



Exciting 2020 Ahead

We are delighted to announce that the New Zealand Ju Jitsu Federation (NZJJF) is now the recognised representative to the Global Association of Mixed Martial Arts (GAMMA).

GAMMA

GLOBAL ASSOCIATION OF
MIXED MARTIAL ARTS

After observing the evolution of Ju Jitsu and the explosion of competitive Ju Jitsu based sports over the last few years, the NZJJF decided that now was the right time to develop new partnerships in order to respond better to our sport's needs. GAMMA is a great organisation to bring under the NZJJF banner and offers us a huge potential to grow COMBAT sports in New Zealand and new opportunities for competition to all the clubs and organisations we serve. The opportunity for our members to compete in GAMMA events will bolster our members skills and further defines our Kiwi footprint in international Ju Jitsu and Mixed Martial Art events such as the up-coming Oceania Combat Games

The 2020 Oceania Combat Games are being held in Canberra at the Australian Institute of Sport from Friday the 17th to Sunday the 19th of April 2020. This event includes Kickboxing, Mat Sports, MMA and Ne Waza (Ground Fighting) divisions, in addition to Pankration and No Gi Submission Grappling exhibition events.

Below is a list of opportunities available for competitors attending this event:

World Association of Kickboxing Organizations (WAKO) – Oceania Champs

- Qualifier for the 2021 GAISF World Combat Games in Kazakstan *certain divisions only*
- Qualifiers for the 2021 IWGA World Games in the USA *certain divisions only*

Ju-Jitsu International Federation (JJIF) – Oceania champs

- Qualifier for the 2021 GAISF World Combat Games in Kazakstan *certain divisions only*
- Qualifiers for the 2021 IWGA World Games in the USA *certain divisions only*
- The Oceania Combat Games will also be the first qualifying event for the 2020 JJIF World Champs in Abu Dhabi

Global Association of Mixed Martial Arts (GAMMA) – Oceania Champs

- The Oceania Combat Games will be the first qualifying event for the 2020 GAMMA World Champs in Kuwait.

As this event is the first of its kind, we have been given authority, by the event organisers, to open entries to all New Zealand Ju Jitsu Federation (NZJJF) members. Future event selections will be based on the cumulative performance of NZ competitors registered with the NZJJF. Please contact Jesse Puata (sport@nzjif.org.nz) NZJJF Director for Sport for further information.

Coronavirus (COVID-19)

As you will be well aware, the COVID-19 situation in New Zealand is evolving rapidly. Sport NZ and High-Performance Sport NZ are assessing the impact of this on the sport system and will be issuing information as relevant in conjunction with lead agencies including the Ministry of Health NZ (MoH), although the likelihood of a widespread outbreak is still low-moderate.

NZJJF will be taking advice from all relevant sources and will communicate updates via social media as may be appropriate. In the meantime, it is recommended that all individuals and sports organisations continue to follow the advice of the Ministry of Health NZ (MoH) (<https://www.health.govt.nz/.../dis.../covid-19-novel-coronavirus>) who are able to share the latest information on a range of topics from travel to holding events and mass gatherings. Physical activity, such as Ju Jitsu, often involves being together in groups or at events. At this stage, the MoH is not recommending any changed approach to these. With respect to outbound travel by athletes and related staff to other countries, you can read some useful information published by High-Performance Sport NZ in the links below.
<https://hpsnz.org.nz/about-us/news-media/coronavirus-update>

Remember, the key messages for everyone to stop the spread of COVID-19 are to be scrupulous about basic hygiene measures:

- wash hands regularly with soap and water, or cleanse with hand sanitiser
- stay at home if you are sick
- cough or sneeze into a tissue or your elbow and then perform hand hygiene
- clean surfaces regularly

There is also a Healthline COVID-19 number - 0800 358 5453

2020 NZJJF Seminar/Tournament Calendar

9th May 2020 – NZJJF, Taranaki Multi-style Martial Arts, and Hapkido Championships, Bell Block Hall Community Centre, New Plymouth. Starts at 8am.

<https://www.facebook.com/events/2431112743814425/>

This event will host the NZJJF Grappling National Champs, in addition to NZ Hapkido and NZTF Regionals. Rules and entry forms will be available on the NZJJF website. There will be male and female Adult, U18 and U15 divisions and the event is open to all martial artists of any style and any rank.

Please note that entry forms must be returned at least one week before the tournament. This allows for draws to be completed and support services to be organised.

This is the first tournament in a number of years and rankings points will be on offer to enable future selection to the NZJJF Black Tops Team to represent New Zealand at international events.

Please contact Jesse Puata, NZJJF Director for Sport for further information.

Advice on applying for Funding

If you've got new equipment to buy, a new dojo space to find or support to host a tournament or a seminar then applying for charity funding could be a necessity. For NZJJF advice on applying for charity funding see our latest notice: [20-2](#)

In Memoriam



The head instructor of Seishinkan Bujitsu Phil Davison peacefully passed at 2.45am 11/02/2020 after a brave battle with oesophageal cancer.

