



Review of 2017 – Doug Bailey (OSA) NZJJF Chairman

The committee's focus for 2017 was in three main areas: instructor education, black belt registration and the WCJJO World Championship.

Instructors' Coaching Programme

Simon Ogden has continued his work in extending the Instructors' Coaching Programme. The C1 Assistant Instructor and C2 Club Instructor modules were released in previous years and in 2017 NZJJF released the C3 Advanced Instructor module. This course builds on the learning from C2 to give Club Instructors the knowledge and confidence to teach very effectively and run strong, safe clubs. Specifically, the course covers physiology, psychology, communication, coaching, risk management and governance. NZJJF sees C2 as the benchmark qualification for anyone running a club and believes each organisation would benefit immensely by having at least one C3 Instructor in their membership.

Simon has two further courses, C4 National Instructor and C4 National Coach, in draft form for release in 2018.

Over 2017, two C2 Club Instructors and three C1 Assistant Instructors were added to the Instructors Register.

Black Belt Registration

NZJJF strongly believes that a public register of verified black belts provides the general public with a great deal of comfort that ju-jitsuka holding themselves out as black belts actually hold those qualifications. Over 2017, 16 black belts were added to the Black Belts Register or had an up-grade registered.

WCJJO World Championship

It's been ten years since New Zealand sent a team to the World Champs. We had expressions of interest early in the year and set about determining rankings that would make competitors eligible for the Elite Athletes' Programme, from which the NZ Black Tops team is selected. For the first time, NZJJF 'outsourced' ranking tournaments for grappling, using NZ Grappler tournaments to determine our top-ranked grapplers. We then ran free-fighting only tournaments to provide free-fighting competition and rankings. The result was a team of five grapplers and two free-fighters who represented NZ at the Championships in Australia. Their results were fantastic: five gold medals, four silver and a 4th placing. Congratulations, team.

NZJJF Committee

It's very easy to forget that a handful of people put all the work into providing the Federation's services. They are all volunteers and all busy people. Last year Ann Norton resigned from the committee after three terms and Simon Ogden stepped down as Director of Sport. Jesse Puata was elected as Director of Sport and Simon Ogden was elected as a committee member. Additionally, Adam Rings was co-opted to provide support with IT. Thank you all and welcome Jesse and Adam.

2018 Focus

In 2008, NZJJF returns to providing seminars and masterclasses in the effort to involve more people and provide in-depth, quality instruction. As previously mentioned, expect to see the C4 courses released, too.

See you on the mats,
Doug Bailey

How to be a Physically Literate Person – Sport Wellington

Physical Literacy is a relatively new term that is important in the development of healthy young people and adults alike. Find out more about the skills required to be a physically literate person who demonstrates the confidence and competence to participate in physical activity they choose. [Click here for a short video.](#)



NZJJF Black Tops Team Sponsorship

Huge thanks again to Fuji Mae New Zealand for their sponsorship of the NZJJF “Black Tops” Ju-Jitsu Team at the recent 2017 WCJJO World Champs in Australia.

Website; www.fujimae.co.nz, Facebook; <https://www.facebook.com/Fujimae>

C3 Coaching Course is NOW OUT – Become an ADVANCED Coach!

The C3 Advanced Instructor course is a follow on course that covers physiology, psychology, communication, coaching, risk management and governance to a higher degree building on the C1 and C2 coaching courses.

Completion of the C1 and C2 course is a pre-requisite except where members can demonstrate that they have sport science qualifications from tertiary providers or similar. For further information please contact Simon Ogden on coaching@nzjif.org.nz

The Truth about Violence - 3 Principles of Self-Defense – Sam Harris (Part 2)

Principle #1: Avoid dangerous people and dangerous places.

The primary goal of self-defense is to avoid becoming the victim of violence. The best way to do this is to not be where violence is likely to occur. Of course, that’s not always possible— but without question, it is your first and best line of defense. If you visit dangerous neighborhoods at night, or hike alone and unarmed on trails near a big city, or frequent places where drunken young men gather, you are running some obvious risks.



