



NZJJF National Seminar – Adam Rings

The 2019 NZJJF national seminar was held in Palmerston North on the 7th December and was another great display of the variety of jujitsu within New Zealand.

These events continue to be a great way to gain exposure and understanding of concepts from other styles of jujitsu that may not normally be available to students in their home dojo and also encourages us to continue to learn and raise our standard of jujitsu nationally.



Our first session of the day was taught by Sensei Robin Howard of New Zealand Eagle Spirit Ju Jitsu and the Warriors Eskrima System. The session covered a number of single and double stick drills from kali - some straight-forward, some not so much! The use of weapons is a fantastic tool to emphasize an understanding of distance, timing and structure while developing new skills and we should all take the opportunity

to reinforce these drills so we are ready for next time!

Next up was Professor Bira Da Silva Datix of MAI Dojo covered some important concepts for improving our Americana and Kimura armlocks and then followed up with some escapes and counters to these attacks. I have a number of students and friends who have trained with Professor Bira at some stage but this was the first time I had the privilege of seeing his superb level of control, understanding and desire to help educate in person. MAI dojo has several high level competitors in various combat sports and It was great to have Bira contribute to our seminar even though he had to race back to Wellington early to support one of his students win her fight (Nice job Alicia!)

For the first afternoon session, Sensei Shannon Casson of New Zealand Ju Jitsu Academy thankfully gave us a respite from last years seminar on small digit manipulation and instead took a class on circular blocking, trapping and locking.

The use of redirection to take an opponent's structure is a fundamental aspect of jujitsu and the concepts shared by Shannon are a great way to help understand this. Shannon has regularly contributed to teaching at these seminars and his classes always hold valuable insight.

The final session of the day saw Sensei Rob Pointon of SIMA Ju Jitsu and Chin Na demonstrate some ideas around the use of the elbow in the Chinese locking system of Chin Na and how this can relate to our jujitsu. This session along with that taught by Sensei Shannon gave some good insight into clearing an opponent's arms to allow for striking opportunities, entering a clinch position to initiate a throw, as well as providing opportunities for the application of dynamic locking techniques as demonstrated by Sensei Rob.

One of our goals as an organization is to foster an environment of continual learning within all areas of jujitsu and your continued support and contribution makes all the difference, so a massive thanks to everyone that attended, and especially all of the instructors for their teachings on the day.

Please do all you can to encourage even better attendance at the next event so we can all continue to improve! This was a great seminar and constructive AGM, and this gives us some momentum to continue into the new year with several further NZJJF events planned for 2020.

NZJJF Annual General Meeting

The 2018/2019 NZJJF AGM was held at Palmerston North following the NZJJF National Seminar on Saturday 7th December. Results of the meeting were;

- Club Membership Fee reduced to \$20 to see if this improves uptake of club membership.
- Reorganising the Coaching Qualifications to better reflect a Professional Development pathway and harmonise with Health & Safety guidance.
- NZJJF Coaching Qualification submitted to SportsActive Aotearoa to work on getting them recognised by the ITO for Sports and Recreation in New Zealand and NZQA compliant.
- Provide up to date guidance on Health & Safety, Risk Management and Risk Reporting as the NSO for Ju-Jitsu clubs in New Zealand.
- NZJJF strategy plan to be developed in 2020.
- Nomination received for NZJJF Outstanding Service Award for 2020.

Committee:

Simon Ogden – Chairman
Anthony Bennet – Secretary / Treasurer
Jesse Puata –CEO SJJ(NZ)
Adam Rings – CEO JJ(NZ)
Rhys Izett – Committee Member

Finding Peace in Violence – Bill Mayer

If you tell people you do ju-jitsu or any other kind of martial arts, it usually comes with a variety of actions. Most people that do not practice martial arts or have no experience with it may look at it as violence, or simply just don't understand why you would pay money to fight people for fun, but that couldn't be more untrue. There is something that attracts so many people with a variety of backgrounds to martial arts, and it may be the biggest benefit that comes from practicing these arts on a regular basis.

If you told someone you could find peace in violence, they wouldn't understand. Only the people that have experienced it first hand, or know someone that has changed as a person in a positive way because of it, are the only ones to truly understand the benefits we experience from doing a "violent" sport. The best times to train are when you are going through tough times, as it is likely most of you have experienced this. It is a lot tougher to motivate yourself to go train in those rough moments in life, no matter what the situation may



be, but it is very likely you will receive the best benefits from your training if you can push yourself to make it there.

