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Proper equipment in Jiu Jitsu should be worn at all times for the safety of the fighter, and those whom he or she will be competing. It is for this reason that it is checked by the judges before the match about to begin. But, what equipment you need to have in order to compete in Jiu Jitsu? The good news is that you do not need much. Just make sure you have everything you need.

Proper uniform has sleeves that are nothing more than the distance to the fist-hand with the waist so that your opponent will be able to capture what is one way for the enemy to win the point. Since she is prone to wear, you have to buy a new one every so often. It should also be kept clean at all times and in different colors around, try to get a darker blue or something which, for obvious reasons, is better than white.

The only way to improve the Brazilian Jiu Jitsu is sparring against your opponent. So, you have not done serious damage, you should wear gloves and feet protectors. You can find them online and in your neighborhood sporting goods store. They are available in both open and closed structures palm. This should be checked by an instructor, and if they are used in the competition for the official to make sure that conforms to at least half an inch of medium to soft foam.

The general rule for any equipment to wear a Brazilian Jiu Jitsu in particular glove is that it never should contain metal, plastic or anything. Do you think they are harmless, but when it hits a person, it can cause a cut, scratch or something more serious? No one wants a broken jaw so get a mouth guard. Accidents happen in the ring one more contribution to the protection, especially for men smelled so wear a hat.

For women, do not forget to wear a sports bra, so that if Gi, gets loose, does not show her breasts to everyone there. Although it is not mandatory, except for the fighters under the age of 16 years, you can wear a helmet to protect the ears, eyes and forehead in the event of a frontal impact.

All of your Brazilian Jiu Jitsu equipment must be clean and in good condition at all times. It can cost hundreds of dollars, but it should last a good year or two before you have to replace it with another. As a good Brazilian Jiu Jitsu fighter will take a lot of hard work and having the necessary equipment around enough to do it. You should devote your time and effort to developing your skills, because your opponent will do the same. Who wants more will determine who wins or loses during the competition.

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