi (Black belt 3 degrees) and his instructors Gabriel Guerreiro (Blue belt 3 degrees) and Pedro Fernando (Blue belt 3 degrees) perform the social work specialized in the inclusion of Parajiu-jitsu. The space accommodates 100 students including people with disabilities and with full physical conditions of all age groups. The work developed in Barra do Garças-MT promoted the emergence of the Brazilian Federation of the Jiu-Jitsu Para-sport, with the athlete Elcirley Luz Silva as president and Mario Edson Cowboy as vice president.

The support of the United Arab Emirates arose as a strong movement for the practice of jiu-jitsu adapted for people with physical, hearing, visual, and intellectual disabilities. With the increasing number of para-athletes, and the considerable improvement in performances and technological advances, many modifications have been made in an attempt to realign the high performance para-sport to a classification that accompanies this evolution. Parajiu-jitsu is adapted according to the functional classification of each athlete who can have visual, auditory, motor, intellectual, and physical disabilities. Competitors are divided into groups according to the degree of deficiency identified by the functional classification, assessing the athlete's injury or pathology, their potential considering the injury or pathology, and the impact that the limitations have on the athlete's competitive performance.



#### 4. AS IT HAPPENS TODAY

Parajiu-jitsu, one of the most inclusive modalities in the world, today involves a catalog of 18 classifications from white belt to black belt, covering children to master 2, according to the following categories:

CLASS A/ Lower limb amputee,

CLASS B1/ Total blindness: from no perception in both eyes to light perception with the inability to recognize the shape of a hand at any distance or direction,

CLASS B2/ Fighters who have the perception of shapes, with the ability to recognize the shape of a hand up to a visual acuity of 2/60 or a visual field of less than five degrees,

CLASS B3/ Fighters can define images. Visual acuity less than five degrees,

CLASS C/ Amputee and proximal bi-amputee of lower limb,

CLASS D/ Upper limb amputee,

CLASSE E/ Amputee and proximal bi-amputee of upper limb/complete plexus,

CLASSE F/ Sequel of non-severe poliomyelitis of the upper and lower limbs,

CLASSE G/ Amputated and bi-amputated from the knee down,

CLASSE H/ Amputated and bi-amputated from the elbow down /partial plexus,

CLASSE I/ Sequel of non-severe poliomyelitis of the upper or lower limbs,

CLASSE J/ Sequel of severe poliomyelitis of the upper or lower limbs,

CLASSE K/ Spinal cord injury (paraplegic) ,

CLASSE L/ Sequels of AVC / AVE that have mobility of at least 2 members and are able to remain posturally erect in the seated position without aid,

CLASSE M/ Nanism,

CLASSE N/ Others (includes all Para-athletes with a motor deficiency and that does not fit in the other groups). Subject to prior analysis by the National Department of Functional Classification of the UAEJF,

CLASSE O/ Intellectual Disabilities, (Down Syndrome - Mild and Moderate Diagnosis),

CLASSE P/ Auditory Deficiency (cannot wear a hearing aid).

All Parajiu-jitsu categories were structured for the inclusion of people with the most significant disabilities, being physical or mental. Thus, the adapted fight will be worked out away from the tatamis, in gyms, schools, and rehabilitation centers, adding numerous physical and social benefits [14].

With the integration of the adapted sport, in the present day a new perspective for the Brazilian Parajiu-jitsu appeared. In the month of April 2018, the modality was presented at the Brazilian Paralympic Center (CPB), located in the city of São Paulo. The event included para-athletes of various modalities including fight modalities and the high representatives of the CBP. The presence of the

professional fighter (Rodrigo Minotauro) who is the Paralympic Ambassador in Brazil ensured the credibility of the Parajiu-jitsu modality. Rodrigo Minotauro's brother, also a professional jiu-jitsu athlete, Rogério Minotouro, was named in the same event (godfather of Brazilian Parajiu-Jitsu). The presentation of Parajiu-jitsu was well received by the CBP, strengthening the sport in its path to the Paralympics.

Another striking feature of Parajiu-jitsu is the recovery of mobility in quadriplegic individuals, far exceeding that achieved by other forms of rehabilitation, where athletes with tetraplegia can turn around in bed after a short training time, recovering their autonomy.

