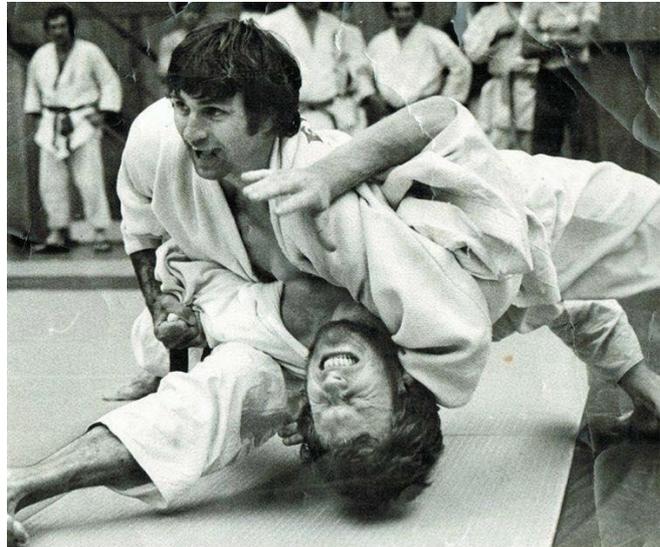




In Memoriam – Sensei Rick Littlewood 8th Dan Kodokan Judo – Doug Bailey

On the 24th July 2018 we were exposed to the sad and shocking news of the passing of one of NZ's true martial arts greats. Rick Littlewood was a fine judoka trained in the Japanese tradition of the art, representing New Zealand in Judo at the Munich Olympics in 1972. A Kodokan-graded 8th dan (2018), he still regularly competed in their master's competitions.

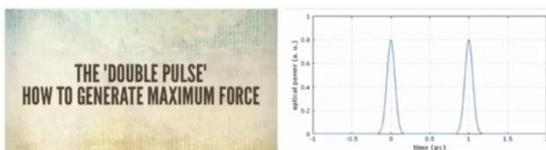
Rick enjoyed jujutsu and was a supporter of the New Zealand Ju-Jitsu Federation, teaching at seminars and encouraging his Auckland Uni Judo Club judoka to enter SJJ(NZ) tournaments. He even negotiated with Judo NZ to allow NZJJF members to compete in Judo NZ tournaments. When, at first, they said no, Rick said, "Right then, from this moment on, my club is now the Auckland Jujutsu Club"! NZJJF members were then allowed to compete up to North / South Island champs level. Rick, your immense knowledge and dry sense of humour will be long missed. Thanks for all you shared over your colourful life.



The "Double Pulse": How to generate maximum force in striking – Mike Piekarski

In striking martial arts the ultimate goal is to generate power sufficient enough to render an opponent unconscious. How can one generate enough force to accomplish this task?

In terms of striking muscle contract to initiate the strike and create force, however a maintained contraction will slow the strike. To generate maximal force one has to contract to generate the movement and immediately relax to minimize 'stiffness' during the follow through. Immediately before contact the contraction occurs again to create maximum force. Dr. Stu McGill refers to this as the "double pulse".



McGill discovered that fighters who generate the most force are ones who have a high rate of contraction AND a high rate of relaxation. "The rate of muscle contraction, and the rate of relaxation, determines the strike speed and impact force.

A good example of the double pulse, is the MMA fighter Michael Page's knockout at Bellator 140 against Rudy Bears. Page is an excellent example of a fighter who can generate power and relax at an alarmingly high rate.

Advice from Stenfinn Olivecrona. 6th Dan; Double Pulse is why you hit the heavy bag.

Your body learns to brace to receive the impact, naturally generating the second muscle

contraction phase. Remember too, that you don't need cartoon power to knock someone out; the sufficiently powerful blow that your opponent doesn't see coming and which lands accurately has the best chance of succeeding. So, heavy bag for power, swinging bag for footwork and mobile application of that power, balls for accuracy, timing and broken rhythm movement. Non-contact sparring to learn tactical movement patterns, light contact to build stamina, distancing and timing, full contact sparring to test your effectiveness.

Reference:

McGill, S.M., Chaimberg, J., Frost, D., Fenwick, C. (2010) The double peak: How elite MMA fighters develop speed and strike force. *Journal of Strength and Conditioning Research*. 24(2): 348-357.

2018 Seminar

Saturday 29th September is the annual NZJJF Seminar and Master class being held in Palmerston North at the Forgotten Art Judo Academy, with the NZJJF AGM scheduled for 4pm that same day.

NZJJF National Seminar and Master class will be taught by instructors from different styles of Ju Jitsu from around New Zealand. The instructors are;

Shanon Casson, 4th Dan - New Zealand Jiu Jitsu Academy
Daryl Hayman, 2nd Dan - Sakura Kan Jiu Jitsu
Simon Ogden, 4th Dan - Jitsu New Zealand
Paul Reti (OSA) 7th Dan - Fuji Ryu Goshindo Jiu Jitsu

For those who are keen to attend; either pay \$50 on the day or pay directly into our bank account, and if you haven't yet paid it with an additional \$10 for NZJJF membership. The bank account is NZJJF; Westpac; 03-0179-0280064-00, please put your name and NZJJF Seminar as an identifier.

