

#BLACKLIVES MATTER



America is on the defensive worldwide over the murder of George Floyd and all that the killing implies about race, values, and leadership—not to mention common decency—in the United States. It would be difficult for any of us not to have been profoundly moved by the senseless killing of George Floyd at the hands of Minnesota police officers, the latest in a long history of similar acts in the US. The words "I can't breathe", were the last words of both Eric Garner, killed in New York in 2014, and George Floyd, killed May 25, 2020. While this incident took place in America, it is important to acknowledge that historical ethnocide, racism, and racist violence exists all over the world, including New Zealand. After protests in Britain London Mayor Sadiq Khan tweeted. "No country, city, police force or institution can be complacent about racism and the impact this has."

Ordinarily we would simply highlight our Code of Ethics, but in effort to make an unequivocal standpoint it now needs to be said that NZJJF condemns all forms of racism and bigotry and to such an aim have released its new [Equal Opportunities and Anti-discrimination Policy](#). This is now a time for healing and coming together and we stand in solidarity with current peaceful protests that #blacklivesmatter as well as opposing all systemic racial oppression and violence.

The NZJJF has always advanced the idea of personal empowerment through the study of martial arts, so let us collectively empower ourselves to be vigilant of all bigotry, hate, and exclusion. It is important now that we support each and every one of our members and friends, and work together in advocating and advancing equity, equality and social justice.

IN MEMORIUM – Dave Miller 8th Dan

It is with great sadness that we inform the NZ Ju Jitsu community of the sudden passing of Dave Millar, in Australia on Friday 22nd May, 2020.

Dave Millar held the grade of 8th Dan Ju Jitsu, awarded by Steve Heremaia (10th Dan), and was the head of NZ JiuJitsu Lifeskills and co-founder of the New Zealand Martial Arts Hall Of Fame (NZMAHOF) in 1997.

He was a member of the first New Zealand Ju Jitsu Team to compete at the first World Council of Jiu Jitsu Organisations (WCJJO) world championships held in Canada 1984, and had been involved in Ju Jitsu in New Zealand for over 45 years.

Professor Dave served as the President of the NZMAHOF and was an inductee of the NZMAHOF, Australasian Martial Arts Hall Of Fame, and the World Karate Union Hall of Fame in 2002. Dave has been acknowledged internationally for his work with Jiu Jitsu and in 1988 was awarded Certificate of Recognition from the American Jiu Jitsu Association for his outstanding service in furthering the art, and in 1991 was awarded the Distinguished Service Award from the Canadian Jiu Jitsu Association by the then President/Founder Professor Ron Forester.

He was well known in the martial arts community and his untimely death has shocked all that knew him. This is truly a great loss, and he will be missed and dearly remembered by many.



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 and updated the following policies and notices in 2020.

- [Risk Management Policy](#)
- [Training at COVID Alert Level 2 Policy](#)
- [Equal Opportunities and Anti-discrimination Policy](#)
- [High Dan Grade Policy](#)
- [Grading Panel Policy](#)
- [Black Belt Verification Policy](#)

All of these policies and notices can be found on our NZJJF website at;
<http://nzjif.org.nz/NZJJF/jujitsu/rules-regulations/>

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

JJIF Membership in 2020

On Monday 18th May 2020, the New Zealand Ju Jitsu Federation was officially made a member of the Ju-Jitsu International Federation (JJIF).

The JJIF is the international Ju Jitsu entity that is working through the Global Association of International Sports Federations (GAISF) and the International Olympic Committee (IOC) to make Ju Jitsu an officially recognised Olympic Sport.

Our membership to JJIF allows us to send New Zealand athletes to the World Combat Games, the Asian Olympic Committee's (AOC's) Asian Indoor and Martial Arts Games and other JJIF competitions.

We have taken this proactive step to further enable Ju Jitsu to become an Olympic sport and allow future NZ athlete representation at any recognised Olympic Games. We look forward to working with the NZ Ju Jitsu community and with NZ Grappler to further this opportunity.



How Important Is Sparring In Ju-Jitsu?

A typical class structure for ju-jitsu consists of warm-ups, the technique(s) of the day and, last but not least, sparring (or rolling). Drilling techniques is necessary to refine and become more efficient with each technique, and sparring is important in testing your skill and technique against live resistance. Some ju-jitsu coaches or gyms really emphasize the drilling while others emphasize the sparring. And if you are a new practitioner, you may wonder how important sparring is in your Ju-Jitsu practice, and how sparring fits into your progression as a Ju-Jitsu fighter. In this article, we discuss the importance of sparring and how it fits into your ju-jitsu goals.



