



## 2018 Seminar and Masterclass – by Adam Rings

This year's NZJJF National Seminar and Masterclass was held on Saturday the 29th of September, hosted at Forgotten Art Judo in Palmerston North.



The days training was attended by ju-jitsuka from around the north island, with members holding a wide ranging skill-set from various styles of ju-jitsu in attendance. In total there were over 20 people on the mat from novices through to advanced practitioners. Over the course of the day four different classes were held by some of the most knowledgeable ju-jitsu instructors in New Zealand. They took the opportunity to deliver a wide range of expertise on various areas of ju-jitsu and the days learning covered everything from small joint manipulation to movement, balance taking and throwing.

The first instructor for the day was Sensei Daryl Hayman, 3rd Dan, of Sakura Kan Jiu Jitsu. Daryl took everyone through a number of joint manipulation techniques and the importance of movement with control and it was further reinforcement that regardless of the technique employed the underlying principles remain the same.

Sensei Shanon Casson, 4th Dan, of New Zealand Jiu Jitsu Academy was next up. Shanon's session largely focused on finger locking and the use of small digit manipulation to control a resisting opponent. For a few of us this was our first (painful) exposure to finger locks and was personally one of the days highlights. Revisiting these in our own dojo has also been well received by those that couldn't make it to the seminar.

After a quick lunch break, Sensei Paul Reti OSA, 7th dan, and head of Fuji Ryu Goshindo Ju Jitsu, was our third instructor of the day. Paul took everyone through a master class on positioning for the setup of throws and creation of kuzushi. Paul's exposure to Judo and his love for old school jujitsu was both obvious and infectious from the start and it was great to

learn some different methods to take an opponent's balance, as well as a few sneaky tricks from someone so experienced.

Our 4th and final instructor for the day was Simon Paul Ogden OSA, 4th Dan, head of Jitsu New Zealand (Shorinji Kan Ju Jitsu), who taught a session on Koshi waza. Simons understanding of throwing is highly regarded in many circles, and the opportunity to share in this knowledge is always welcome. The session covered a number of hip throws and showed how these can be used as continuation techniques based on the defensive response of your opponent. Further, it was fantastic to be present as the NZJJF awarded Simon with an outstanding service award for his longstanding contribution to the NZJJF and jujitsu in New Zealand. He continues to add considerable value to the NZJJF and is a fantastic mentor, sensei and friend.

As always, it was fantastic to meet others that enjoy the pursuit of jujitsu and share our various viewpoints and skillsets in a great environment together. Various attendees have mentioned that this was a fantastic seminar with everyone getting something from the experience. A massive thank you to all the instructors who gave their time and knowledge on the day. Its clear that a martial art as diverse as jujitsu takes many years to master and your continued sharing of your own journey is key to everyone else understanding theirs. Thanks also to those that attended the session; it was great to see many different schools in attendance, and the positive response to the seminar.

### **Outstanding Service Award 2018 – Simon Ogden – Doug Bailey**

On the 29<sup>th</sup> September the NZJJF presented the Outstanding Service Award to Simon Ogden in Palmerston North.

The Outstanding Service Award is made on behalf of the New Zealand ju-jitsu community to a ju-jitsu practitioner who has an enduring influence on ju-jitsu in this country. It acknowledges one or both of the following:

- **Long-time involvement:** A pioneer or practitioner who has actively promoted and developed New Zealand ju-jitsu over a substantial period of time.
- **Outstanding service:** A practitioner or administrator who has made a considerable and beneficial contribution to a particular area within the New Zealand ju-jitsu community.



The New Zealand Ju-Jitsu Federation wished to acknowledge Simon Ogden whose vision led to the founding of the New Zealand Ju-Jitsu Federation and whose decade of leadership in the organisation brought unity to ju-jitsu in this country. The award pays tribute to his development at all levels of the national coaching programme and for his involvement in ju-jitsu as a national administrator, communicator, instructor and ambassador. It also records our appreciation for his dedication to the development of ju-jitsu in New Zealand.

### **2018/2019 Membership fees:**

Memberships for the 2018/2019 year are; Individual (\$10) and Club (\$80). Cheques made out to 'NZJJF' can be sent to 902 Norton Rd, Hastings 4122 or deposited to:

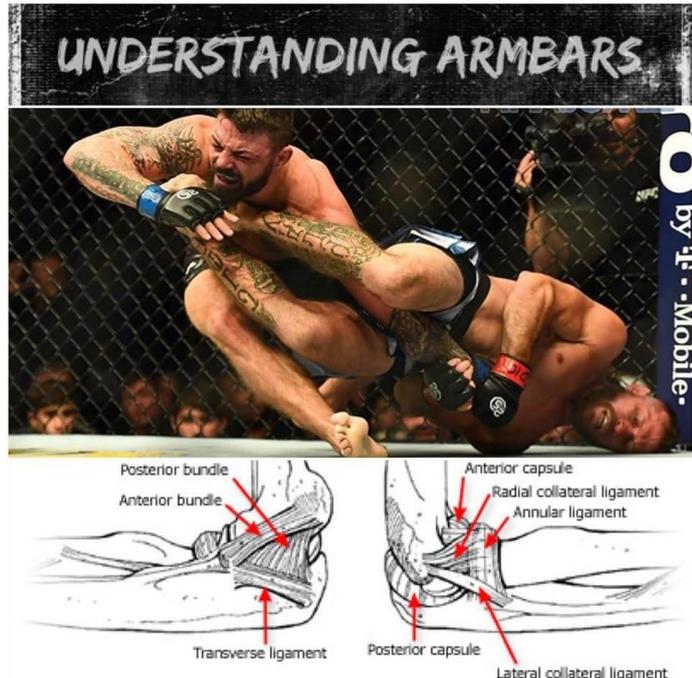
NZJJF Westpac 03-0179-0280064-00 (use your name / club as an identifier).

## How does an armbar damage the arm? – Mike Piekarski

The armbar is a submission that involves hyperextension of the elbow joint, also known as the humeroulnar joint. However, there are also two other joints around the elbow region, the humeroradial joint and the radioulnar joint.

The primary structure to limit excessive extension is the ulnar collateral ligament particularly the anterior fibers which are the strongest and thickest fibers of the ligament. In addition to the UCL, ligamentous support muscles of the elbow and forearm help support and resist excessive motion, particularly the elbow flexors, wrist flexors and pronators which act as dynamic medial stabilizers.

As the UCL is a fairly thick ligament and it is a highly innervated structure, the mechanoreceptors within the structure help detect passive tension. This is why there is a relatively moderate amount of time from when the submission begins and when damage occurs compared to a leg attack.



Humeroulnar hyperextension often leads to ligament strain or rupture, however if force is continued then dislocation of the ulna from the humerus can occur. While the muscles may become strained they are not likely to tear, more likely the muscle's attachment on the ulna will rip off the main structure (avulsion fracture). In extreme cases the ulna and/or radius may fracture but that typically only occurs when the leverage point is below the elbow. While bone fractures can occur with armbars they are an uncommon injury compared to ligamentous sprains.

## 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](mailto:coaching@nzjif.org.nz)

## CONGRATULATIONS ...

### NZJIF Black Belt Register up to September 2018

Congratulations to the following approved for the Black Belt Register:

**Simon Gibbs, 2 Dan**  
**Hannes van Niekerk, 5 Dan**  
**Riana van Niekerk, 2 Dan**

### **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](mailto:registrar@nzjif.or.nz) for further information.

