



## **NZJJF National Seminar Saturday 3<sup>rd</sup> October**

The next National Seminar will be held in Wellington at the Budokan Dojo, 6 Oxford Terrace, Mount Cook from 11.30am on Saturday 3<sup>rd</sup> October – Oxford Terrace is behind the BP Petrol Station on Adelaide Road.

Teaching at the seminar will be Paul Reti (OSA) and Gary Trail (OSA) who are two of the main pioneers of Ju Jitsu in New Zealand. Both these gentleman at the event will also be receiving the awards of 9<sup>th</sup> Dan from the New Zealand Ju Jitsu Federation and its Ju-Jitsu community, a rare and often unseen event. In addition, sessions will be taught by Mark Barrett from the Auckland School of Ju Jitsu, Callum Forbes from Upper Hutt Martial Arts Academy, and a Master Class session on improving locking by Simon Ogden.

It is hoped that the schedule for the event will be;

- 11.30; NZJJF Committee Welcome – Introduction and yudansha awards
- 11.50; Gary Trail – Kawaishi Jiu Jitsu,
- 12.40; Callum Forbes – Hapkido Walking Stick,
- 13.30; Lunchbreak 30 mins
- 14.00; Mark Barrett – Knife Defences,
- 14.50; Simon Ogden – Masterclass on improving locking,
- 15.40; Paul Reti – Masterclass on lock-flow as a learning tool.
- 16.30; NZJJF Committee Close.

Cost will be \$30 to attend and payment will be taken on the day. More details can be found in our FaceBook event here:

<https://www.facebook.com/events/640899493298087>

## **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.

- Instructor and Coach Policy
- Incident Reporting Policy

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

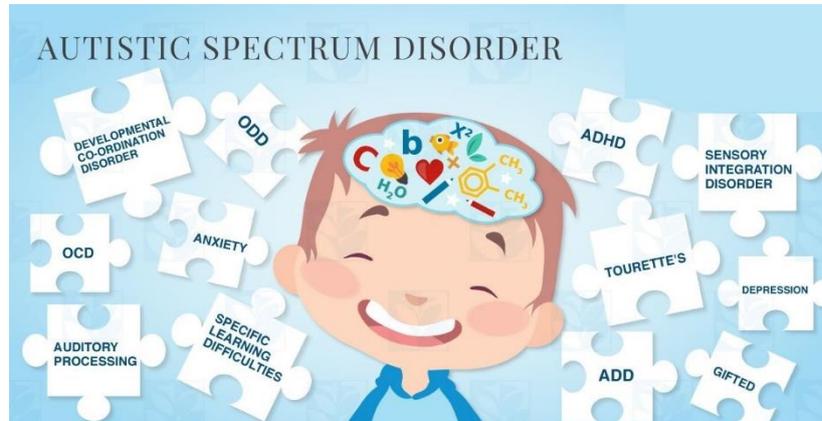
## **Understanding Individualism –Teaching Ju-Jitsu and the Autism Spectrum; PART 1 - David Webb**

Undeniably, the martial arts should be considered individual pursuits. Nevertheless, when it comes to coaching any skills on the mat instructors will coach *the class* with material directed towards *the group*. One-to-one feedback can only be applied in specific situations such as small group lessons and of course private sessions, to a certain degree, the only other time children require this totally dedicated feedback is at an elite level where the nuances of strategy and specific technical knowledge are a necessity. Nevertheless, unless you are knowledgeable and have contingencies in place for children with autistic spectrum disorder (ASD) even the best class scheduling in the world could be futile.

However small some children's aversions to learning in a larger group setting are, it is something you must be in-tune with and be prepared for. Language, emotions, subtlety and socially accepted norms are just a few issues that children with ASD behave differently towards and this article will attempt to offer some advice based on my own experiences for you to use in up-scaling your own service, communication and how you deliver a curriculum for such an audience.

### What is ASD?

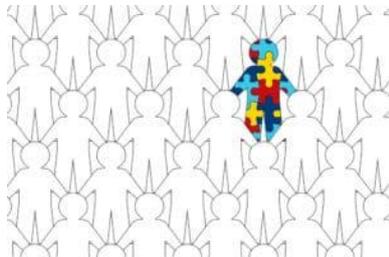
*'Autistic Spectrum Disorder'* provides an array of recognised disorders characterised by specific



behaviours affecting social interaction, verbal and non-verbal communication and restricted or repetitive behaviour. It is often argued that every person has traits of ASD characterised through simple behaviours associated with Obsessive Compulsive Disorder (OCD), competitiveness and fairness. The most common and accepted disorders associated with ASD that you may encounter as a coach are Autism and Aspergers syndrome – both lifelong, developmental disabilities that affect how a person communicates and relates to other people and how they experience the world around them.

