

GI



FASTIDIOUS

FLORIDA

★ AMERICAN JIU JITSU ★



V S

NO GI



What's the difference between GI and No Gi Jiu Jitsu?

The key difference between gi and no gi jiu jitsu is the clothing. Traditionally in BJJ you'll wear a cotton gi or "kimono" based on the traditional kimonos worn in Japanese martial arts such as judo since the 1920s. In no gi, you'll wear a "rashguard" top, plus a pair of board shorts very similar to what you'll wear to a beach or pool. You might also wear spats or leggings underneath your shorts.