



## NZJJF Freefighting Tournament Results

The last NZJJF Free-fighting Tournament was held on the 26<sup>th</sup> August at the NZJJS dojo in Hastings. Congratulations to those that competed and made selection to the Black Tops Free Fighting team. Huge thanks go to the NZJJS dojo for hosting, Doug Bailey OSA as head referee, the competitors, referees and tournament technicians.

## Team Selection for WCJJO World Ju Jitsu Championships

The WCJJO World Ju Jitsu Championships are to be held Thursday 26<sup>th</sup> to Sunday 29<sup>th</sup> October 2017 at the Tallebudgera Leisure & Gold Coast Recreation Centre, 1525 Gold Coast Highway, Palm Beach, Queensland, Australia. The people who have been selected for the **Black Tops** NZJJF team are;

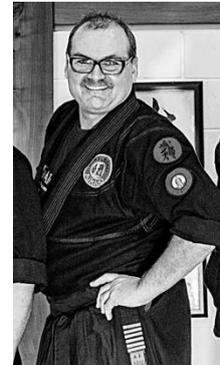
Annie Lee - Ladies Under 61Kg Grappling  
Krissy Oliver - Ladies Under 71Kg Grappling  
Joseph Rivers - Men's Under 85Kg Grappling  
Cam Steer - Men's Under 97Kg Grappling  
Vaughan Antonio (Team Captain) - Men's Over 97Kg Grappling  
Anaru Grant Jnr - Men's Over 97Kg Grappling  
Cameron Edmunds - Men's Over 100Kg Free-fighting  
Adam Rings - Men's Over 100Kg Free-fighting



Huge thanks to Fuji Mae New Zealand for team uniform and equipment sponsorship  
Website; [www.fujimae.co.nz](http://www.fujimae.co.nz), Facebook; <https://www.facebook.com/Fujimae>

## Greg Waters found guilty by a jury on five counts of indecent assault.

On 26 July 2017, [media reported the conviction of Gregory David Waters](#) on five counts of indecent assault. Waters is the head instructor of Aikido Hamilton, also known as Aiki Jutsu Aikido Hamilton (NZ). He has a background in ninjutsu and aikido. Records show Waters was an NZJJF member for the 2016 year due to having attended an NZJJF event. His membership was not renewed in 2017 nor has any rank or coaching qualifications been registered with NZJJF.



All NZJJF members are required to abide by its Code of Ethics and are bound by its Rules & Regulations. These can be found at <http://nzjif.org.nz/NZJJF/jujitsu/rules-regulations/>

Members are obliged to report to NZJJF any members not complying with either. Additionally, complaints of inappropriate behaviour by ju-jitsu practitioners can be made to NZJJF, which has a duty to investigate.



Disciplinary Procedures are detailed within the Rules & Regulations. Further, ethical training is given in the C1 Assistant Instructor course, all entrants to the C2 Club Instructor programme undergo a criminal convictions check, and successful candidates at all levels are recorded on the 'Instructor Register' at <http://nzjif.org.nz/NZJJF/jujitsu/instructor-register/>

Any concerns regarding this or other incidents can be directed to [secretary@nzjif.org.nz](mailto:secretary@nzjif.org.nz)

**“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”**

— ARISTOTLE

### **The New Normal – Paul Sharp**

I often think about the idea of the new normal. I used to think normal was some form of static position. Then I realized that as we progress in this journey our understanding and definition for what is normal is constantly adjusting. I had the opportunity to talk about this with a friend that is a serious CrossFitter. We were talking about his first WoD years ago. He thought he was going to die, and had some serious doubts as to whether he could drive himself home after the workout. His normal at that time said this level of effort isn't possible. His normal said he might have pushed himself too far, and this might just be what it feels like right before you die. His version of normal was about to be reset.

Five years later his version of normal, the new normal, is quite different. He now breezes through WoD's that would have left him on the floor a few years ago. Incrementally, little by little, his normal changed. As he pushed himself he realized he

won't die, he might pass out or puke, but he won't die. And most importantly he will adapt, and normal will be reset yet again. Here's the cool thing, this resetting of what he viewed, and accepted as normal in his pursuit of fitness caused him to change his view of what he was willing to accept as normal in other areas of his life.

This applies to everything we do. How often do we feel like a stranger in a strange land? If not very often, then that's a subject for another day my friend because we all need to be pushing ourselves. How many of us remember our first day on the mat? Getting smashed, smothered, feeling like we were dropped into the deep end of a pool full of sharks. None of this stuff was normal, and we entertained thoughts of quitting until suddenly one day it was the new normal. One day being in that pool with those sharks was just another normal day.

Here's the lesson we take from these experiences; look forward to those times of discomfort, of feeling like things are not normal, we are out of our depth, and that this effort might be more than we can sustain. Whether it's a calorie restriction, or a new sprint training program, whatever it is dig into that feeling of being out of our element knowing that in just a little while we will reset, and this will be the new normal.

Little by little, day after month after year we keep adjusting, and resetting our normal until one day we don't even remember what it was like to be what most folks call normal. This is our new normal.

### **Hanshi Alain Saily Seminar**

On the 23rd September at Budokan Rotorua dojo Samurai-Arts is bringing Hanshi Alain Saily, 8th Dan goshindo/jujutsu to New Zealand. Cost is \$100 pp and spectators are \$25.

Hanshi Saily is director of the World Kobudo Federation, is friendly, charismatic and very knowledgeable - he will improve your understanding of martial arts whatever your style and you will gain many dynamic movements and principles to add to your martial art.

