

APPENDIX A

#	Title	Type	Access	Subject	Included
001	Evaluation of Stress Level Recovery and Cardiovascular Performance of Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No
002	Exercise Intensity and Metabolism in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Closed	Fitness / Training	No
003	Prevalence of Injuries During Brazilian Jiu-Jitsu Training	Peer-Reviewed Journal	Open	Injuries	No
004	Analysis of Elbow Muscle Strength Parameters in Brazilian Jiu-Jitsu Practitioners	Peer-Reviewed Journal	Closed	Fitness / Training	No
005	Anthropometric and Physiological Characteristics of Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No
006	Connection on the Mat: Social Network Analysis and Involvement Among Brazilian Jiu-Jitsu Practitioners	Thesis	Open	Psycho-Social	Yes
007	The Epidemiology of Sport Related Concussion in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Closed	Injuries	No
008	Differences in the Fitness Conditioning and Glycemic and Lipid Profile in Teenage Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No
009	Effect of Recovery Methods on Blood Lactate Clearance after Strenuous Exercise on Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
010	Prevalence, Magnitude, Methods, and Symptoms Related to Weight Loss in Athletes of Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Closed	Fitness / Training	No
011	Physical Performance, Time-Motion, Technical-Tactical Analyses, and Perceptual Responses	Peer-Reviewed Journal	Open	Fitness / Training	No
012	Metabolic, Hormonal, Cellular Damage, and Heart Rate Responses	Peer-Reviewed Journal	Open	Fitness / Training	No
013	Association Between Anaerobic Metabolic Demands During Simulated Brazilian Jiu-Jitsu Combat And Specific Jiu-Jitsu Anaerobic Performance Test: Brazilian Jiu-Jitsu Combat and Anaerobic Performance Test	Peer-Reviewed Journal	Closed	Fitness / Training	No
014	Optimal Load for the Peak Power and Maximal Strength of the Upper Body in Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No
015	Functional Movement Screening Performance of Brazilian Jiu-Jitsu Athletes From Brazil: Differences Considering Practice Time and Combat Style	Peer-Reviewed Journal	Open	Injuries	No
016	Strength and Conditioning for Brazilian Jiu-jitsu	Peer-Reviewed Journal	Closed	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
017	Heart Rate Behaviour During a Brazilian Jiu-Jitsu Training Session	Peer-Reviewed Journal	Open	Fitness / Training	No
018	Prevalence of Injuries During Brazilian Jiu-Jitsu Training	Peer-Reviewed Journal	Open	Injuries	No
019	Physiological and Technical-Tactical Analysis in Brazilian Jiu-jitsu Competition	Peer-Reviewed Journal	Open	Fitness / Training	No
020	Physiological, Nutritional and Performance Profiles of Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No
021	An Evidenced-Based Training Plan for Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Closed	Fitness / Training	No
022	Morphological Profile of Brazilian Jiu-Jitsu Elite Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No
