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Uniform (jacket and trousers) worn by Brazilian jiu-jitsu participants

Two Brazilian jiu-jitsu practitioners wearing Gis

The Brazilian jiu-jitsu gi is the training uniform adapted from the judo keikogi () for use in Brazilian jiu-jitsu.

A gi (), meaning dress or clothes, is composed of a heavy cotton jacket, reinforced drawstring pants, and a belt which communicates rank.

Some schools require the jacket and trousers to be the same color, while more relaxed schools do not enforce matching top and bottom color.

The Brazilian jiu-jitsu gi is often referred to as kimono by Brazilians.

Some Jiu-Jitsu schools avoid using a gi and instead focus on no-gi jiu-jitsu; 10th Planet Jiu Jitsu is an example of this.[1]

General regulations [edit]

Glover Teixeira wearing a black-colored gi

Kyra Gracie wearing a pink-colored gi

The only colors allowed for international championships are white, black or blue.

In some jurisdictions this is relaxed to allow any single solid color.

According to article 8 of IBJJF rules,[2] a competition gi must conform to these specifications:

The gi must be constructed of cotton or similar material and be in good condition.

The material may not be excessively thick or hard to the point where it will obstruct the opponent.

Colors may be black, white or blue, no combined colors (white kimono with blue pants, etc.)

The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body.

The sleeve should follow the official measurements according to IBJJF (this is measured from the shoulder to the wrist).

Belt width must be 4–5 cm, with belt color corresponding to the practitioner's rank.

The belt must be tied around the waist with a double knot, tight enough to secure the kimono closed.

An extremely worn/discoloured belt may need to be replaced before competing.

Athletes are not permitted to compete with torn kimonos, sleeves or pants that are not of proper length, or with T-shirts underneath the kimono (except for females).

A BJJ practitioner is not allowed to paint his/her gi.

Exceptions can be made for teams competition.

In addition to the above requirements, pockets of any kind are not allowed in a gi used at tournaments.[2]

A special gi checking tool is sometimes used to determine acceptable measurements and fit of the gi.

This tool resembles a block of wood 3.5 cm x 2.

5 cm x 15 cm with a slit cut in the middle and is used to measure the following:[2]

The jacket lapel must be 5 cm wide.

There must be at least 7 cm of room from the bottom of the competitor's wrist to the bottom of the sleeve.

The jacket lapel must not be thicker than 1.

3 cm.

Patches [edit]

According to article 13 of IBJJF rules,[2] patches may be placed on the gi in one of thirteen different locations:

On the jacket:Left upper armLeft upper shoulder

Front right upper shoulder

Front right upper arm

Front below the beltBack below the belt

Back below the collar and above the beltOn the pants:

Above the front left knee

Above the front right knee

Below the front left knee (with at least 15 cm of space to the floor without patch to allow for grabbing)

Below the front right knee (with at least 15 cm of space to the floor without patch to allow for grabbing)

Along the back of the left leg

Along the back of the right leg

Fabric and weave [edit]Pants [edit]

Traditionally, gi pants are made of a sturdy cotton canvas, or denim (with reinforced seams/knees).

Tough and light weight materials have started to become more popular in recent years as cooler hot weather gis have become more popular.

It is common in tournaments to see competitors wearing ripstop pants with a standard cotton gi top.

Jacket [edit]

Single Weave Cotton: This is lighter and typically less expensive.

It is often used for hot weather training.

Being lighter weight (typically between 300–550 g/m²), this weave is not as durable as a heavier fabric.

Pearl Weave: The most common form of weave used in BJJ industry.

Its strong and very durable.

As the name suggests the pearl weave has the appearance of multiple strings of pearls aligned together.

This appearance is created when two sets of weft are used, one thin and tight, and one looser and wider.

The looser weft creates the appearance of pearls.

Gold Weave Cotton: This material is in-between the single and double weave with regards to weight and durability.

Gold weave is a standard that was originally required for competition by the Brazilian Jiu Jitsu Confederation, although this has now been relaxed to allow different jacket weaves.

Double Weave Cotton: This gi top is made of significantly more fabric than a single weave.

It is heavier, harder wearing, and is typically more expensive.

The thickness of the gi can make it more difficult for an opponent to grip the fabric, but the weight of the gi (typically between 650–1050 g/m²) makes them retain more heat.

The stiffness of the material can make double weaves more abrasive on the skin of opponents and wearers alike.[3]

Ripstop Fabrics: Ripstop fabrics are made of many different materials (cotton, silk, polyester, and nylon) woven together to produce an extremely strong and light weight material that is difficult to tear or rip.

Due to the weave of the material this type of Gi top can be made light weight (lighter than a single weave gi) while still remaining strong.

Since this material is woven thinner than cotton gis, an opponent can more easily grab and manipulate it.

Closeup of double weave pattern on an HCK competition double gi.

Closeup of gold weave pattern on an OTM blank white gi.

Maintenance [edit]

Due to the nature of wrestling/grappling and the diseases that can come from close contact between people, the gi is typically washed after each class.

As with most cotton products, a cotton gi must be laundered in cold water and line dried to avoid shrinkage.

[4] This is important to most Jiu-Jitsu practitioners as even pre-shrunk gi material has a tendency to shrink further in hot water and a hot dryer cycle.

To preserve the life of the gi, bleaching is highly discouraged, as this can weaken the fibers of the material and cause them to tear more easily.

Line drying in bright sunlight is commonly suggested to help remove smells from the gi, due to the bacterial killing properties of UV light.