He was a great supporter of the NZJJF in it's early days, teaching at many of our National Seminars and even holding the position of CEO of the non-sporting arm of the committee for a brief time.

A celebration of Phil's life was held at King George Hall, 29 St. Leonards Drive at 1pm on Saturday 15th February.

Phil had a long and varied martial arts career. It started in his 20's in Strathfield, Sydney, where he went through an intensive, full-time course at Master Kim Sung Do's Hapkido dojang, with Duncan Schofield as the senior student. Five hours a day, five days a week for six months. What does one do after such an experience? For Phil at least, you do it again for another six months, because it must have felt so good the first time! He also started studying iaijutsu (sword training) at around this time.

After that he travelled to Korea, then Taiwan, and while teaching ESL in Taiwan he studied White Crane kung fu with Sifu Chen Wu Chang. How often did he train? Every day. Then it was back to Sydney for more iaijutsu and more Hapkido, then he moved to New Zealand and founded his own style, Seishinkan. This is in early 1993. "Seishin" is Phil's Chinese name, and it means something like "clear heart", or "pure heart", or "truth". "Kan" means club.

Phil was a master of innovation, of dissonance, of taking dissimilar things and welding them together along uncommon lines to produce a thing of beauty. I've never met anyone who had so many disparate, creative ideas. Not all the ideas worked, a lot of them never even saw the light of day, but when they did work, boy, it was pretty something. Phil did some remarkable things:

- He travelled to Sydney to meet his sword teacher's teacher, Sekiguchi Takaaki Sensei, for whom Phil became head of the Komei Jyuku Muso Jikiden Eishen Ryu style of iaijutsu in New Zealand.
- Through Sekiguchi Sensei Phil met the Shimizu Nobuko Sensei, a remarkable martial artist who had founded her own weapons style, Ryoen Ryu Naginatajutsu. Phil informally became the head of that style in New Zealand.
- Phil also travelled to Sydney to meet Master Bruce Watts, another very talented martial artist, this time from Wind School jujutsu. He became the style's representative in New Zealand.
- Phil was inducted into the New Zealand Martial Arts Hall of Fame in 2011.

A man of great humour, amazing eyebrows and a great depth of martial knowledge. His passing is a great loss to NZ Ju Jitsu. Our thoughts are with his family, students and friends.

NZJJF Policies and Notices

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 members. To this aim the NZJJF has released the following policies and notices in 2020.

All of these policies and notices can be found on our NZJJF website.

The Study of Kuzushi – Neil Ohlenkamp

I was teaching my Judo class the other day, and I tried to explain the principal of kuzushi, or breaking balance. The reason I was explaining kuzushi is because during practice that evening most of the students were focusing on how to get their bodies into the proper position to apply the technique we were studying. Very little attention was being focused on placing the partner's body into the proper position. As I explained the importance of breaking the opponent's balance, I could see that everyone understood that it is easier to knock down another person when he or she is off-balance. In fact, I've noticed that is quite common for the principles of Judo to be understood long before they can be applied effectively. It is obvious, even to someone who has never studied Judo, that a throw will be more effective and require less strength when applied to an opponent who is in a weakened state of balance.



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In this classical example of kuzushi being applied for the throw taiotoshi, tori's hands bring uke into a state of unbalance while tori remains in a strong, stable position ready to apply the throwing action.

From this position very little strength or energy is required for tori to complete the throw. Taiotoshi is classified by the Kodokan as a hand throw and it is easy to see how the hands pull uke off balance. Additional power is brought to the kuzushi during the pivoting action (taisabaki) as tori gets into position for the throw.



© 1992 Oscar Ratti

One of the things that distinguishes a beginner from a more advanced student is the ability to focus attention on your opponent's balance. It is one of the differences between learning a throw and being able to effectively apply a throw. Many martial artists tell me that they know how to do basic Judo throws like seoinage (one arm shoulder throw) or osotogari (leg outer reaping throw) for example. However, learning to get your body into the proper position to effectively apply your strength is only part of learning a Judo throw. The real trick to making Judo techniques work easily is to find a way to catch your opponent off-balance or to force your opponent off-balance.

Most people do a fine job of getting off-balance by themselves. One way to apply Judo throws is simply to catch the opponent at every opportunity that he or she gives you. It is just not possible to move without some degree of imbalance. It is certainly not easy for your opponent to attack you without a force and movement that makes him or her vulnerable to your counterattack. However, learning to take advantage of your opponent's imbalance requires a finely tuned sense of timing. In order to be at the right place at the right time, you generally have to anticipate the opponent's movements, a skill that requires a great deal of experience.

Another way to apply kuzushi is to set up or force your opponent into a weak position. There are many ways of moving that will result in your opponent responding in a predictable way so that you can anticipate it and take advantage of it. It can be as simple as stepping forward and pushing on your opponent, which usually results in the opponent stepping back, bracing, and pushing back. This in turn gives you the opportunity to throw them forward in the direction of their push. The most common way to force your opponent off-balance is to use combination throws, where the first throw attempted puts the opponent into an unstable position so that a subsequent attack can be successful.