### Understanding behaviour.

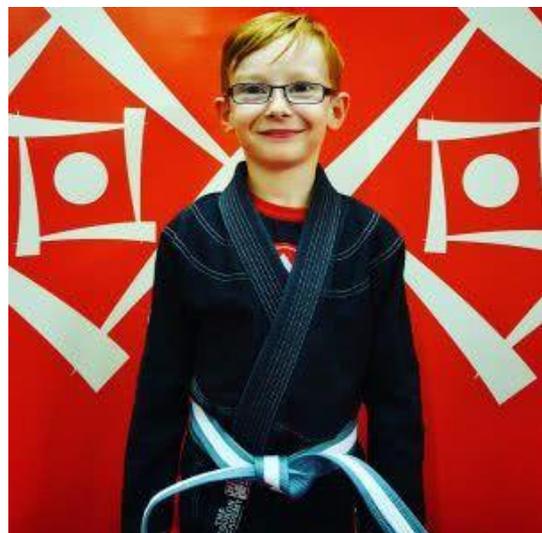
As much as knowing the definitions of ASD and what it involves, in most cases, parents will bring along children having forewarned you of their condition and or made an enquiry as to the suitability of your classes. As a coach, recognising emotional responses and resultant behaviours is key and having the means and ability to deal with these behaviours will ensure congruity and equity within ALL your classes. Of course, there are times where children will attend your classes without prior introduction – you will notice differences, however subtle or profound. From experience and over time, I have developed a confidence where I am able to notice even the smallest 'difference' and tailor my delivery to these awesome children.



### Meet Stanley Webb.

Stanley is my youngest son, he is the love of my life, in my eyes, perfect. Combined with my other two children, he is what makes my heart beat. At the age of three and a half he was diagnosed with Autism.

Being Autistic doesn't change a thing about Stanley, we often attribute his 'quirky' nature and unique sense of humour to the diagnosis but he receives no special treatment and fully integrates with other children in all settings – especially at Jiu-Jitsu – but it hasn't always been this way. Let me tell you a little more about Stanley and how he has helped me recognise certain traits in other children and in doing so connect with them on a completely different level and how through gaining an understanding of his needs we have managed his conditioning to such a level that you would not pick him out from the group.



From around two years, socialising for Stanley was a struggle. He found it very hard to 'share' and he would easily shy away from any interactions with a large group. There were times where Stanley would pace up and down alongside fences that surrounded his pre-school whilst rubbing his teddy on his nose as a coping mechanism, he would scream when the wind blew around his ears, hated getting wet in the rain and would resist anything touching his lips. As parents, myself and my wife were distraught, other parents would stare as he would scream with frustration during a 'meltdown' but, almost in denial, we associated any differences with him being the youngest of three and this being his way of getting what he wanted.

Much of our home life was dictated to as Stanley's way or no way, we'd only go to certain places, certain shops, certain restaurants because we were worried he'd have another meltdown due to the unfamiliarity or the noises associated with the new environment. Family dinners always consisted of separate meals just so he would eat and if that routine was broken he would refuse the food, this refusal to eat certain foods due to their texture or consistency made for issues surrounding his digestion too and overall things were strained. At this point, as with many parents, we had no understanding of Autism, no experience of 'special needs', the closest I had personally ever come to the phrase was at school where certain children had to have one-to-one tuition for certain subjects.

From around five years things had improved, as parents we had learned how to communicate, understand interactions and of course, learned to anticipate cues before issues arose. In retrospect, Stanley has been extremely fortunate to have had the support of a number of excellent SENCO (Special Needs Education Coordinators) that have provided fantastic support and guidance along the way. From the very first day Stanley received his diagnosis he has had the support required to coach him through tasks that other children take for granted: drinking from a cup, dealing with the awkward sensations associated with certain foods, the rules and regulations of games and indeed social interaction and communicating.

**PART 2 – will be in the next newsletter.**

### **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 36 Fleet Street, Solway, Masterton, 5810 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. The NZJJF provides verification of this. Black belts of Member Clubs may apply to have their grades recognised by the NZJJF. On passing of verification by the NZJJF and acceptance to the Black Belt Register, as a new initiative, the NZJJF will now issue a grade recognition certificate, along with the congratulations in the next NZJJF Newsletter.

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 as Chairman and Registrar for further information.



<http://www.mizukan.org/certificates/>

## What is the JJIF?



In 1987 the Ju-Jitsu International Federation (JJIF) was founded with the goal: “to contribute to the building of a more peaceful and better world by educating our youth through the sport of Ju-Jitsu, practiced in accordance with the values of Olympism.”