We all have the constant thoughts and worries about life that we get on a consistent basis that can send us in a downward spiral, but training is the one thing that can take our minds off this. If you are having a bad day, week, month, or year – go train. This is not the time to take a break from training because you have too much going on. Training is one of the few



things that can totally take your mind off those negative thoughts and bring you into the present moment. In my opinion, this is why a lot of individuals over-train. Being on the mats is the only place where they can truly relax mentally and physically, and be in the present moment.

The benefits go beyond being on the mat too. It actually does make you be a more peaceful and calm person, especially in high stress situations. Do you remember how you reacted to stressful or negative situations before you started training? How about when you are training on a consistent basis? It is night and day difference for most people. As a result of your mind being in a more peaceful place, the way you act will be too.

Have you ever wondered why ju-jitsu and martial arts has such a diverse population of people who practice it? This is why! We are all going through struggles in life, and this is the place where we can be at peace. If you don't have a good support system at home or in life, your teammates will always be there for you no matter what, and this goes for wins and losses in life and on the mats. Your teammates become your family as quickly as you are open to it. Remember that the next time you are going through challenging times. Go train!

2019/2020 Membership fees:

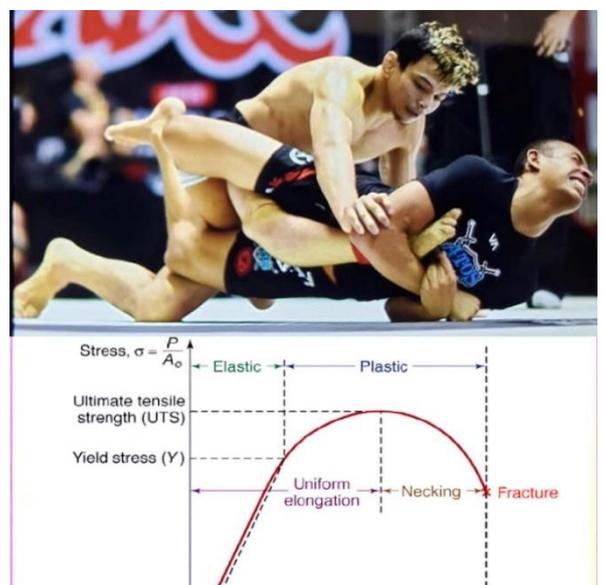
Memberships for the 2019/2020 year are; Individual (\$10) and Club (\$20). Cheques made out to 'NZJJF' can be sent to 902 Norton Rd, Hastings 4122 or deposited to:

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

Longevity vs Victory: Understanding the long-term consequences of Paulo Miyao – Mike Piekarski

For elite performance in competition often an athlete needs to sacrifice longevity for success. One Jiu jitsu athlete who takes this methodology to the extreme is Paulo Miyao. Miyao has a long history of ignoring joint locks in competition and routinely lets his limbs be bent in unnatural positions. In the most recent ADCC 2019 Tye had Miyao in a very deep kneebar. In an interview post fight Tye confirmed Miyao's knee popped yet he was able to continue.

So the question I often get asked: How can Miyao ignore submissions without injuries? My hypothesis



is that it's a mixture of 1. Genetics, 2. Competitive drive and 3. High pain tolerance to mask the injuries that he sustains.

Many of his knee and ankle ligaments may already be compromised, either torn or stretched out sufficiently so that they no longer stabilize the joint.

- Elastic stress: Temporary changes where the tissue resumes original form when stress is released.
- Plastic stress: Permanent changes where tissue does not resume the original form.

Consistent excessive stress may permanently change the ligament even if there is no rupture. The role of ligaments are to add stability in degrees of freedom that the joint does not move. Ligaments are not meant to be stretched they are meant to stabilize. Repetitive joint stress will lead to meniscus/cartilage damage / osteoarthritis in the joint.

Training and competing at such a high level may lead to joint damage anyway but most certainly this practice will drastically speed up the process. Professionally I would love to assess the integrity of his joints. I would recommend elite athletes take better care of their bodies but also understand the desire to succeed and the sacrifices one must make to win.

NZJJF Policies

The NZJJF as the National Sporting Organisation (NSO) for Ju Jitsu in New Zealand always seeks to keep itself relevant in the support and advice it gives to its national membership. To this aim the NZJJF has released the following policies in 2019.

Protected Disclosure Policy
Concussion Policy

The NZJJF also released notices on each of these policies. All of these policies and notices can be found on our NZJJF website.