I once knew an experienced martial artist who decided to walk across Central Park late at night. He was aware of the danger, but he thought “I have a black belt in karate. Why shouldn’t I be able to walk wherever I want?” As it happened, this rhetorical question was answered almost immediately: My friend hadn’t ventured more than a hundred yards into the darkness of the park before he was confronted by three men, one of whom plunged a hypodermic needle into his thigh without a word. Our hero bolted and escaped,

otherwise unharmed, but he spent the next three months wondering whether he had been infected with HIV, hepatitis, or some other blood-borne disease. (He was fine.) The lesson: Whatever your training, you needn’t be foolish.

Similarly, all men should learn to recognize and shun status-seeking displays of aggression. This is one problem that women generally don’t have to worry about. It is, for instance, very rare for a woman to find herself party to an exchange like this:

“What are you looking at, asshole?”

“Who are you calling an asshole?”

“You, *bitch*. What are you going to do about it?”

Nevertheless, young men are easily lured into social dominance games from which neither party can find a face-saving exit. The violence that erupts at such moments is as unnecessary as it is predictable. If you want to preserve your health and stay out of prison, you must learn to avoid or defuse conflict of this kind.

When a conflict turns physical, there is always a risk that someone will be severely injured or killed. Imagine spending a year or more in prison because you couldn't resist punching some bully who dearly deserved it, but who then hit his head on a fire hydrant and died from a brain injury. As a matter of law, the moment you engage in avoidable violence of this kind—rising to a challenge and escalating the conflict—you lose any legal claim to self-defense. Rather, you were *fighting*—which is illegal—and in this case you accidentally killed your opponent. You are now likely to get more practice fighting in prison. (Meanwhile, the costs of your criminal defense, and perhaps a subsequent civil lawsuit, could easily bankrupt you.) Take this maxim to heart: **Self-defense is not about winning fights with aggressive men who probably have less to lose than you do.**



Another principle is lurking here that should be made explicit: *Never threaten your opponent.* The purpose of his verbal challenge was to get you to respond in such a way as to make him feel justified in attacking you. You shouldn't collaborate in this process or advertise your readiness to defend yourself. Even if violence seems unavoidable, and you decide to strike preemptively, you should do so from a seemingly unaggressive posture, retaining the element of surprise. (This requires training.) Putting up your dukes and agreeing to fight has no place in a self-defense repertoire.

Thus, whatever ego problems or impulse-control issues you have should be worked out ahead of time. You should forget about saving face while recognizing that if you ever find yourself in a social-dominance contest you will probably feel a deep urge to say or do the wrong thing. Deciding on an appropriate course of action in advance is your best protection against being dangerously stupid in the heat of the moment. The challenge for every man is to decline to play an ancient game whose rules and imperatives have been inscribed in his very cells. If you want to avoid unnecessary violence, you must keep your inner ape on a very short leash. De-escalate and move on.

“What are you looking at, asshole?”
“Sorry, man. I was just spacing out. It’s been a long day.”

You should also learn to trust your feelings of apprehension about other people—revising them only slowly and with good reason. This may seem like a very depressing piece of advice. It is. Most of us don't want to see the world this way, and we take great pains to avoid being rude or appearing racist, suspicious, etc. But violent predators invariably play upon this commitment to civility. The truth is that most of us are very good at detecting ulterior motives and malevolence in others. We must learn to trust these intuitions. To read the reports of rapes, murders, kidnappings and other violent crimes is to continually discover how easily good people can be manipulated by bad ones.

You are under no obligation, for instance, to give a stranger who has rung your doorbell, or decided to stand unusually close to you on the street, the benefit of the doubt. If a man who makes you uncomfortable steps onto an elevator with you, step off. If a man approaches you while you are sitting in your car and something about him doesn't seem right, you don't need to roll down your window and have a conversation. Victims of crime often sense that something is wrong in



the first moments of encountering their attackers but feel too socially inhibited to create the necessary distance and escape.

Principle #2: Do not defend your property.

Whatever your training, you should view any invitation to violence as an opportunity to die—or to be sent to prison for killing another human being. Violence must truly be the last resort. Thus, if someone sticks a gun in your face and demands your wallet, you should hand it over without hesitation—and run.

