



10 reasons why winning and losing are important for children

Winning and losing. In combat sports someone has to be a winner, and someone has to be a loser. It can be the end of the world for some kids, but for many the focus on an outcome can also discourage them from sport all together. So, how can we change a 'winning at all cost' perspective in children and also in parents?

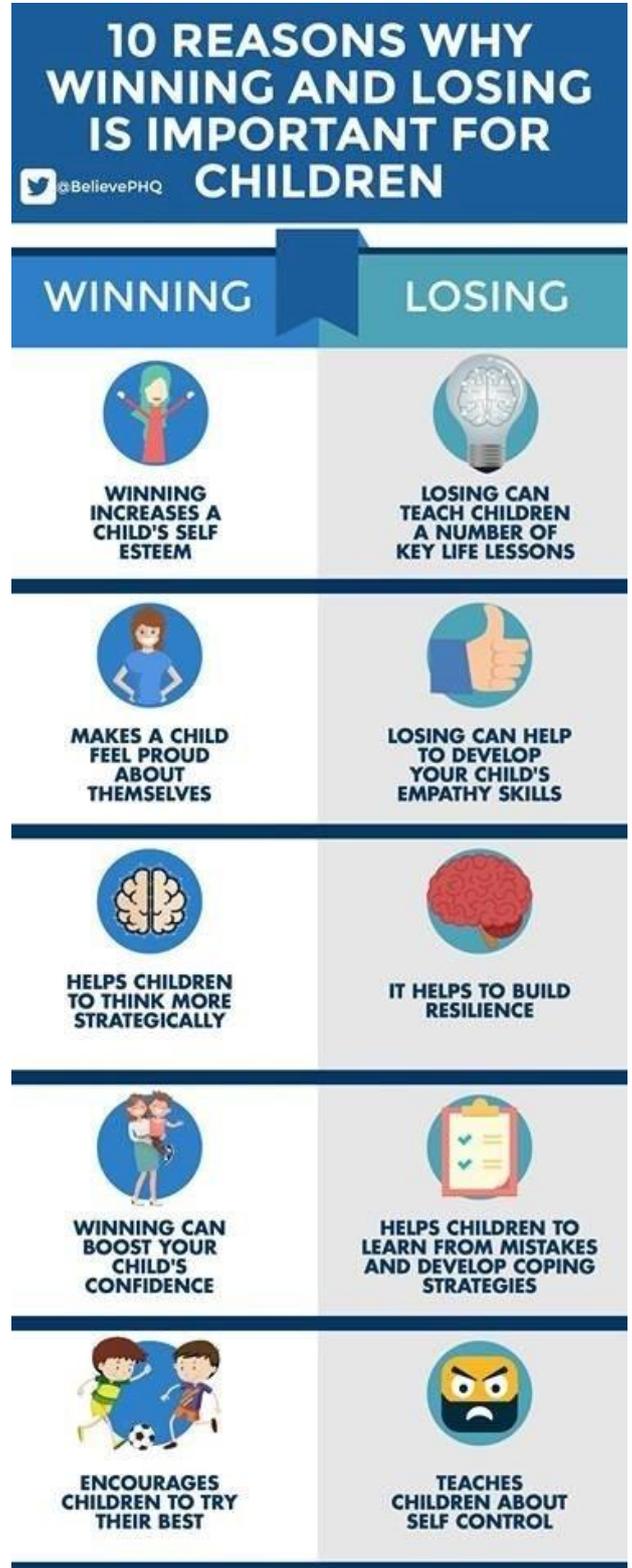
It's a tricky dilemma that many parents face when they're trying to be supportive, but also want their children to be the best. After all, there's a lot of time, effort and money put into sport by many families.

The approach to winning doesn't need to be aggressive. It's important to understand that even if children aren't winning; they can still enjoy what they're doing and learn from the experience. It's not necessary for children to always win because they will never experience what it feels like to lose. This takes away crucial life lessons, empathy skills and development for a child.

Let's be clear, winning is not bad. However, there is a crucial difference between winning and winning at all costs. Winning brings many benefits for children's development such as an increase in self-esteem, confidence boost and strategic thinking skills. With winning at all costs however the experience that children have in sport is often inhibited by well-intentioned adults and it becomes very un-enjoyable.

Both winning and losing teaches a child many lessons which are important for growth and development. Part of this, as a parent, is supporting your child through the good and bad times. Cracking the perspective of 'win at all costs' is challenging, but once you understand why a child must experience both winning and losing, this perspective can change, and the focus becomes on nurturing a child's social development.

The image can assist in changing this perspective to understanding your child's development through sport.