Considering these results, the new modality presents itself not only as a method of physical gain, but also as a tool for rehabilitation, social formation, and integration, indicating its public health aspects.

Sports participation rates vary by country. In the United Kingdom, approximately 40% of men and women aged 16 years of age or older participate in at least one sport per week. A large cohort of studies suggests that this participation in sport is associated with a 20 to 40% reduction in mortality. The practice of sports is associated with specific health benefits. Some sports have a relatively high risk of injury, although neuromuscular training programs can prevent multiple injuries and physicians can influence their patients by encouraging physically inactive patients through evidence-based therapy [15].

In the school context, according to the National Curriculum Parameters (1997), sport should be developed in school Physical Education classes, however, it seems that the lack of material resources and qualified teachers hinders this practice [16]. This framework reveals the need for better teacher education, with alterations in undergraduate courses, in addition to increasing the effective insertion of this content in schools, with a predetermined course load and elaboration of criteria for its development [17].

Sport should be an integral part of the school curriculum. Historically, the "Healthy Body and Healthy Mind" philosophy has promoted the inclusion of sports alongside more cognitive school subjects. Promoting participation in school sport and providing access to a variety of collective and individual sports throughout the high school years can be a beneficial way to improve student results [18].

Participation in school sports can protect health in adulthood. Policies to increase participation in school sports could be justified as part of public health strategies to promote mental and physical health [19].

The regular practice of physical activity has positive effects on the perception of good levels of quality of life; these levels are better in active disabled people than sedentary individuals. Exercise can be a valuable strategy for self-regulation of mood in everyday situations and can also improve aspects related to social interaction [20].

Adapted sport still has much to offer for people with disabilities. The path of education and awareness can be of great importance to help improve the quality of life of this population [21].

## FINAL CONSIDERATIONS

Finally, Parajiu-jitsu presents itself as a tool for people with hypokinesia, osteomioarticular, or neurological diseases, for rehabilitation post injury or trauma, and even for people with disabilities to recover their autonomy and self-esteem. In the school context, it should be included along with other fight modalities in school grades aiming at the complete formation of schoolchildren. Higher education deserves special attention from teachers and students. However, currently, it appears that the knowledge of students and graduates in Physical Education regarding adapted sports is very superficial [22], especially from Parajiu-jitsu [23].

it is recommended that further studies seek to understand the metabolic and biomechanical characteristics of the different deficiencies, as well as the hematological and biochemical changes generated by the practice of this sport.

## BIBLIOGRAPHIC REFERENCES

- [1] HOWARD, J. "On Sport, Public History, and Public Sport History." **Journal of Sport History**. v.45, n.1, p. 24-40, 2018.
- [2] BRAILSFORD, D. "Morals and maulers; the ethics of early pugilismo". **Journal of Sport History**. v. 12, n. 2, p. 126-142, 1985.
- [3] HARDY, S. "Entrepreneurs, organizations, and the sports marketplace: subjects in search os historians". **Journal of Sport History**. v. 13, n.1, p. 14-33, 1986.
- [4] STRUNA, N. L. "The formalizing of sports and the formation of na elite: the chesapeak gentry, 1950-1720". **Journal of Sport History**. v. 13, n.3, p. 212-234, 1986.
- [5] KALISS, G. "Ali-Frazier 1: black gladiors, white promoters, and the economics of big-time boxing". **The international Journal of the History of Sport**. v. 34, n. 11, p. 1003-1019, 2017.
- [6] KURKOWSKA-BUDZAN, M.; STASIAK, M.; NEWSHAM, P. "Sporting Peripheries". **The International Journal of the History of Sport**. v.34, n. 10, p. 863-865, 2017.
- [7] RIESS, S. A. "Power Without Authority: Los Angeles' Elites and the Construction of the Coliseum." **Journal of Sport History**. v.8, n.1, p. 50-65, 1981.
- [8] CARR, K. G. "Making Way: War, Philosophy and Sport in Japanese "Jûdô"." **Journal of Sport History**. v. 20, n. 2, p.167-188, 1993.
- [9] CAIRUS, J. "Modernization, nationalism and the elite; the genesis of Brazilian jiu-jitsu, 1905-1920". **Revista tempo e argumento**. v. 3, n. 2, p. 100-121, 2011.
- [10] ANDREATO, L. V.; SILVA, A. D. C.; GOMES, T. L. de M.; ESTEVES, J. V. D. C.; ANDREATO, T. V. "A história do brazilian jiu-jitsu". **Lecturas em Educação Física e Deportes**. v. 14, n. 142, p. 1/1, 2010.
- [11] ALMEIDA, M. O.; SILVA, R. de F. "Atividade Motora Adaptada e Desenvolvimento Motor: Possibilidades através das Artes Marciais para Deficientes Visuais. Movimento e percepção". **Movimento e Percepção**. v. 10, n. 14, p. 222-239, 2009.
- [12] MOHAMUD, N. M. "De Abu Dhabi Para o Mundo: Especial para a lei da esportiva". Abu Dhabi: Gráfica da esperança, 2017.

