

bwin poker download

<p>Uniform (jacket and trousers) worn by Brazilian jiu-jitsu participants&

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<p>Two Brazilian jiu-jitsu practitioners wearing Gis</p>

<p>The Brazilian jiu-jitsu gi is the training 𐀀 , uniform adapted from the

judo keikogi (𐀀%o /) for use in Brazilian jiu-jitsu.</p>

<p>A gi (𐀀), meaning dress or clothes, is composed 𐀀 , of a heavy cotton j

acket, reinforced drawstring pants, and a belt which communicates rank.</p>

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<p>Some schools require the jacket and trousers 𐀀 , to be the same color,

while more relaxed schools do not enforce matching top and bottom color.</p>

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<p>The Brazilian jiu-jitsu gi 𐀀 , is often referred to as kimono by Brazil

ians.</p>

<p>Some Jiu-Jitsu schools avoid using a gi and instead focus on no-gi jiu-

jitsu; 𐀀 , 10th Planet Jiu Jitsu is an example of this.[1]</p>

<p>General regulations [edit]</p>

<p>Glover Teixeira wearing a black-colored gi</p>

<p>Kyra Gracie wearing 𐀀 , a pink-colored gi</p>

<p>The only colors allowed for international championships are white, blac

k or blue.</p>

<p>In some jurisdictions this is relaxed to 𐀀 , allow any single solid col

or.</p>

<p>According to article 8 of IBJJF rules,[2] a competition gi must conform

to these specifications:</p>

<p>The gi 𐀀 , must be constructed of cotton or similar material and be in

good condition.</p>

<p>The material may not be excessively thick or 𐀀 , hard to the point wher

e it will obstruct the opponent.</p>

<p>Colors may be black, white or blue, no combined colors (white 𐀀 , kimono) Tj T* B

<p>The jacket is to be of sufficient length down to the thighs, sleeves mu

st reach the 𐀀 , wrist with arms extended in front of the body.</p>

<p>The sleeve should follow the official measurements according to IBJJF () Tj T* BT /F

<p>Belt width must be 4 5 cm, with belt color corresponding to the practit

ioner's rank.</p>

<p>The 𐀀 , belt must be tied around the waist with a double knot, tight en

ough to secure the kimono closed.</p>

<p>An extremely worn/dicoloured 𐀀 , belt may need to be replaced before c

ompeting.</p>

<p>Athletes are not permitted to compete with torn kimonos, sleeves or pan

ts that 𐀀 , are not of proper length, or with T-shirts underneath the kimono (ex) Tj T* BT

<p>A BJJ practitioner is not allowed to 𐀀 , paint his/her gi.</p>

<p>Exceptions can be made for teams competition.</p>