



Brazilian Jiu-jitsu, the art of smoothness

Wagner Rocha, ULMA Handling Systems Brazil



THE OTHER TALENTS OF THE ULMA GROUP

Many people from the Group make their professional career compatible with very demanding hobbies in which they demonstrate that all obstacles can be overcome with talent and hard work.

Wagner Rocha, an information systems analyst at the Brazil branch of ULMA Handling Systems since 2015, combines his work life with high level Jiu-jitsu championships.

A small and light but very skilful opponent can successfully defend against a much bigger and stronger opponent by efficiently using the technique. This is what happens in Brazilian Jiu-jitsu or BJJ, a martial art, combat sport and personal defence system of Japanese origin, which Wagner began practising 10 years ago when he was 23 years old.

The techniques of this sport are based on battle methods used by the classic Samurai to fight other Samurai warriors wearing armour. Nowadays, Brazilian Jiu-jitsu is primarily focussed on hand to hand combat on the floor and its techniques include dislocating joints, throws, knock-downs, projections, strangulation and submissions. These floor combat techniques were brought to Brazil by Mitsuyo Maede and were subsequently evolved into a sport by master Helo Gracie, who extensively promoted it as a competitive sport held in boxing rings throughout the country.

Loyalty, honour, honesty, respect

towards all, courage, justice and compassion. These are the 7 principles of the Bushido code, a code of conduct that was followed by the old Samurai of Japan and which is now used as a guide by Wagner Rocha to combine Jiu-jitsu with his personal and work life. *"For me, everything is integrated, I have to keep moving, learning every day"*, he said.

"I am lucky enough to train in a team that has many world champions and the rhythm of training is very tough. Due to my level I am almost always training with them"

A year and a half after becoming a black belt, Wagner took first place in the Municipal Championship, third place in the Brazilian Championship and second place in the State Championship. The team from his school ALMEIDAJJ is number 1 in the State of São Paulo. In spite of the Brazilian origin of Jiu-jitsu, championships are held worldwide, there are federations in all continents and the European circuit is one of the most important tournaments. His motivating ideology and that of his school is based on the idea that *"what one person is capable of doing, another person can also do with a smile"*.

The same passion he shows for Jiu-Jitsu,

he has for his job at ULMA Handling Systems where Wagner is an information systems analyst and is currently implementing JDT and WMS. He has travelled a lot for his job to countries like South Africa, Argentina and France, which does not prevent him from being consistent with his training. He says he likes travelling very much as well as being able to continue training while he experiences other cultures. *"I love the Basque culture, I know some words in Basque; one of the most important ones is Jatetxe. Currently at home we have a little fish called Gorka"*, says Wagner.

"Self-control, knowing your limits, mental strength, discipline and a lot of joy" is what Wagner Rocha gets from this sport. Jiu-jitsu is not only learning personal defence and immobilisation techniques; it is much more than that. It is learning how to move, behave, placing yourself in someone else's shoes, staying on the path of the good and of discipline.

"Jiu-jitsu has made me aware of my limits and has given me self-control, mental strength, discipline and a lot of joy"