Hanging the gi in direct sunlight can damage the integrity of the fabric and reduce its durability, and can also stiffen up fibres in a gi.[4]

While most gis sold today are made of a colorfast material, some manufacturers recommend that a darker coloured gi (blue, black, red, etc.

) be washed with 2-3 cups of white vinegar the first time that the outfit is laundered.

This helps to set the dye in the gi and will minimize fading.[4]

It is advised to leave a gi to dry in indirect sunlight, and avoid drying in drying machines, as this can cause shrinkage.

Differences to the judogi [edit]

The Jiu-Jitsu gi is similar to the judogi with a few differences.

Jiu jitsu regulations allow for tighter cuffs on the pants and jacket, and the skirt (section of the gi beneath the belt) is shorter.

This allows the practitioner to benefit from a closer fit, providing less material for an opponent to manipulate.

Team, sponsor, and manufacturer's patches are often more prominently displayed on a Jiu-Jitsu gi than would be allowed in judo.

The kimono of a judo gi is generally thicker than that of a Jiu-Jitsu gi, to make it less prone of ripping in competition or training.

In jiu jitsu it's also more widely accepted to wear gis of non-standard colors such as green, black and purple, whereas in Judo only white and blue are generally accepted.

[5]See also [edit]

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Introdução a Bwin

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Ex-proprietário do Harrods acusado de abusos sexuais

O ex-proprietário do Harrods, Mohamed Al Fayed, foi acusado de estuprar cinco mulheres e abusar sexualmente de pelo menos 15 outras quando elas trabalhavam no luxuoso departamento store, de acordo com uma investigação do .

Mais de 20 mulheres, todas elas ex-funcionárias de Fayed, disseram a um documentário da que foram sexualmente assaltadas por ele e que o Harrods encobriu o abuso.

Repercussões e desculpas

Os atuais donos do Harrods disseram que estavam "profundamente constrangidos" pelas acusações e se desculparam com as vítimas.

Fayed, que vendeu o Harrods big win casino online slot 2010, morreu no ano passado aos 94 anos. Seu obituário no Guardian notou que houve repetidas alegações de assédio sexual à equipe feminina durante big win casino online slot vida.

Alegações e investigações

Em 2009, a Crown Prosecution Service decidiu não acusar Fayed de supostamente ter sexualmente assaltado uma garota de 15 anos no departamento store. Em 2013, ele foi interrogado pela polícia após uma mulher alegar que ele a havia sexualmente atacado big win casino online slot seu apartamento na Park Lane após uma entrevista de emprego. A polícia reabriu o caso big win casino online slot 2024, mas não tomou nenhuma outra ação. Fayed sempre negou as alegações.

As vítimas contam suas histórias

As supostas vítimas dão contas detalhadas dos abusos, incluindo algumas na câmera, no novo documentário, Al Fayed: Predador no Harrods. Ele alega que o abuso ocorreu big win casino online slot Londres, Paris, Saint-Tropez e Abu Dhabi.

Uma mulher disse à que foi estuprada como adolescente no apartamento de Fayed na Park Lane. "Mohamed Al Fayed era um monstro, um predador sexual sem bússola moral", disse ela à .

Três outras mulheres disseram à que também foram estupradas por ele no apartamento. Uma quinta mulher, chamada apenas de Gemma, disse na câmera que Fayed a estuprou big win casino online slot seu apartamento Villa Windsor big win casino online slot Paris e então a fez se

limpar com desinfetante.

Ela disse ao programa: "Obviamente, ele queria que eu apagasse qualquer vestígio dele estar perto de mim."

As vítimas falam

Os produtores do documentário disseram que as mulheres se manifestaram depois de ver Fayed simpaticamente retratado na série da Netflix *The Crown*. Os episódios big win casino online slot questão cobriram o relacionamento de Diana, Princesa de Gales, com o filho de Fayed, Dodi, e suas mortes big win casino online slot um acidente de carro big win casino online slot 1997.

Uma mulher, a quem a chama apenas de Sophia, disse que Fayed tentou estuprá-la mais de uma vez quando ela era big win casino online slot assistente pessoal de 1988 a 1991. Falando da representação de Fayed big win casino online slot *The Crown*, ela disse à : "As pessoas não deveriam se lembrar dele assim".

Bruce Drummond, um advogado que representa algumas das mulheres, disse à : "A teia de corrupção e abuso nesta empresa era incrível e muito escura".

Declaração do Harrods

Em um comunicado, o Harrods disse: "Estamos profundamente constrangidos pelas alegações de abuso perpetrado por Mohamed Al Fayed. Essas foram as ações de um indivíduo que estava determinado a abusar de seu poder onde quer que operasse e condenamos-nas big win casino online slot termos mais fortes. Também reconhecemos que, nessa época, como empresa, falhamos nas nossas funcionárias que foram suas vítimas e por isso nos desculpamos sinceramente.

"O Harrods de hoje é uma organização muito diferente da que era e foi controlada por Al Fayed entre 1985 e 2010; é uma que coloca o bem-estar de nossos funcionários big win casino online slot primeiro lugar big win casino online slot tudo o que faz.

"Desde que surgiu nova informação big win casino online slot 2024 sobre alegações históricas de abuso sexual por Al Fayed, priorizamos resolver reivindicações da forma mais rápida possível, evitando longos procedimentos judiciais para as mulheres envolvidas. Esse processo ainda está disponível para qualquer funcionária atual ou anterior do Harrods.

"Embora não possamos desfazer o passado, determinamos fazer o certo como uma organização, guiados pelos valores que mantemos hoje, enquanto garantimos que tal comportamento nunca se repita no futuro."

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