The mission of the JJIF is to continuously develop, improve, promote and propagate the Ju-Jitsu values on a global platform. The JJIF define Ju-Jitsu as;

“Ju-Jitsu consists of any physical action undertaken by the “defender” to defend himself against any unprovoked, unwanted and/or unlawful physical attack against its person. This ‘attack’ can vary from a simple push, over grabbing or punching or kicking the person, to attacks with a weapon. To achieve this the “defender” will use techniques like: liberations, evasions, throws, locks, controlling techniques, and blocking, hitting and kicking techniques. All depending of the severity of the attack Hereby the defender will always keep proportionality in account to avoid possible legal consequences. The intention of the defendant is to stop the attack and to minimize injuries with all persons involved”

The international recognition of the JJIF by the GAISF gives it the authority to approve any (new) style or group that is looking for international recognition of their program and awarded dan-grades. Any style of Ju-Jitsu that complies with the JJIF definition of Ju Jitsu can apply for official recognition of their style by the JJIF.

## 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)



## Ju-Jitsu is Art



Title: Jujutsu

Date: c.1815

Artist: Toyokuni Utagawa

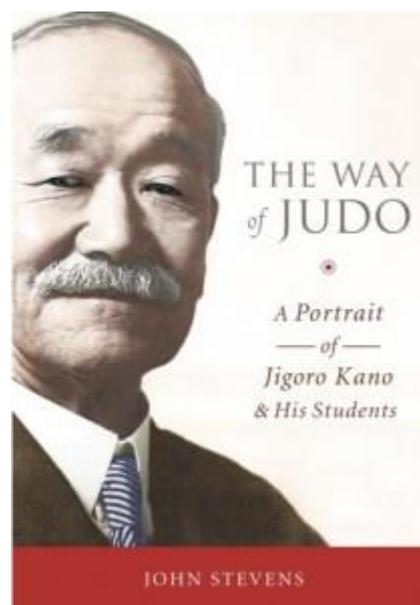
This woodblock print by renowned artist Toyokuni Utagawa depicts an expert in Jujutsu fending off multiple attackers. Utagawa was one of the leading artists that came out of the famous Utagawa school of Japanese woodblock art and is credited with making the school famous in the 19th century.

## Ju-Jitsu Haiku

Eyes squint, nose crinkles  
Toxic smell rolls over us  
Please, please, wash your gi!

## Book Review: The Way of Judo - Richard Bejtlich

According to his profile at Amazon.com, “John Stevens lived in Japan for thirty-five years, where he was a professor of Buddhist studies at Tohoku Fukushi University in Sendai. Stevens is a widely respected translator, an ordained Buddhist priest, a curator of several major exhibitions of Zen art, and an aikido instructor. He has authored more than thirty books and is one of the foremost Western experts on aikido, holding a ranking of 7th dan Aikikai.” *The Way of Judo* is one of his newer books. He previously wrote about professor Kano in his 1995 book *Three Budo Masters*, also reviewed at this site.



In an interview with the publisher, Mr. Stevens explained his reason for writing the book: “Since I have written books on three of the other most important martial artist masters of the 20th century—Tesshu Yamaoka (kendo), Awa Kenzo (kyudo), and Morihei Ueshiba (aikido)—I felt it imperative to write a book on Jigoro Kano, the founder of Kodokan judo, to round out the picture.”

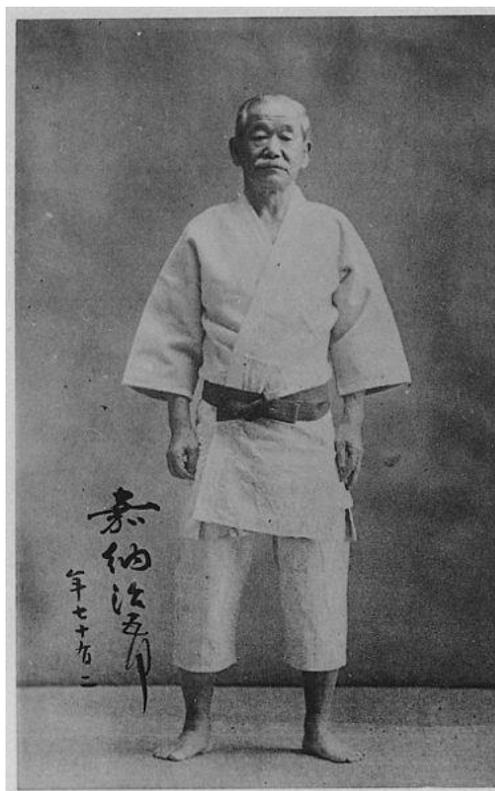
The book contains a preface, followed by five chapters:

1. The Public Career of Jigoro Kano;
2. Kano, the Man Himself;
3. The Challenge of Creating Kodokan Judo;
4. Kano and His Students;
5. The Teachings of Jigoro Kano.

The book ends with a lengthy Resources section listing books upon which Mr. Stevens relied, and other material that may be of interest to readers.