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.

The Truth about Violence - 3 Principles of Self-Defence – Sam Harris (Part 4)

Whatever your physical skill is, when you commit to using force against another person, your overriding goal is still to escape. Even if you are at home, in possession of a firearm, and well trained to use it, when confronted by an intruder your best defence is to get out of the house as quickly as possible. In such a circumstance, a gun is a means of ensuring that no one can block your exit.

Nothing good ever comes to people who allow themselves to be moved to a remote location at the mercy of a violent predator. The police call such places “secondary crime scenes.” They are always better for the attacker and worse for his victim because they are more isolated than the first point of contact. And although your home may be the most familiar place on earth to you, the moment an intruder enters; it becomes the equivalent of a secondary crime scene. You should also expect that any criminal who breaks into your



home when you're inside it has come prepared to murder you and your family. To naive readers, this may sound like an extraordinarily paranoid assumption. It isn't. Mere burglars generally make sure a house is empty before breaking in.

If a window shatters in the middle of the night and someone comes through it, your life is on the line. There is nothing to talk about, no offer of cash or jewellery to muster, no demands worth listening to. You must do whatever it takes to escape.

One of the most common and disturbing features of home invasions is how the victims' concern for one another and desire to stay together is inevitably used against them. By exploiting these bonds, even a single attacker can immobilize an entire family. By merely holding a knife to the wife's throat, he can get the husband to submit to being tied up. Again, it is perfectly natural for victims in these circumstances to hope that if they just cooperate; their attacker will show them mercy. If you get nothing else from this article, engrave this iron



law on your mind: The moment it is clear that an assailant wants more than your property (which must be assumed in any home invasion), you must escape.

What if your attacker has a knife to your child's throat and tells you that everything is going to be okay as long as you cooperate by lying face down on the floor? Don't do it. It would be better to flee the house—because as soon as you leave, he will know that

the clock is ticking: Within moments, you will be at a neighbour's home summoning help. If this intruder is going to murder your child before fleeing himself, he was going to murder your child anyway—either before or after he killed you. And he was going to take his time doing it. Granted, it is almost impossible to imagine leaving one's child in such a circumstance—but if you can't leave, you must grab a weapon and press your own attack. Complying in the hope that a sociopath will keep his promise to you is always the wrong move.

Here is how the US police look at it:

From a cop's point of view, citizens seem to keep making the same mistakes over and over, until all cases begin to sound alike.... The objective of a violent criminal is to control you, emotionally and physically. Everything he does—his threats and promises—is intended to terrify and control you. The more control you give to the violent criminal, even if you see it as temporary, the less likely you are to escape. For most crime victims, their temporary cooperation backfired into full control over them. Time works against the victim and for the criminal. The longer you stall, the more you talk, the deeper you sink.

(S. Strong. Strong on Defense. pp. 49-50).

True self-defence is based not on techniques but on principles. Yes, it is good to know how to deliver a palm strike or elbow to a person's head with real power (technique), but it is far more important to know when to unleash with whatever tools you have for the purpose of immediate escape (principle). You must install a trigger in your mind—to act explosively once a certain line has been crossed—and you must understand that your inclination will most likely be to freeze and acquiesce, in the hope of avoiding injury or death. Mental preparation is a matter of resolving, in advance, to burst past these inhibitions and escape immediately, or fight with everything you've got until escape is possible.

Certain scenarios are intrinsically confusing and should be discussed with your family in advance: What if a person dressed as a police officer comes to your door and asks to be let in? Unless you are absolutely certain that he is a cop — e.g. you can see that he arrived in a marked police car — you should explain that you have no way of knowing who he is and then call the police yourself. Thousands of crimes in the US are committed each year by people impersonating cops. (Anyone can buy a uniform and a badge over the Internet.) Similarly, many home invasions begin with a criminal's acting like a person in distress: A woman or a teenager might come to your door reporting an accident or some other emergency. Again, the safe move is to keep your door locked and call the police.



Finally, you do not need to learn hundreds of techniques to become proficient in the physical aspects of self-defence. Rather, you should train a small number of skills nearly to the point of reflex. Although you cannot do this by simply reading books or watching videos, I have recommended a few resources below that will help you start thinking along practical lines.

It is unpleasant to study the details of crime and violence — and for this reason many of us never do. I am convinced, however, that some planning and preparation can greatly reduce a person's risk. And though there are exceptions to every rule, I don't believe that there are important exceptions to the advice I have given here. May you never have occasion to find it useful.

Recommended Reading

- G. de Becker, The Gift of Fear.
- R. Miller, Meditations on Violence.
- R. Miller, Facing Violence.
- S. Strong, Strong on Defense.
- G. Thompson, The Fence.
- G. Thompson, Dead or Alive.

Editor: please note that this is a US biased article and is meant for information only. As such, the information about self defence in the NZJF C1 coaching course takes precedence.

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@nzjf.org.nz

CONGRATULATIONS ...

NZJF 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

2017/2018 Membership fees:

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

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

