



NZJJF Results at the WCJJO World Ju Jitsu Championships

The WCJJO World Ju Jitsu Championships were held Thursday 26th to Sunday 29th October 2017 at the Tallebudgera Leisure & Gold Coast Recreation Centre, 1525 Gold Coast Highway, Palm Beach, Queensland, Australia. The NZJJF took a squad of 7 players and the results were outstanding;

Vaughan Antonio (Capt): Gold, grappling; Silver, Freefighting
Joseph Rivers: Gold, grappling; Silver, freefighting
Cameron Edmunds: Gold, freefighting
Annie Lee: Gold, grappling
Krissy Oliver: Silver, grappling; Silver, freefighting
Adam Rings: 4th, freefighting
Cam Steer: Gold, grappling



Congratulations, team. 5 x gold and 4 x silver; this is by far the best result of a NZ team at the Worlds. So huge thanks has to go out to the Captain Vaughan Antonio for doing an amazing job, the team for showing the world how real athletes conduct themselves, especially under contentious conditions, their coaches, and NZ Grappler for their tournament circuit.

Huge thanks again to Fuji Mae New Zealand for team equipment sponsorship

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 1)

As a teenager, I once had an opportunity to fly in a police helicopter over a major American city. Naively, I thought the experience might be uneventful. Perhaps there would be no crime between 8:00 and 10:00 p.m. on a Saturday night. However, from the moment we were airborne, there was a fresh emergency every fifteen seconds: Shots fired... rape in progress... victim stabbed... It was a deluge. Of course, the impression this left on me was, in part, the result of a sampling bias: I was hearing nothing but incident reports from a city of 4 million people, most of whom would never encounter violence directly. (No one calls the police to say "Everything is still okay!") Yet it was uncanny to discover the chaos that lurked at the margins of my daily routine. A few minutes from where I might otherwise have



been eating dinner, rapes, robberies, and murders were in progress.

Just as it is prudent to wear your seat belt while driving, it makes sense to know how best to respond to violence. In fact, it is overwhelmingly likely that some of you will become the targets of violence in the future. The purpose of this essay is to help you prepare for it. While I do not consider myself an expert on personal security, I know enough to have strong opinions. In my youth, I practiced martial arts for many years and eventually taught self-defence classes in college. My education included work with firearms and a variety of other weapons. I eventually stopped training and moved on to other things, but my interest in self-defence has resurfaced. It's hard to say why. No doubt receiving occasional death threats and other strange communications has been a factor. But I think that having a family has played a much larger role. I now feel acutely responsible for the safety of those closest to me.

In my experience, most people do not want to think about the reality of human violence. I have friends who sleep with their front doors unlocked and who would never consider receiving instruction in self-defence. For them, gun ownership seems like an ugly and uncivilized flirtation with paranoia. Happily, most of these people will never encounter violence in any form. And good luck will make their unconcern seem perfectly justified.

But here are the numbers: In 2010, there were 403.6 violent crimes per 100,000 persons in the United States. (The good news: This is an overall decrease of 13.4 percent from the level in 2001.) Thus, the average American has a 1 in 250 chance of being robbed, assaulted, raped, or murdered each year. Actually, the chance is probably greater than this, because we know that certain crimes, such as assault and rape, are underreported.

Of course, your risks vary depending on who you are and where you live. In Compton, one of the more dangerous parts of Los Angeles, your chances of experiencing violent crime in 2010 were 1 in 71; if you lived in Beverly Hills they were 1 in 458. Still, even in good neighbourhoods, the likelihood of being attacked is hardly remote. In the comparative safety of Beverly Hills, assuming the crime rate stays constant, the probability that you will be robbed, assaulted, raped or murdered at some point over the next 30 years is 1 in 16. (The average risk in the U.S. is 1 in 9; in Compton it's better than 1 in 3). Again, these statistics surely paint too rosy a picture, because many crimes go unreported.