023	Internal Carotid Artery Dissection in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Injuries	No
024	Assessment of Injuries During Brazilian Jiu-Jitsu Competition	Peer-Reviewed Journal	Open	Injuries	No
025	Caffeine Improves Muscular Performance in Elite Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No
026	Neuromuscular Responses to Simulated Brazilian Jiu-Jitsu Fights	Peer-Reviewed Journal	Open	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
027	Effect of a Brazilian Jiu-Jitsu Simulated Tournament on Strength Parameters and Perceptual Responses	Peer-Reviewed Journal	Open	Fitness / Training	No
028	From Many Masters to Many Students: YouTube, Brazilian Jiu-Jitsu, and Communities of Practice	Peer-Reviewed Journal	Open	Learning	Yes
029	Implicit Transfer of Life Skills Through Participation in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Closed	Psycho-Social	No
030	Analysis of Physiological and Perceived Variables during Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Fitness / Training	No
031	Physical and Physiological Profiles of Brazilian Jiu-Jitsu Athletes: a Systematic Review	Peer-Reviewed Journal	Open	Fitness / Training	No
032	Analysis of Physiological Determinants During an International Brazilian Jiu-Jitsu Competition	Peer-Reviewed Journal	Open	Fitness / Training	No
033	Estimated Aerobic Power, Muscular Strength and Flexibility in Elite Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No
034	Biomechanical Differences in Brazilian Jiu-Jitsu Athletes: The Role of Combat Style	Peer-Reviewed Journal	Open	Fitness / Training	Yes
035	Performance in Kimono Grip Strength Tests Among Brazilian Jiu-Jitsu Practitioners from Different Levels	Peer-Reviewed Journal	Open	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
036	Anthropometric Characteristics of Top-Class Brazilian Jiu Jitsu Athletes: Role of Fighting Style	Peer-Reviewed Journal	Open	Fitness / Training	Yes
037	Isolated Lateral Collateral Ligament Complex Injury in Rock Climbing and Brazilian Jiu-jitsu	Peer-Reviewed Journal	Closed	Injuries	No
038	Brazilian Jiu-Jitsu Combat Among Different Categories: Time-Motion and Physiology: A Systematic Review	Peer-Reviewed Journal	Closed	Fitness / Training	No
039	Blood Lactate and Rate of Perceived Exertion in Brazilian Jiu-Jitsu and Submission Combats	Peer-Reviewed Journal	Open	Fitness / Training	No
040	Chronic Low Back Pain and Disability in Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Closed	Injuries	No
041	Hydroelectrolytic Balance of Brazilian Jiu-Jitsu Athletes During a Simulated Competition	Peer-Reviewed Journal	Closed	Fitness / Training	No
042	12 Weeks of Brazilian Jiu-Jitsu Training Improves Functional Fitness in Elderly Men	Peer-Reviewed Journal	Open	Fitness / Training	No
043	Physical Tests Discriminate Brazilian Jiu-Jitsu Practitioners	Peer-Reviewed Journal	Open	Fitness / Training	No
044	Injury Prevalence in Brazilian Jiu-Jitsu Athletes: Comparison Between Different Competitive Levels	Peer-Reviewed Journal	Open	Injuries	Yes

