



NZJJF National Seminar in 2021

The NZJJF national seminar has been organised for 24th April 2021, 10am to 5pm hosted at the Auckland Studio of Ju Jitsu - 44 Glendale Road, Glen Eden, Auckland.

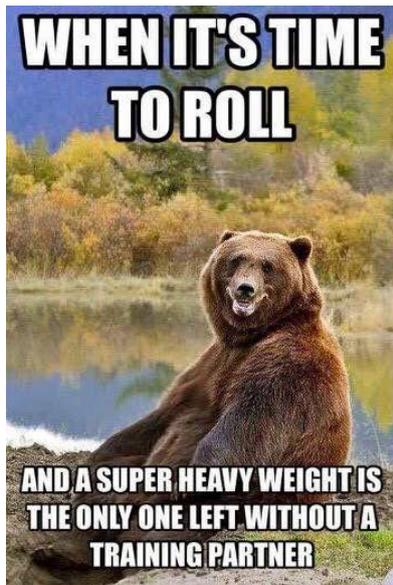
The facebook event can be found here:

<https://www.facebook.com/events/665671114310913>

The seminar teaching slots will be taught by Warren Masters – 6th Dan, Gary Trail – 9th Dan, Terry Evans – 5th Dan, Hannes Van Niekerk – 5th Dan, John Haanstra – 6th Dan and Christiaan Buijssers – 2nd Dan, and it will be a \$50 fee to attend.

Also in attendance will be many other senior NZ Ju Jitsu Kodansha, and it is hoped as many students and coaches will attend.

The Importance Of Getting Squished - Averi Clements



If you've taken at least one ju-jitsu class before, you've probably figured out that squishing is a pretty important part of the game. Being able to properly distribute your weight onto someone's abdomen, legs, or face often makes the difference between victory and defeat. However, being able to take all that weight is just as important as being able to dish it out. Many less-experienced ju-jitsuka (and even some of the more experienced ones) shy away from rolling with larger opponents to avoid feeling their organs and the floor being united as one, but when they do, they're missing out on valuable training opportunities.

Dealing with someone who uses their weight to their advantage is a great way to learn how to look for openings and time your escapes properly, which is likely to not be something that you're used to if you can usually shrimp out of a lighter opponent's side control with ease. When you roll with someone who outweighs you by fifty pounds and enjoys rubbing it in your face (or chest, or belly), you'll be forced to be more in-tune with your opponent's movement, anticipating opportunities to escape instead of wasting your energy trying to move someone who will not be moved.

While some people might only need to tweak their game when rolling with heavier opponents, those of us who prefer to play guard might need to change our strategy entirely. Even if your guard is solid, coming across someone who is both an excellent passer and two or three weight classes above you can make you wish you'd worked a bit more on your top game. I know very few people who enjoy struggling to breathe beneath someone else's weight, and the best way to avoid such a situation is by making sure you end up as far away from the floor as possible. Working on your passing game when you're used to hanging out on the bottom can make you feel like a shark out of water, but it's crucial to making yourself a well-rounded competitor. And if rolling with people who want to squash you like a bug doesn't convince you to do it, nothing will.

Even if you think your escapes and passes can't get any better (spoiler alert: they can), you still don't have an excuse to avoid rolling with the heavier students in your BJJ class; doing so will seriously up your stamina. If you can deal with a lot of well-placed weight bearing down on your sternum, you're not even going to blink when someone in your weight class tries to wear you down using the same technique. It's always disappointing to see a talented and experienced ju jitsu fighter get gassed in the middle of a roll with someone who knows how to use their weight all because they only practice with people who are the same weight or lighter than they are. If you make sure to roll with people whose 100 Kg feels more like 1000Kg, you're far more likely to outlast your opponent.



Even though it might be easier to only roll with the people who haven't yet learned how to use their weight against you, champions are not born in comfort zones. Getting crushed in class will be a miserable struggle until you get out from underneath your opponent, but you'll be thankful for it when the only one standing between you and the gold medal for the absolute division is someone who thinks they'll be able to beat you by sitting on you.

First Aid Incidents in your dojo

The NZJJF has documents on hand on our national website to help with any First Aid Incidents in the dojo such as the recommended contents for the First Aid Kit, Injury reporting forms and our First Aid Aide Memoirs.

1. [Injury Reporting Form](#)
2. [First Aid Kit contents](#)
3. [First Aid Aide Memoirs](#)

Spot the Difference?



This is a classic jujitsu hold from an early 1900s Japanese manual, and an image from an early 1900s French newspaper. Can anyone spot the important difference?!

The Biggest Lie in Jiu Jitsu - Nicolas Gregoriades.

