

Jiu Jitsu
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Web Fundamental- WDD 130
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18 July 2022

Jiu Jitsu is a martial art that focuses on combat techniques to subdue your opponent. It is a great form of exercise and challenges you on so many levels. Brazilian Jiu Jitsu was developed in the early 1900s and marketed as a self-defense system. The techniques and holds taught in Jiu Jitsu are supposed to help a smaller and more typically seen as weaker individual to be able to conquer their opponent, whether it be in a match or in real life. Jiu Jitsu uses

This site is for people of all ages who want to feel more confident in multiple situations including physical and mental health. It is a great sport for kids and adults to build confidence, strength and character. It is a way to relieve stress and learn ways to focus and create new relationships with like-minded individuals. It is a community that supports each other and can help create unity.

With this website I hope to educate others on the multiple benefits of pursuing a course in Jiu Jitsu. There are many physical and mental benefits to learning the art of Jiu Jitsu and I strongly feel that it can help others as well. It is a great form of exercise that can help your body become stronger. It also is a mental challenge as you have to continually assess how you want to bring down your opponent or escape their holds. It also is a great form of self-defense and can build confidence for anyone who might find themselves in a dangerous situation.

I completely changed my website idea because I realized the first idea that I had wasn't something that I was passionate about. I changed the content to something I was more excited and knowledgeable about. I envisioned my site to have more elements to it, but I believe the content is most important and I am very passionate about the content of my new site. I think there is always room for improvement, but I am proud of what I was able to produce and the content within it.

I learned how much patience it takes to build a website. I had lots of trial and error while developing it and it taught me a lot about how technical building a website is. The skills I learned from creating this website will help me in future courses and career opportunities as it taught me the basics of creating a website. It has made me more detail oriented and I now notice how much goes into creating a website and the effort it takes to create even the tiniest detail. I have a much greater appreciation for all the work that goes into websites. I also learned the importance of continually following along and learning step by step how to create a site. It takes a lot of diligence and focus to little details because if even the smallest thing is incorrect it can impact the entire page.

URL: <https://gitman1992.github.io/wdd130/rollwithme/index.html>