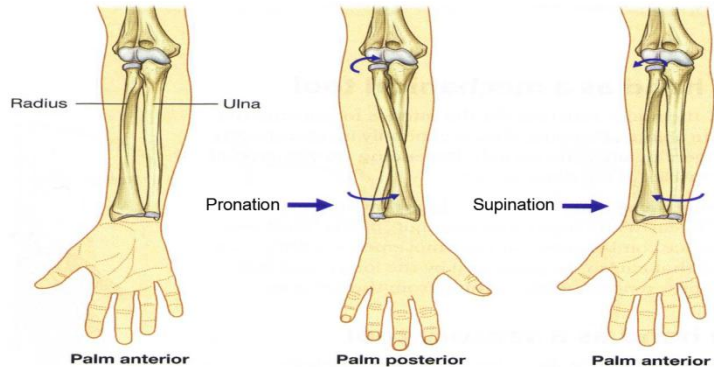




### Understanding the Armbar (Ude Hishigi Juji Gatame) – Mike Piekarski

The armbar, arguably the most iconic technique in grappling, is a submission that involves hyperextension of the elbow joint (humeroulnar joint).



While there are two other joints around the elbow region: humeroradial and radioulnar joint, the humeroulnar joint is the primary joint involved in elbow extension.



After years of grappling many martial artists may lose a bit of range, but the average person should have about 5 degrees of hyperextension.

There are a variety of structures that limit hyperextension: including muscle, ligaments and the bony articulation of the humerus and the ulna. The joint capsule is connective tissue that wraps around all three joints and is supported by ligamentous structures.

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).

### The Pleasure of Drowning (Part 1) – Sam Harris

Martial artists are often slow to appreciate how their beliefs about human violence can be distorted by their adherence to tradition, as well as by a natural desire to avoid injury during the course of training. It is, in fact, possible to master an ancient fighting system, and to attract students who will spend years trying to emulate your skills, without ever discovering that you have no ability to defend yourself in the real world. Delusions of martial prowess have much in common with religious faith. A crucial difference, however, is that while people of faith can always rationalize apparent contradictions between their beliefs and the data of their senses, an inability to fight is very easy to detect and, once revealed, very difficult to explain away.

There may be no case more perplexing or egregious than that of Yanagi Ryuken, a purported master of aikido. Master Ryuken apparently believed himself capable of defeating multiple attackers without deigning to touch them. Rather, he could rely upon the magic power of *chi*. Video of him demonstrating his devastating abilities shows that his students were grotesquely complicit in what must have been a long and colorful process of self-deception. Did these young athletes actually think that they were being hurled to the ground against their will? It is hard to know.



What seems certain, however, is that Master Ryuken came to believe that he was invincible; otherwise he wouldn't have invited a martial artist from another school to come test his powers. Of course, it is sad to see a confused old man repeatedly punched in the face – but if you are a martial artist, or have even a passing concern with safeguarding basic human sanity, you will take some satisfaction in seeing a collective delusion so emphatically dispelled. (Just think of what must have been going through the minds of Master Ryuken's students as they witnessed this performance.)

Unfortunately, a similar form of self-deception can be found in most martial artists, because almost all training occurs with some degree of partner compliance: Students tend to trade stereotyped attacks in a predictable sequence, stopping to reset before repeating the drill. This staccato pattern of practice, while inevitable when learning a technique for the first time, can become a mere pantomime of combat that does little to prepare a person for real encounters with violence. Another problem is that many combative techniques are too dangerous to perform realistically (e.g., gouging the eyes, striking the groin). As result, students are merely left to imagine that these weapons decisively end a fight whenever deployed in earnest. Reports from the real world suggest otherwise.

**Part 2 will be in the next newsletter**

### **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)

## 2019 NZJJF Seminar Calendar

Seminar Facebook events and calendar updates coming soon!

### Does stretching reduce injury? – Mike Piekarski

A common perception is stretching reduces the risk for injuries, is this true? Answer: No / It depends. Like most things the answer is complicated.

One meta-analysis compared modalities (strengthening, balance and stretching) for injury reduction. The study notes that stretching did NOT reduce the risk for injury. However the study looked at a general stretching program to be used for an entire group of people.

So if stretching does not reduce injury why should you do it? The key reason why stretching wasn't beneficial is because it was too generalized. Often people will have asymmetries and range of motion / mobility deficits that may make them more prone to injury (Lauersen 2014). This means that stretching for the sake of stretching doesn't help BUT if you have a specific range of motion deficit you may be at an increased risk for injury (Letafatkar 2014).

Professionally I prefer MOBILITY training vs flexibility training (stretching). Mobility is the ability to actively control a range of motion, flexibility is the ability to be passively moves in a range of motion. If you have more range you need to be able to CONTROL it. Uncontrolled range may open someone up for injury.

#### Reference:

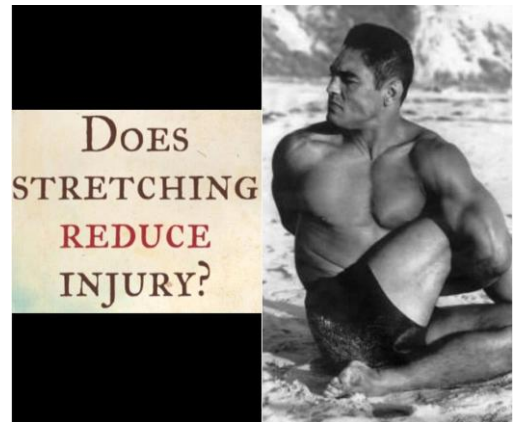
1. Lauersen, J. B., Bertelsen, D. M., & Andersen, L. B. (2014). The effectiveness of exercise interventions to prevent sports injuries: a systematic review and meta-analysis of randomised controlled trials. *Br J Sports Med*, 48(11), 871-877
2. Letafatkar, A., Hadadnezhad, M., Shojaedin, S., & Mohamadi, E. (2014). Relationship between functional movement screening score and history of injury. *International journal of sports physical therapy*, 9(1), 21.

**Take away message:** Do not stretch for the sake of stretching. Have a healthcare professional properly ASSESS you to find any specific mobility deficits and address them.

#### 2018/2019 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 ...**

### **NZJF Coaches Register up to June 2019**

Karl Martel, Jitsu NZ – C1 Assistant Coach (11/02/2019)

Robin Howard, NZ Eagle Spirit Combat – C2 Club Coach (10/01/2019)

Darryl Hayman, Sakura Kan Ju Jitsu – C2 Club Coach (14/10/2018)

### **NZJF Black Belt Register up to June 2019**

Congratulations to the following approved for the Black Belt Register:

**Keith Collier (2Dan)**

**Graham Rogers (1Dan)**

**Cameron Edmunds (2Dan)**

**Camilla Raymond (1Dan)**