APPENDIX A

#	Title	Type	Access	Subject	Included
045	Comparative Analysis of Optimism and Life Satisfaction in Brazilian Male and Female Ju-Jitsu Society	Peer-Reviewed Journal	Open	Psycho-Social	Yes
046	Reliability in Kimono Grip Strength Tests and Comparison Between Elite and Non-elite Brazilian Jiu-Jitsu Players	Peer-Reviewed Journal	Open	Fitness / Training	No
047	A Moderate Dose of Caffeine Enhances High-Intensity Actions and Physical Performance During a Simulated Brazilian Jiu-Jitsu Competition	Peer-Reviewed Journal	Closed	Fitness / Training	No
048	Belt Whippings in Brazilian Jiu Jitsu: A Case Study Exploring Conditional Consent and the Value of Options	Peer-Reviewed Journal	Open	Psycho-Social	No
049	Frequency of Eating Occasions and Dietary Supplement Use in Competitive Brazilian Jiu-Jitsu Athletes: Preliminary Results of an Ongoing Study	Peer-Reviewed Journal	Open	Nutrition	No
050	High-Intensity Interval Training Applied in Brazilian Jiu-Jitsu is More Effective to Improve Athletic Performance and Body Composition	Peer-Reviewed Journal	Open	Fitness / Training	Yes
051	A Comparative Analysis of Male Judo and Brazilian Jiu-Jitsu Practitioners Based on Motor Performance and Body Build	Peer-Reviewed Journal	Open	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
052	Acute Physiological and Perceptual Responses to Brazilian Jiu-Jitsu Sparring: the Role of Maximal Oxygen Uptake	Peer-Reviewed Journal	Closed	Fitness / Training	No
053	Effects of a Training Session on IGF-I, IGFBP3, CK and LDH of Brazilian Jiu-Jitsu Fighters	Peer-Reviewed Journal	Open	Fitness / Training	No
054	Could Current Factors be Associated with Retrospective Sports Injuries in Brazilian Jiu-Jitsu? A Cross-Sectional Study	Peer-Reviewed Journal	Open	Injuries	No
055	Metabolic, Muscle Damage and Heart Rate Responses in Brazilian Jiu-Jitsu Matches of Varied Duration	Peer-Reviewed Journal	Open	Fitness / Training	No
056	Enhancement of High-Intensity Actions and Physical Performance During a Simulated Brazilian Jiu-Jitsu Competition With a Moderate Dose of Caffeine	Peer-Reviewed Journal	Open	Nutrition	No
057	Physical Performance, Time-Motion, Technical-Tactical Analyses, and Perceptual Responses in Brazilian Jiu-Jitsu Matches of Varied Duration	Peer-Reviewed Journal	Open	Fitness / Training	No
058	Comparison of Body Composition and Physical Fitness in Elite and Non-Elite Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
059	Brazilian Jiu Jitsu, Judo, and Mixed Martial Arts Injuries Presenting to United States Emergency Departments, 2008–2015	Peer-Reviewed Journal	Closed	Injuries	No
060	Optimal Load for the Muscle Power Profile of Prone Bench Pull in Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Fitness / Training	Yes
061	Photobiomodulation Therapy is Beneficial in Reducing Muscle Fatigue in Brazilian Jiu-Jitsu Athletes and Physically Active Men	Peer-Reviewed Journal	Open	Injuries	No
062	Comparative Analysis of the Level of Aggression Between the Women Practicing Judo and Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Psycho-Social	Yes
063	Physical Fitness Predicts Technical-Tactical and Time-Motion Profile in Simulated Judo and Brazilian Jiu-Jitsu Matches	Peer-Reviewed Journal	Open	Fitness / Training	No
064	The Comparative Analysis of the Aggression Level Between Women Practicing Hip-Hop Dancing and Women Practicing Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Psycho-Social	Yes
065	Comparação do equilíbrio dinâmico entre praticantes de Brazilian Jiu-Jitsu com diferentes níveis de experiência	Peer-Reviewed Journal	Open	N/A	No

APPENDIX A

#	Title	Type	Access	Subject	Included
066	Effects of the Leisure Engagement of Brazilian Jiu-Jitsu Participants on Serious Leisure	Peer-Reviewed Journal	Closed	Psycho-Social	No
067	Modernization, Nationalism, and the Elite: The Genesis of Brazilian jiu-jitsu, 1905-1920	Peer-Reviewed Journal	Open	History	No
068	Physiological Characteristics of Brazilian Jiu-Jitsu and Judo as Compared To Muay Thai	Peer-Reviewed Journal	Open	Fitness / Training	No
069	Brazilian Jiu-Jitsu and Inhibitory Control: Effects of Practice on Secondary Public School Students in Abu Dhabi, UAE	Peer-Reviewed Journal	Open	Psycho-Social	Yes
070	Relationships Between Personality Traits and Resilience Levels of Jiu-Jitsu and Kickboxing Brazilian Athletes	Peer-Reviewed Journal	Open	Psycho-Social	No
071	The Period of the Day Affects the Twenty-Four Hour Blood Pressure Response to an Acute Combined Exercise Session in Brazilian jiu-jitsu Athletes	Peer-Reviewed Journal	Open	Exercise	No
072	Effects of Combined Exercises Performed in Different Periods of the Day on Post-Exercise Blood Pressure Brazilian Jiu Jitsu Athletes	Peer-Reviewed Journal	Open	Exercise	No