**Pros:** I liked *The Way of Judo* for several reasons. First, the Resources section at the end of the book is fabulous. It is a roadmap for additional Kano research and has helped my work. Second, the book devotes considerable attention to professor Kano’s students. All martial arts die without students, so this material showed how judo survived its founder. Mr. Stevens explained in his Shambhala interview that “one of his students established the Black Dragon Society, two of his students were elected prime minister, two of them became the richest entrepreneurs in the country, and one of them taught judo to a United States president... [M]any of the Chinese students who were taught at Kano’s academy were very influential on Chinese history, yet this is a detail that is virtually unknown. For example, Mao’s father-in-law had been a student of Kano’s in Japan, and he taught Mao some of Kano’s educational theories. Mao wrote a paper on Kano’s ideas.”

Third, Mr. Stevens includes details that most readers would want to know, but that might not appear elsewhere. For example, on pages 1 and 2 Stevens writes: “the name Kano means ‘production of delightful sake.’ Kano’s father’s



original name was Mareshiba Shogenji (1813–85). The Shogenji family served as the hereditary keepers of the Hie Shrine in Omi. Mareshiba chose to become a Confucian scholar rather than a Shinto priest. He was hired as a home tutor in the Chinese classics for the Kano children. Mareshiba ended up marrying Sadako, one of the daughters, and then being adopted into the Kano family, thereafter assuming the name Jirosaku. Five children were born to Jirosaku and Sadako, three boys and two girls. Kano was the last child. His birth name was Shinnosuke. Later, he was called Jigoro ('fifth child of Jiro')." As a researcher I appreciate this attention to detail and explanation for non-Japanese-speaking readers. Did you know that professor Kano's birth name could have easily been Mareshiba Shinnosuke?

**Cons:** I have very few concerns with this book. I only found a few minor issues. For example, Mr. Stevens writes on page 18 that "Even though Kodokan judo was established in 1882, for many years afterward his system was called "Kano ryu jujutsu" or simply "jujutsu" in many quarters. Actually, in the first year of the Kodokan's existence, Iikubo was still giving lessons to Kano and his students, so the emphasis was on Kito ryu jujutsu, not Kodokan judo, because there was no such thing yet. Kano wrote that it was not until 1877 that the technical base for Kodokan judo was formulated." Professor Kano started training in jujutsu in 1877, so this is a typo.

**Conclusion:** I give this book 5 out of 5 stars. I greatly enjoyed reading The Way of Judo. It's simply the best English-language biography of professor Jigoro Kano available. It spends the right amount of time leading the reader through professor Kano's life. However, it also explains how he founded and grew judo. It then explains key students and associates.



Most unusually, compared to other books, it spends time talking about the sort of person Kano was. The book is one of the few I've found that names his children and shares a few words about each. On page 70, Stevens shares with us some of Kano's habits: "He was not interested in dealing with trifling details. He ate the same thing every day for lunch so he wouldn't be bothered by having to decide what to order. He always carried an umbrella so he wouldn't be troubled about whether or not to take one with him." I highly recommend reading The Way of Judo, especially if you are a judoka or related martial arts practitioner.

## **CONGRATULATIONS:**

The NZJF 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.

## **NZJF Coaches Register up to end of August 2020**

### **Qualified C1 Assistant Coaches**

Ross Bennett, Upper Hutt Martial Arts Academy – 19/05/2020

Marina Puata-Tkalia, New Plymouth MMA – 23/06/2020

Tristan Anson, Upper Hutt Martial Arts Academy – 30/06/2020

Paul Atkins, Upper Hutt Martial Arts Academy – 1/07/2020

Graeme Marukore, Gracie Gym Rotorua – 2/07/2020

Aziz Dilmurodov, Oliver MMA – 2/07/2020

Raymond Roimata, Gracie Gym Rotorua – 2/07/2020

Arona Marsters, Gracie Gym Rotorua – 6/07/2020

### **Qualified C2 Club Coaches**

Mark Barrett, Auckland Studio of Jiu Jitsu – 19/07/2020

Hannes Van Niekerk, Jikishin Ju Jitsu New Zealand – 11/08/2020

### **Qualified C3 Advanced Coaches**

John Haanstra, Hamilton Goshin Jitsu Academy – 27/08/2020

### **NZJJF Black Belt Register up to end of August 2020**

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

**Doug Bailey** (6<sup>th</sup> Dan)

**Graeme Caitlin** (5<sup>th</sup> Dan)

**Paul Reti** (9<sup>th</sup> Dan – NZJJF Awarded)

**Todd Rogers** (3<sup>rd</sup> Dan)

**Matthew Tarrant** (1<sup>st</sup> Dan)

**Gary Trail** (9<sup>th</sup> Dan – NZJJF Awarded)