If you look out your kitchen window and see a group of youths destroying your car, you should remain inside and call the police. It doesn't matter if you happen to be a Navy Seal who keeps a loaded shotgun by the front door. You don't want to kill a teenager for vandalism, and you don't want to get shot by one for hesitating to pull the trigger. Unless you or another person is being physically harmed, or an attack seems imminent, avoiding violence should be your only concern.

Part 3 will be in the next newsletter covering the last principle.

Registering your Black Belt?

The Black Belt Register, together with the Instructors Register, makes up the Public Register of Ju-Jitsu Instructors and Black Belts. Details about the process of black belt recognition and the NZJJF procedure can be found on the NZJJF website in [Notice 15-2](#)

Please contact Doug Bailey on registrar@nzjif.or.nz for further information.

AC separations in Grappling – Mike Piekarski

Have you ever hurt your shoulder following an overhead throw or takedown? In grappling martial arts your opponent may succeed in taking you to the ground, but what happens when you land improperly on your shoulder?

The shoulder complex is made up of several joints:

- glenohumeral joint
- sternoclavicular joint
- acromioclavicular joint
- scapulothoracic “joint”.

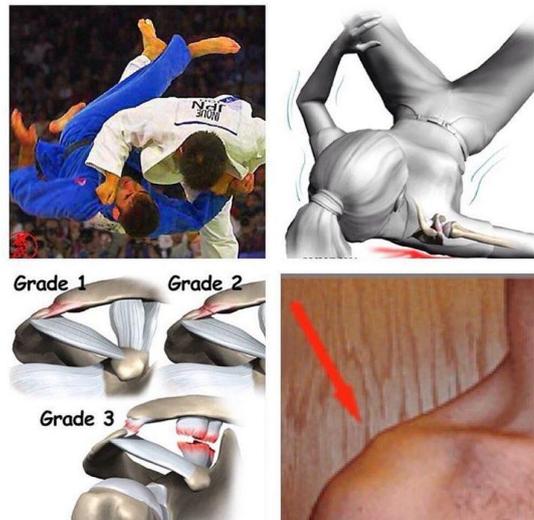
All four are involved in overhead arm motion. The joint likely affected by an overhead fall will be the acromioclavicular joint.

The acromioclavicular joint is a gliding joint meaning it is predominately flat. This means

ligaments are the primary constraints protecting against separation. The ligaments involved in preventing excessive inferior-medial translation are the superior and inferior acromioclavicular capsular ligaments. The coracoclavicular ligament may help, but it is a secondary constraint to this movement and typically only involved in severe falls.

So what does this all mean to grapplers? When you are thrown or swept and land on the tip of shoulder you put a massive amount of force on a thin band of connective tissue. This band will likely not be able to effectively absorb the impact. When performing a proper break fall the goal is to impact the back of the shoulder / scapula and 'roll' with the movement so the top of the shoulder is not absorbing the full impact.

Minor injuries to the AC joint can be asymptomatic or will heal quickly, however a sign of this injury is a large bump on the top of the shoulder as the joint heals slightly out of position. Now in addition to having funny-looking ears, grapplers have to worry about odd-looking shoulders



2018 Seminar Calendar

Seminar Facebook events and calendar updates coming soon!

2017/2018 Membership fees:

Memberships for the 2017/2018 year are; Individual (\$10) and Club (\$80). Cheques made out to 'NZJJF' can be sent to 902 Norton Rd, Hastings 4122 or deposited to:

NZJJF Westpac 03-0179-0280064-00 (use your name / club as an identifier).

CONGRATULATIONS ...

NZJJF Black Belt Register December 2017

Congratulations to the following approved for the Black Belt Register:

Adam Rings (1Dan)
Keith Collier (1Dan)
Jeremy Dempsey (1Dan)
Pina Simpson (BJJ BB)
Carl Moke (BJJ BB)
Kim Chenery (2Dan)
Dennis O'Connell (3Dan)
Simon Barnett (3Dan)
Renata Sadlier (4Dan)
Julian Columbus (6Dan)