APPENDIX A

#	Title	Type	Access	Subject	Included
073	Effects of LED Therapy and Cryotherapy Recovery Methods on Maximal Isometric Handgrip Strength and Blood Lactate Removal in Brazilian Jiu-Jitsu (BJJ) Practitioners	Peer-Reviewed Journal	Open	Exercise	No
074	Power and Politics in Brazilian Jiu-Jitsu Teams	Thesis	Open	History	No
075	Brazilian Jiu Jitsu: A Tool for Veteran Reassimilation	Thesis	Open	Psycho-Social	Yes
076	Social Identity and Personal Connections on the Mat: Social Network Analysis within Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Psycho-Social	Yes
077	The Tim Ferriss Experiment: Brazilian Jiu-Jitsu – Episode 4	Video	Open	Learning	Yes
078	Injury History, Severity, and Medical Care for Athletes Participating in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Injuries	No
079	Cultural Consensus Models of Strategy among Brazilian Jiu Jitsu Practitioners in Atlanta, GA	Thesis	Open	Psycho-Social	No
080	Brazilian Jiu-Jitsu and MMA: The Use of New Technologies for Teaching Combats and Martial Arts	Peer-Reviewed Journal	Open	Learning	Yes

APPENDIX A

#	Title	Type	Access	Subject	Included
081	Injury in Brazilian Jiu-Jitsu Training	Peer-Reviewed Journal	Closed	Injuries	No
082	The Language of Martial Arts: The Transformative Potential of Brazilian Jiu-Jitsu Through the Lens of Depth Psychology	Thesis	Open	Psycho-Social	Yes
083	The Gracie Clan and the Making of Brazilian Jiu-Jitsu: National Identity, Culture and Performance, 1905-2003	Thesis	Open	History	No
084	The Outcomes of Balance Training on an Unstable Surface for a Brazilian Jiu-Jitsu Athlete with Chronic Ankle Instability	Thesis	Open	Injuries	No
085	Epidemiology of Sports Related Concussion in Brazilian Jiu-Jitsu: A Cross-Sectional Study	Peer-Reviewed Journal	Open	Injuries	No
086	Immunological Responses to a Brazilian Jiu-Jitsu High-Intensity Interval Training Session	Peer-Reviewed Journal	Open	Nutrition	No
087	Morphofunctional Characterization of Brazilian Jiu-Jitsu Practice	Peer-Reviewed Journal	Open	Fitness / Training	No
088	Injury Rate and Pattern Among Brazilian Jiu-Jitsu Practitioners: A Survey Study	Peer-Reviewed Journal	Closed	Injuries	No
089	Injuries to the Stomatognathic System in Brazilian Jiu-Jitsu Athletes	Peer-Reviewed Journal	Open	Injuries	No

APPENDIX A

#	Title	Type	Access	Subject	Included
090	How Does the Evidence-based Method of Training Impact Learning Transfer, Motivation, Self-efficacy, and Mastery Goal Orientation Compared to the Traditional Method of Training in Brazilian Jiu-Jitsu?	Thesis	Open	Learning	Yes
091	An Investigation into Pain Threshold and Tolerance Differences between Brazilian Jiu-Jitsu Athletes and a Commensurate Group of High Intensity Training, Aerobic and Resistance Athletes	Thesis	Open	Injuries	No
092	The Effect of Traditional Method of Training on Learning Transfer, Motivation, Self-efficacy, and Performance Orientation in Comparison to Evidence-based Training in Brazilian Jiu-Jitsu	Thesis	Open	Learning	Yes
093	Modern Unexplored Martial Arts - What can Mixed Martial Arts and Brazilian Jiu-Jitsu do for Youth Development?	Peer-Reviewed Journal	Open	Psycho-Social	Yes
094	Faces of Glory: the Left-cheek Posing Bias for Medallists of Brazilian Jiu-Jitsu Competitions	Peer-Reviewed Journal	Open	Fitness / Training	No
095	Technique Utilisation and Efficiency in Competitive Brazilian Jiu-Jitsu Matches at White and Blue Belts	Peer-Reviewed Journal	Closed	Fitness / Training	Yes

