

Real life use of Brazilian Jiu-Jitsu

I wanted to share with you an example of Jiu-Jitsu in the real world. As you know, I'm a career Firefighter / Paramedic for a suburban department outside of Cincinnati.

We were called to the scene for a medical emergency about a month ago for an unconscious male. As the location of the call was at the outskirts of our district a closer fire department was also called and arrived a few minutes before my ambulance.

When we arrived at the scene we were waved into a construction garage by workers on the job site. Upon exiting the vehicle, I heard loud screaming and yelling from an upstairs office. I grabbed our Emergency Airway bag and ran up the stairs with my partner following with the Drug box. When I walked into the office I found the firefighters from the other department and co-workers fighting a large male who was close to 280lbs. The patient was violently resisting their efforts to administer oxygen and appeared to either be having a behavioral emergency, an over-dose or a diabetic episode.

After observing that the Patient wasn't trying to aggressively harm others I decided that he would have to be restrained before he accidentally hurt himself, his co-workers or my crew. At the time there were no police officers on the scene to assist.

I told everyone to get out of the way to their amusement and surprise. I then took the patient to the ground using an easy O Soto Gari and held him down with the scarf lock (2nd position) It's amazing how strong someone that is in this condition can be, they seem to be twice as strong as normal and this man outweighed me by about 70-80 lbs. Once the Patient felt that he couldn't move he started to violently resist but was unable to escape my hold down. The beauty of the scarf lock is that you can protect the person from hurting themselves.

My partners were able to assess the Patients vital signs, check his blood sugar and administer medicine that would have helped if this was an overdose or a diabetic issue. We tried to sedate the Patient by administering medicine nasally without success. As the patient was still violently resisting our efforts I decided that we needed to step up our efforts. I instructed my partners to ready the equipment to obtain Inter-veinous access so we could sedate the Patient. I then used technique WH 44 to obtain the straight arm lock with my legs while holding the scarf lock. My partner was able to start the IV on our Patient easily and administer the sedative right into his bloodstream. In just a few minutes our Patient was unconscious and we were able to secure his airway and lift him to our stretcher and take him to the hospital without further incident.

I stopped by and spoke to the Patient later that day and he was very friendly and didn't remember anything at all! A follow up with the hospital on his condition revealed no know cause for his condition or actions.

Real proof that jiu-jitsu is a true martial art not just a sport. With correct jiu-jitsu I was able to subdue a larger, stronger violent person without leaving a mark or hurting him in any way.

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O-zoto-gari



2nd position



Setting up the armlock



Securing the wrist



WH 44 - Armbar on the 2nd position