Advantages of Sparring Sessions

Live sparring sessions provide tremendous benefits and growth to your ju-jitsu skills. As a white belt, the struggles from sparring with a black belt or even a blue belt could be frustrating. You feel like they have magical powers that allows them to predict your movements and flow flawlessly between techniques. But truth be told, it is due to the years of sharpening their technique, broadening their skills and discovering the finer details in sparring sessions that allows them this capability.

General Overall Benefits of Sparring



1. Learn new nuances to techniques as your sparring partners resists and attempts to counter them.
2. Know how to distribute your weight and apply pressure at different angles.
3. Be able to feel and predict your training partner's movements.
4. Learn how to recognize people's strategic patterns.

5. Increase your ability to grapple in a calm and controlled manner instead of being reckless. As a result, this will allow you to spar for longer periods of time and exchange techniques with fluid movements.

How Sparring Improves Your Offense

1. Improves awareness for finding submission openings and timing its applications.
2. Allows you to experiment on resisting partners.
3. Enhance your ability to chain different submission techniques together based on the teammate's reactions.

How Sparring Improves Your Defense

1. Be able to stay calm in bad and uncomfortable positions.
2. Get better at tapping to submissions before unnecessary injuries occur. Know when you are caught and be able to understand that you should concede to your opponent, rather than letting a joint lock attempt go past the threshold dictated by the human body.
3. Learn how to find pattern in your teammates game and how they chain submission techniques together.
4. Improve your ability to create openings and scrambling opportunities.
5. Observe adjustments needed for escaping submissions.



Conclusion

Even though “winning” or submitting your training partners feels amazing, there are greater lessons that could be learned from these sparring sessions. First, it provides the ability to simulate real-life scenarios that cannot be replicated by simply drilling ju-jitsu techniques.

Forcing yourself into uncomfortable situations will grow your game. Gaining the respects from higher level partners normally results in them giving you tips on particular techniques or adjustments that are not discussed in class.

Sparring with your friends and teammates is an opportunity to experiment, learn and have fun. Save the nerve-racking behaviour and stubbornness to tap for the competition tournaments. I honestly believe that sparring is a must, if you are physically capable and are not injured, because of the positive impacts it has on your learning curve. At the end of the day, we all share the common goal of being better at ju-jitsu every time we step on the mats.

Remember if you are going to spar, you should always have a mouthguard. Accidents happen quite a bit during ju-jitsu sparring.

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).



NZJJF Black Belt Register

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. NZJJF provides verification of this. Black belts of Member Clubs may apply to have their grades recognised by the NZJJF and entered on the Public Register.

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

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

CONGRATULATIONS:

The NZJJF wishes to congratulate the following people on their well-deserved success. Your hard work and perseverance have paid off and New Zealand Ju-Jitsu is proud of you.

NZJJF Coaches Register up to end of May 2020

Qualified C1 Assistant Coaches

- **Rhiannon Forbes**, Upper Hutt Martial Arts Academy (02/03/2020)
- **Darrell Vickers**, Jitsu NZ (10/03/2020)
- **Sean Harvey**, Upper Hutt Martial Arts Academy (12/04/2020)
- **Cheyla Shortland**, Upper Hutt Martial Arts Academy (13/04/2020)
- **Paul Cowan**, New Plymouth Taekwondo and Hapkido Club (21/04/2020)
- **Kylie Harris**, Jitsu New Zealand (28/04/2020)
- **Mark Barrett**, Auckland Studio of Ju Jitsu (03/05/2020)
- **Molly Ryan**, Jitsu New Zealand (03/05/2020)

Qualified C2 Club Coaches

- **Callum Forbes**, Upper Hutt Martial Arts Academy (07/03/2020)
- **Michael Viseur**, Upper Hutt Martial Arts Academy (13/04/2020)
- **Paul Stokes**, Furui Ryu Christchurch (19/04/2020)
- **Jacob Verbeek**, Jitsu New Zealand (03/05/2020)

Qualified C3 Advanced Coaches

- **Hamish Robertson**, Auckland MMA (10/04/2020)

NZJJF Black Belt Register up to end of May 2020

Congratulations to the following approved, up till end of May 2020, for the Black Belt Register:

Andrew Cook (3rd Dan)
Richard Tarrant (3rd Dan)
Paul Reti (7th Dan)
James Colenso (5th Dan)
Paul Stokes (7th Dan)
Mark Barrett (3rd Dan)