APPENDIX A

#	Title	Type	Access	Subject	Included
096	Brazilian Jiu Jitsu Training for US Service Members and Veterans with Symptoms of PTSD	Peer-Reviewed Journal	Open	Psycho-Social	Yes
097	Incidence of Injury among male Brazilian Jiu-Jitsu Fighters at the World Jiu-Jitsu No-Gi Championship 2009	Peer-Reviewed Journal	Open	Injuries	No
098	Performance, Rating of Perceived Exertion and Physiological Responses during a Brazilian Jiu-Jitsu Match: Comparisons between Winning and Losing Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No
099	Comparative Analysis of the Level's Aggression of Women and Men Training Brazilian Jiu-Jitsu in the Light of the Possibilities for Therapeutic Purposes	Peer-Reviewed Journal	Open	Psycho-Social	Yes
100	Kinetics of Muscle Damage Biomarkers at Moments Subsequent to a Fight in Brazilian Jiu-Jitsu Practice by Disabled Athletes	Peer-Reviewed Journal	Closed	Fitness / Training	No
101	Clinical Application of the Turkish Get-Up to an Acute Shoulder Injury in a Competitive Brazilian Jiu-Jitsu Athlete	Peer-Reviewed Journal	Closed	Injuries	No
102	Surprisingly Unsurprising: How Brazilian Evangelicals Work Jiu Jitsu into their Worship Services	Peer-Reviewed Journal	Closed	History	No

APPENDIX A

#	Title	Type	Access	Subject	Included
103	Flow with the Go: Brazilian Jiu Jitsu as Embodied Spirituality	Peer-Reviewed Journal	Open	Psycho-Social	Yes
104	Nonoperative Treatment for Partial Ruptures of the Lateral Collateral Ligament Occurring in Combination With Complete Ruptures of the Anterolateral Ligament: A Common Injury Pattern in Brazilian Jiu-Jitsu Athletes With Acute Knee Injury	Peer-Reviewed Journal	Closed	Injuries	No
105	The Effects of Video feedback, Self-Monitoring, and Verbal reinforcement on Teaching Brazilian Jiu-Jitsu Techniques	Thesis	Open	Learning	Yes
106	Toward a Psychology of Jiu-Jitsu: Phenomenological Analysis of the Ways to Combat in Practitioner's Experience	Peer-Reviewed Journal	Open	Psycho-Social	No
107	Enhancing Employee Work Performance through the Practice of Brazilian Jiu-Jitsu	Thesis	Closed	Psycho-Social	No
108	Reliability of TEOSQ in Brazilian Jiu-Jitsu and Muay-Thai Fighters: A Pilot Study	Peer-Reviewed Journal	Open	Psycho-Social	No
109	Strength and Conditioning for Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Fitness / Training	Yes
110	An Evidence-Based Training Plan for Brazilian Jiu Jitsu	Peer-Reviewed Journal	Closed	Fitness / Training	No

APPENDIX A

#	Title	Type	Access	Subject	Included
111	Teaching and Coaching Brazilian Jiu-Jitsu: An Instructional Manual	Thesis	Open	Learning	Yes
112	Mastery Goals are Associated with Training Effort in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Learning	Yes
113	Physiological and Technical-tactical Analysis in Brazilian Jiu-Jitsu Competition	Peer-Reviewed Journal	Open	Fitness / Training	No
114	Comparative Analysis of the Level's Aggression of Women and Men Training Brazilian Jiu-Jitsu in the Light of the Possibilities for Therapeutic Purposes	Thesis	Open	Psycho-Social	No (Repeat)
115	The Experience of the State of Flow in Brazilian Jiu-Jitsu	Peer-Reviewed Journal	Open	Psycho-Social	Yes
116	Personal and Social Benefits Associated with Participation in Brazilian Jiu-Jitsu	Thesis	Open	Psycho-Social	No
117	Mood States and Self-Rated Health of Brazilian Jiu-Jitsu Fighters in Competition	Peer-Reviewed Journal	Open	Injuries	No
118	Self-Rated Sleep Quality and Mood States of Brazilian Fighters	Peer-Reviewed Journal	Open	Psycho-Social	No