- [13] GUERREIRO, G. N. F.; MOSENA, F. E.; MORES, G. "O impacto do Parajiu-jitsu na Qualidade de Vida dos Paratletas da Academia Gracie Barra em Barra do Garças/MT". **Corpoconsciência**. v. 21, n. 02, Suplemento 1, p. 1-88, 2017.
- [14] PASSOS, F. D. de M.; SÉRGIO, M. de S. "**Jiu-Jitsu como Forma de Inclusão**". Trabalho de Conclusão de Curso – Faculdade Mario Schenberg, Cotia, 2016.
- [15] KHAN, K. M.; THOMPSON, A. M.; BLAIR, S.; SALLIS, J. F.; POWELL, K. E.; BULL, F. C.; BAUMAN, A. E. "Sport and exercise as contributors to the health of nation". **Sports and Exercise Medicine**. v. 380, n. 9836, p. 59-64, 2012.
- [16] LEITE, F. F.; BORGES, R. S.; DIAS, T. L. "A utilização das lutas enquanto conteúdo da Educação Física Escolar nas escolas estaduais de Araguaína-TO". **Revista Científica do Instituto Tocantense Presidente Antônio Carlos – ITPAC**. v. 5, n. 6, p. 1-7, 2012.
- [17] OLIVEIRA, W. L. C.; SANTOS, R. C.; VERLI, M. V. de A.; GOMES, M. K. M.; BENASSI, R.; GONÇALVES, L. C. O., MAGALHÃES-NETO, A. M. "A inserção dos esportes de combate nas aulas de Educação Física escolar: uma visão atual". **Revista Panorâmica – UFMT**. v. 22, p. 93-106, 2017.
- [18] BRADLEY, J.; KEANE, F.; CRAWFORD, S. "School sport and academic achievement". **Journal of school health**. v. 83, n. 1, P. 8-13, 2013.
- [19] JEWETT, R.; SABISTON, C.; BRUNET, J.; O'LOUGHLIN, E.; SCAPAPICCHIA, T.; O'LOUGHLIN, J. "School sport participation during adolescence and mental health in early adulthood". **Journal of adolescent health**. v. 55, n. 5, p. 640-644, 2014.
- [20] NOCE, F.; SIMIM, M. A. de M.; MELLO, M. T. "Can the Self-Perceived Quality of Life of People with Special Needs be Influenced by Practice of Physical Activity?". **Revista Brasileira de Medicina do Esporte**. v. 15, n. 3, p. 174-178, 2009.
- [21] CARDOSO, V. D. "A reabilitação de pessoas com deficiência através do desporto adaptado". **Revista Brasileira de Ciências do Esporte**. v. 33, n. 2, p. 529-539, 2011.
- [22] DYWEJKO, B.; ROTTER, I.; KEMICER-CHMIELEWSKA, E.; KARAKIEWICZ, B.. "A comparison of opinions about disabled sports between students of University in Szczecin and disabled athletes". **Annales Academiae Medicae Stetinensis**. v. 60, n. 1, p. 88-92, 2014.
- [23] LOPES, J. S. S.; MAGALHÃES-NETO, A. M. de; GONÇALVES, L. C. O.; ALVES, P. R. L.; ALMEIDA, A. C.; ANDRADE, C. M. B. Kinetics of Muscle Damage Biomarkers at Moments Subsequent to a Fight in Brazilian Jiu-Jitsu Practice by Disabled Athletes. **Frontiers in Physiology**. V. 10, article 1055 p. 1-9, 2019.