It may seem onerous to prepare yourself and your family to respond to violence, but not doing so is also a form of preparation. Failing to prepare is, generally speaking, preparing very well to do the wrong thing. Although most of us are good at recognizing danger, our instincts often lead us to behave in ways that increase our chances of being injured or killed once a threat emerges.

Why can't civilized people like us simply rely on the police? Well, look around you: Do you see a cop? Unless you happen to be a police officer yourself, or are married to one, you are very unlikely to be attacked in the presence of law enforcement. The role of the police is to respond in the aftermath of a crime and, with a little luck, to catch the person who committed it. If you are ever targeted by a violent predator, whether you and your family are injured or killed will depend on what you do in the first moments

of the encounter. When it comes to survival, therefore, you are on your own. Once you escape and are in a safe place, by all means call the police. But dialling 911 when an intruder has broken into your home is not a reliable strategy for self-defence.

However, instruction in self-defence need not consume your life. The most important preparations are mental. While I certainly recommend that you receive some physical



training, merely understanding the dynamics of violence can make you much safer than you might otherwise be.

Note: An analysis of 27, 595 violent crimes revealed that fewer than 2 percent of victims were injured after they had resisted their attacker (and less than 0.5 percent were seriously injured). Of crimes in which a victim resisted and was injured, only 10 percent involved injury after the point of resistance. The idea that resistance provokes attackers, increasing the likelihood of victim injury or death, does not fit the data. As the authors of this study wrote; “Once victims resist, the probability that they will suffer any further injury drops almost to zero, regardless of type of crime or resistance.” The rate of injury among victims who do not resist was 18.5 percent. It’s true that this study found that calling the police was as good as resisting with a weapon (and better than resisting without one), but the authors acknowledge an obvious confound: Confrontations in which victims had the opportunity to call the police (perhaps due to the security provided by a locked door) might have been far less dangerous than those in which they had to resort to more active forms of resistance. It should also be noted that pretending to cooperate, or merely screaming from pain or fear, increased the risk of injury to the victim. See [J.Y. Tark & G. Kleck. 2004](#)

Part 2 will be in the next newsletter covering the 3 principles

Registering your Black Belt?

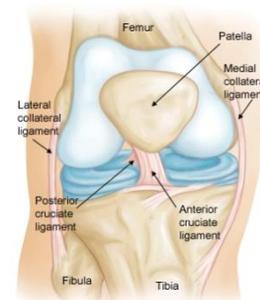
The Black Belt Register, together with the Instructors Register, makes up the Public Register of Ju-Jitsu Instructors and Black Belts. Details about the process of black belt recognition and the NZJJF procedure can be found on the NZJJF website in [Notice 15-2](#)

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

Kinesiology of a kneebar – Mike Piekarski

So what happens to the knee during a knee-bar? A knee-bar works by causing hyperextension of the tibio-femoral joint. The average person will have around 5-10 degrees of extension and any more motion than this will challenge the soft tissue and ligamentous structures. More specifically these are;

- **Ligaments:** There are 3 ligaments that assist with preventing extension; Anterior Cruciate Ligament (ACL), Medial Collateral Ligament (MCL), Lateral Collateral Ligament (LCL)
- **Muscles:** there are also a few muscles that cross at the knee joint that can assist in resisting the motion (hamstrings, calf and popliteus)
- **Joint Capsule:** the entire knee joint is reinforced by the posterior joint capsule



So it can be seen that there are quite a few structures involved in preventing your knee from completely bending in the wrong direction. This also explains why you don't see people's knees exploding with knee-bars as much as you do with a submission like a heel hook. So what kind of damage can you expect from a vicious knee-bar?

1. Muscle strain (Hamstring)
2. Anterior Cruciate Ligament (ACL) sprain or rupture.
3. Joint capsule stretch or tear

While some competitors may risk injury for a match if you are just training make sure to tap to knee-bars!

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 ...

Congratulations to those who passed the NZJJF C2 Coaching Course in October

Adam Rings – Jitsu NZ (Wellington)

