



UNIFORM ETIQUETTE

The Jiu-Jitsu Gi (Uniform) is the formal Japanese name for the traditional uniform used in Jiu-Jitsu practice and competition. It is derived from traditional clothing. Most likely, the Gracie family developed the original jiu-jitsu gi from the traditional kimono and other Japanese garments around 1990s.

The Jiu-Jitsu/Judo gi was the first modern martial arts training uniform. Over the years, the length of the pants and sleeves grew longer, and changes were made in the material and fit. The traditional unbleached cotton is now bleached white, although blue and black are also available. Other martial arts notably judo and karate, adopted the style of training uniforms used in Jiu-Jitsu.