Email: [Lenny@action.nz](mailto:Lenny@action.nz) to register your interest, payment with surname as reference to Samurai Arts; Cooperative Bank Acct 02-1248-0202778-001

Those registered & paid before end August will receive certification

[FACEBOOK EVENT LINK](#)



### **2017 NZJJF Seminar Calendar**

Seminar Facebook event and calendar updates coming soon!

### **C3 Coaching Course is ready for release – Become an ADVANCED Ju Jitsu Coach!**

The C3 Advanced Instructor course is a follow on to the C2 Club Instructor 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)

Note: Expert C4 Level coaching courses in Traditional and Sports Ju Jitsu are also next in development.

### **KoKoDo Ju Jitsu**

Auckland Koryu Ju Jitsu is delighted to announce that Seamark Hanshi from Kokodo Jujutsu will be visiting Auckland this October to teach traditional Japanese Jujutsu and shiatsu. Please contact Jules Robson () if you would like to be invited to join us. It would be wonderful to have budo friends and colleagues join us to celebrate this event.

Michael Seamark began his Budo journey in the early 80s and was first introduced to Irie Soke and KoKoDo JuJutsu as a Blackbelt of Hakkoryu JuJutsu & Hakko Denshin Ryu. In 2005 after many years of practice he earned the rank of Shihan. In 2007 he earned Menkyo-Kaiden. Then in 2011 Irie Soke invited Michael to return to Japan where Michael trained directly with Soke for over 20 days and underwent the highest technical level and certification call KoGyoku.

Then in 2012 Seamark became the first student to receive the title of Kyoshi from Irie Soke.

Currently Kyoshi Seamark holds the rank of Hachidan or 8th Degree in KoKoDo JuJutsu and oversees KoKoDo for the Americas & New Zealand.

### **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.

### **5 Things I Learned About Life from Ju-Jitsu – Winston Smith**

This article is not about ju-jitsu's prowess as a fighting style, but rather how it can benefit your life in immeasurable ways. These are five things it has led me to discover:

#### **1. Failure is inescapable**

Are you on the path to achieving your dreams? If not, I guarantee that it is because you are terrified of failure. To improve at ju-jitsu, you must put yourself in a life-or-death position literally hundreds of times in your first few months as a white belt. Tapping out to someone says "I acknowledge that my physical safety is completely in your hands," a difficult admission for most to accept. Affliction-wearing meatheads wash out quickly because they cannot stand the blow to their egos. Ju-jitsu teaches you to manage the humiliation and emotional dump that comes with failure. Failing at ju-jitsu desensitizes you to failing in life, the only way you can begin to succeed.



## **2. There is always someone better than you**

Whether your passion includes game, fitness, athleticism, writing, or fighting, ju-jitsu forces you to accept that you are never the master of your craft. How many times have you seen a gorgeous girl on the arms of a toady guy, only to hear your friends talk derisively about how his luck or money are the only reasons for his success? It is a loser's mindset to hate on someone because they are superior to you at something. Respecting and acknowledging mastery comes with exposure to the red pill mindset, and with exposure to ju-jitsu as well.



## **3. There are no shortcuts**

It is well-established that experts in any field are made through thousands of hours of deliberate practice. Some people are better natural athletes or learn moves faster, but the true beasts at my gym are the guys who have put in the longest hours on the mat. Learning ju-jitsu emphasizes the dedication necessary to achieve proficiency in any area. You can passively await a one-in-a-million stroke of luck, or you can take ownership of your position today and begin logging the hours required for mastery.

## **4. Your body is your greatest physical possession**

Once you see the wondrous things you can do with it, it will deeply trouble you how little most people respect theirs. I ate well and worked out regularly before I began training, but seeing what some people can do on the mat drives me to optimize all aspects of my health. Older guys say that you only realize how much of a gift your body is when it begins to break down. I believe them and want to delay that process. Ju-jitsu helps to redefine your commitment to your own body on a daily basis, amidst a population that is 2/3 overweight or obese.

## **5. Your daily grind matters less than you think**

The Fight Club narrator insists that fighting turns down the volume on the rest of your life. This is true. Once you are put within a hair's breadth of serious injury on a regular basis, nagging things in your life lose significance. Lost your job? You'll find another one. Girl not interested in you? No big deal, there's plenty more. Having to modulate your stress level under extreme duress rewires your brain, giving you the ice in the veins required to excel in any competitive environment.

Ju-jitsu is a beautiful art, one I would encourage anyone to try. Gym owners may try to sell ju-jitsu or other martial arts as necessary to defend yourself in fights or prevent bullying, but this is a tertiary benefit at best. More importantly, from its lessons on failure, dedication, prioritization, and mastery, ju-jitsu teaches you how to become a better person.

## **Physical literacy - as important as learning to read and write**

Physically literate children are confident and competent movers who can understand, control, and develop their use of fundamental movement skills.

Physically literate children are able to transfer movement skills, concepts, tactics, and strategies to a wide variety of movement activities.

The development of physical literacy is one of multiple literacies and supports children in their deeper understanding of self; [Read more here](#).

## **Anti-Match Fixing and Sports Betting Policy**

The NZJF, in-line with other NSO's under directive of Sport NZ, has instigated an Anti-Match Fixing and Sports Betting Policy. Further details can be found in [Notice 17-1](#), and on the [Rules and Regulations page](#) on the NZJF website.

## **NZJJF Annual General Meeting**

The 2016/2017 NZJJF AGM was held at Hastings following the final NZJJF Free-fighting tournament. Results of the meeting were:

### **Committee:**

- Doug Bailey – Chairman
- Anthony Bennet – Secretary / Treasurer
- Jesse Puata – Director of Sport
- Kim Chenery
- Simon Ogden – Coaching

### **Co-opted member**

- Adam Rings – Communications Officer

### **2017/2018 Membership fees:**

Memberships for the 2017/2018 year are to remain the same; 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).