Kuzushi is very often thought of as simply pushing or pulling. At more advanced levels however, it is much more than that. For example, kuzushi can also be achieved by breaking the opponent's rhythm, fake attacks, strikes, changes of body position or grip, kiai (a shout), or a sudden change in speed or tempo. A critical element in kuzushi is that it should disrupt more than the body. Kuzushi is very much a mental thing. Kuzushi should always disrupt the opponent's concentration, resulting in a momentary opportunity for an attack. This is one of the reasons confidence is such an important factor in Judo. A strong and positive mental attitude can often dominate a weaker state of mind, resulting in effective kuzushi.

Regardless of the physical size and strength of the opponent, kuzushi will always make a throw work more efficiently. Of course, the same principle applies to any technique, including grappling techniques such as chokes and joint locks. Jigoro Kano, the founder of Judo, made the principle of kuzushi one of the fundamental elements of Judo, distinguishing it from old schools of jujitsu. The principle of kuzushi is still considered to be one of his major contributions to the study of martial arts. Don't neglect it in your study of Judo or Ju Jitsu.

The Twister: Arguably the meanest submission in grappling – Mike Piekarski

The twister or the "guillotine" was a pinning technique used in amateur wrestling for years, however jiu jitsu master, Eddie Bravo was an early pioneer in using it as a submission hold. In jiu jitsu there was already a submission hold referred to as a "guillotine" so the term "twister" was used instead.

So what makes the twister such a mean submission? The twister is one of the few submissions that applies force directly to the spine. The technique works by imposing shear and torsion forces simultaneously (spinal lateral flexion and axial rotation). The spine or vertebral column is composed of:

- 33 vertebral segments
 - 7 cervical



- 12 thoracic
- 5 lumbar
- 5 sacral (fused)
- 4 coccygeal (fused)
- Intervertebral discs separating segments.

The entire lumbar region only has 5-7 degrees of axial rotation and 20 degrees of lateral flexion. The thoracic region has 30-35 degrees of axial rotation and 25-30 degrees of lateral flexion. The cervical spine has 30-35 degrees of lateral side bending.

The motion of the twister will cause lower cervical lateral flexion, upper thoracic lateral flexion and lower thoracic/lumbar axial rotation. Based on these numbers if you are imparting a shear force (causing lateral flexion) and a torsion force (causing axial rotation), the most limited range of motion would likely be axial rotation. The vertebral column is complicated and here are many structures that oppose extreme motion:

- Ligaments: Ligamentous flava, Intertransverse ligament
- Joints: Apophyseal joints, Articular facets
- Intervertebral disc: Annulus fibrosus

While any of these structures may be damaged the main one of note is the intervertebral disc, which is particularly vulnerable to excessive axial rotation and lateral flexion. So in a nutshell this submission is particularly devastating and it isn't like an armbar which targets one joint, the twister targets several joints simultaneously.

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

2019/2020 Membership fees:

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

NZJIF Westpac 03-0179-0280064-00 ([use your name / club as an identifier](#)).

NZJIF Black Belt Register

The Black Belt Register, together with the Instructors Register, makes up the Public Register of Ju-Jitsu Instructors and Black Belts.

The Black Belt Register is kept for the purpose of assuring the public that black belt grades claimed by ju-jitsu practitioners in New Zealand are valid and reasonable. NZJIF provides verification of this. Black belts of Member Clubs may apply to have their grades recognised by NZJIF and entered on the Public Register.

Details about the process of black belt recognition and the NZJIF procedure can be found on the NZJIF website in [Notice 15-2](#)

Please contact Simon Ogden on registrar@nzjif.or.nz for further information.

CONGRATULATIONS:

NZJJF Coaches Register up to end of February 2020

Qualified C1 Assistant Coaches

- **Gary Wood**, New Plymouth MMA (14/11/2019)
- **Chris Quest**, New Plymouth MMA (19/11/2019)
- **Rhys Izett**, New Plymouth MMA (30/11/2019)
- **Steve Lynch**, Jitsu NZ (30/01/2020)
- **Ray Chardet**, Jitsu NZ (04/02/2020)
- **Lee-ann Friar**, New Plymouth MMA (04/02/2020)
- **Shona Gaitanos**, Upper Hutt Martial Arts Academy (18/02/2020)
- **Callum Forbes**, Upper Hutt Martial Arts Academy (19/02/2020)
- **Michael Viseur**, Upper Hutt Martial Arts Academy (24/02/2020)
- **Rachel MacDonald**, Upper Hutt Martial Arts Academy (25/02/2020)
- **Jaime Philips**, Upper Hutt Martial Arts Academy (26/02/2020)

Qualified C2 Club Coaches

- **Paul Reti**, Fuji Ryu Goshindo (15/02/20)

NZJJF Black Belt Register

Congratulations to the following approved for the Black Belt Register:

Daryl Hayman (3rd Dan)

Callum Forbes (7th Dan)