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WINNING	LOSING
 WINNING INCREASES A CHILD'S SELF ESTEEM	 LOSING CAN TEACH CHILDREN A NUMBER OF KEY LIFE LESSONS
 MAKES A CHILD FEEL PROUD ABOUT THEMSELVES	 LOSING CAN HELP TO DEVELOP YOUR CHILD'S EMPATHY SKILLS
 HELPS CHILDREN TO THINK MORE STRATEGICALLY	 IT HELPS TO BUILD RESILIENCE
 WINNING CAN BOOST YOUR CHILD'S CONFIDENCE	 HELPS CHILDREN TO LEARN FROM MISTAKES AND DEVELOP COPING STRATEGIES
 ENCOURAGES CHILDREN TO TRY THEIR BEST	 TEACHES CHILDREN ABOUT SELF CONTROL

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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

2019 NZJIF Seminar

An NZJIF End of Year Seminar is coming soon!

The Pleasure of Drowning (Part 2) – Sam Harris

These concerns make grappling arts unique in two ways: they can be safely practiced under conditions of 100 percent resistance and, therefore, any doubts or illusions about its effectiveness can be removed. Striking-based arts can also be performed under full resistance, of course, but not safely—because getting repeatedly hit in the head is bad for your health. And, whatever the intensity of training, it is difficult to remove uncertainty from the striker's art: Not even a professional boxer can be sure what will happen if he hits an assailant squarely on the jaw with a closed fist. The other man might fall to the ground unconscious, or he might not—and without gloves, the boxer might break his hand on the first punch. By contrast, even a novice at grappler knows beyond any doubt what will happen if he correctly applies a choke. It is a remarkable property of grappling that the distance between theory and reality can be fully bridged.

I can now attest that the experience of grappling with an expert is akin to falling into deep water without knowing how to swim. You will make a furious effort to stay afloat—and you will fail. Once you learn how to swim, however, it becomes difficult to see what the problem is—why can't a drowning man just relax and tread water? The same inscrutable difference between lethal ignorance and lifesaving knowledge can be found on the mat: To train in a grappling art is to continually drown—or, rather, to be drowned, in sudden and ingenious ways—and to be taught, again and again, how to swim.



In the absence of rules, fighters of all styles tend to defensively grab hold of each other and grapple vertically. The significance of this “clinch” is disguised in sports like boxing and kickboxing because the referee repeatedly separates the two combatants. In the UFC, or in a real fight, the clinch tends to persist, often with the result that the bigger, stronger person, or the more experienced wrestler, takes his opponent to the ground. Once a fight goes to the ground, there is no substitute for knowing a grappling art. Today, more or less everyone training in MMA has absorbed this lesson. When you are standing at arm's length from your opponent, you want to be able to punch like a Western-style boxer and kick like a Thai boxer. Moving closer, you want to remain a Thai boxer in your ability to strike with your knees and elbows. Once your opponent grabs hold of you, or you him (the clinch), you want to have the skills of a Greco-Roman/freestyle wrestler—controlling his posture and throwing him to the ground at will. In the presence of sufficient clothing (jackets, coats, or traditional martial arts uniforms), this vertical grappling can take the form of judo. The general picture at this range is of two people being too close to strike one another effectively: You want to be

the one who can move the fight to the ground on his own terms—by executing takedowns or throws—and who can resist being taken there.

From a self-defence perspective, practicing grappling exclusively can introduce one dangerous habit: Because grappling can be geared toward fighting on the ground, and is so decisive there, you can easily acquire a bias toward going to the ground on principle. When rolling on the mat, perfecting arm locks and chokes, it is easy to forget that in a real fight, your opponent is very likely to be punching you, or armed with a weapon, or in the company of friends who might be eager to kick you in the head. To spend years perfecting the art of ground fighting is to risk forgetting that if a fight starts, the last place you want to be is on the ground.

To study grappling for self-defence, therefore, is to prepare for the worst-case scenario – but the worst case remains a high probability in any sudden encounter with violence. If you are ever attacked by a bigger, stronger person, there is a very good chance you will find yourself on the ground, wrestling in some form. The difference between knowing what to do in this situation and merely relying on your primate intuitions is as impressive a gap between knowledge and ignorance as I have ever come across.

CONGRATULATIONS ...

NZJJF Coaches Register up to end of September 2019

Stenfinn Olivecrona, Olivecrona Ju Jitsu – C2 Club Coach (16/09/2019)

Graeme Caitlin, Matamata Ju Jitsu Club – C1 Assistant Coach (11/06/2019)

Josh Lochan, Sakura Kan Ju Jitsu – C1 Assistant Coach (16/09/2019)

Simon Adams, Jitsu New Zealand – C1 Assistant Coach (16/09/2019)

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).