2020 NZJJF Seminar Calendar

Seminar Facebook events and calendar updates coming soon!

CONGRATULATIONS:

NZJJF Coaches Register up to end of November 2019

Dylan Armstrong, Jitsu New Zealand – C1 Assistant Coach (16/10/2019)

Pina Simpson, Southern Tribes Taranaki – C2 Club Coach (22/10/2019)

Paul Reti, Fuji Ryu Goshindo – C1 Assistant Coach (05/11/2019)

Kim Chenery, NZJJS Hastings – C2 Club Coach (19/11/2019)

NZJJF Black Belt Register up to December 2019

Congratulations to the following approved for the Black Belt Register:

Josh Lochan (1Dan)

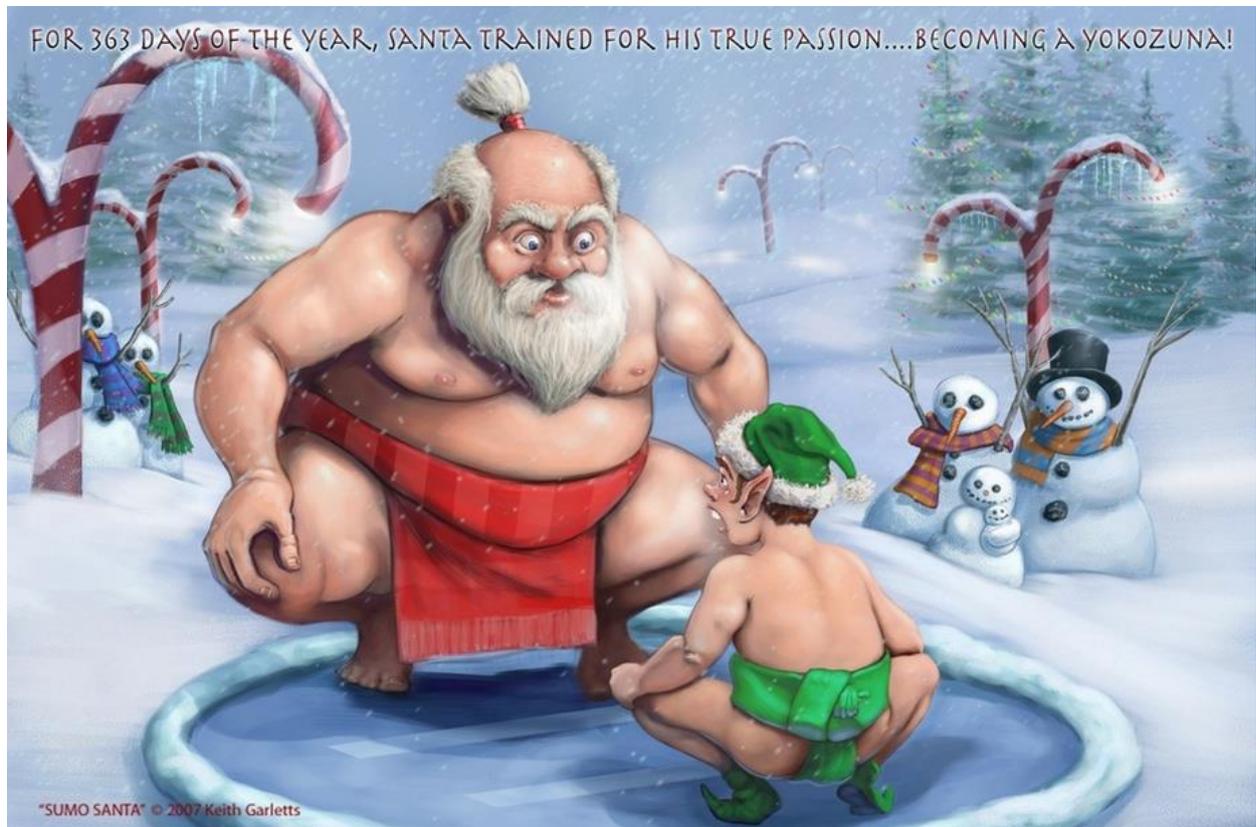
Adam Rings (2Dan)

Robin Howard (5Dan)



Meri Kirihimete me ngā mihi o te tau hou (Merry Christmas and Happy New Year)

The NZJJF executive wants to wish you all a Happy Christmas.



Have a great holiday, enjoy and stay safe!