Recently, I saw a jiu-jitsu meme that made me laugh out loud. "Technique is invincible!" it proclaimed. You are probably not going to want to hear what follows, but as a jiu-jitsu instructor, it's my job to share with you what I perceive to be the truths about the art, not perpetuate falsehoods. So here goes: Technique is NOT Invincible.

General athleticism, and in particular strength, plays a huge role in jiu-jitsu performance, and can very often overcome technique. In my opinion, strength is just as important as technique. Despite what you've been told, great technique will not always overcome size and strength. I have been training grappling for almost twenty years and I've been a black belt in BJJ for nine of those. I consider myself to be an extremely technical jiu-jitsu player and I focus on trying to make my movements as energy-efficient and precise as humanly possible. But here's a secret: sometimes I muscle my way out of stuff or 'force' a technique on. I don't make a habit of it, but because I understand the importance of strength and how to use it intelligently to aid my jiu-jitsu, I've earned the right to do it. I still have an ideal of a 'strengthless game' in my mind - of a time where I'm so good that I don't need to use any exertion in the application of my jiu-jitsu. But I know that it's just that - an ideal. Yes, the best jiu-jitsu players in the world are all super-technical. But they are all, without exception, very strong human beings too. Because of a combination of genetics and proper training these guys are ridiculously powerful and athletic. It's been my experience that this equation holds true most of the time: Player A (Moderate Technique + Great Attributes) > Player B (Great Technique + Weak Attributes)

No matter the size of your opponent Always give it your all



A Hypothetical Example - I know you don't believe me yet, so I'll try to illustrate my point with an example. Let's look at an imaginary scenario using two fighters, Steve and JoJo.

Steve: Steve starts training jiu-jitsu at the age of 5 years old and is coached by Marcelo Garcia, Rafa Mendes and Rickson Gracie. He learns all of their techniques and absorbs all of their wisdom about pressure, timing and body mechanics. He trains consistently 6 days per week for the next 13 years. At 18 years old, weighing 200 lbs. Steve wins the IBJJF world championships at brown belt in the medium-heavy division by decimating all his opponents and is awarded his black belt immediately

after. The next year he makes it to the final of the black belt absolute bracket where he faces Buchecha and defeats him in 13 seconds using a flying-armbar. JoJo: JoJo is a 10-year-old silverback gorilla. He weighs 400 lbs. He has never trained in jiu-jitsu or any other martial art. The Showdown: Suppose somehow (remember, this is hypothetical) we are able to communicate to JoJo the rules of jiu-jitsu and get him to agree to an exhibition match with Steve. We even get a special primate-edition gi made up just for him. Who do you think would win that match? And if you think Steve will beat JoJo using his 'invincible technique' you're delusional. (Also, I have a Dim Mak course I think you'd be interested in - send me an email.) JoJo's size and strength advantage simply cannot be overcome by using technique.

Real-World Examples - Ok that was a pretty unrealistic scenario and it would never happen. But here are some real-world examples, again, from my own experience:

Example 1: In 2013 I watched with my own eyes as a world champion black belt female was taken apart by an average male purple belt of the same size as they sparred in an open mat

session. The woman had absolutely no chance. She was tapped close to ten times in a 6 minute round. Now, did that happen because 'women are not good at jiu-jitsu' or because 'men are better than women'? Of course not. It was a simple function of physical strength. The guy had way higher levels of testosterone, and hence stronger connective tissue and more muscle mass. All other variables were equal or in the girl's favour.

Example 2: I have a friend who is 6'5', weighs 300 lbs and is an ex NCAA linebacker. He's also a brown belt in jiu-jitsu. He can (and often does) very easily lift me off the ground using only one arm. When we roll he absolutely smashes me. There's basically nothing I can do against him. Does this happen because his technique is better than mine? Not a f*cking chance. I have been training way longer than he has, with far more frequency and intensity. It happens because he is bigger, heavier and stronger than I am.

Example 3: My natural, healthy weight is around 203 lbs. Sometimes, for various reasons including strength training programs, creatine cycles or holiday overindulgences, that might go up to 218 or even 220 lbs. I'm on the mat all the time and I have a very keen awareness of how my jiu-jitsu is affected by this change and I can tell you straight up that the heavier I am, the easier sparring gets. I can dominate lesser players more easily and survive longer against better players.

Where Does this Myth Come From? This misconception lies at the heart of all the other deceptions in martial arts. Telling a small or frail person that learning a secret technique will allow them to defeat the bigger, stronger, bad guy flicks some powerful switches in the human psyche. In the 20th Century, a huge industry was built upon this, with all kinds of crazy (and useless) martial arts systems being packaged and sold to gullible westerners. Even though jiu-jitsu (and what its champions accomplished) in MMA helped clear away a lot of the bullshit in martial arts, it was still affected by it. A part of it is simply due to the nature of the jiu-jitsu academy business model. Even though there is a strong competition scene in jiu-jitsu, BJJ schools are usually built around the teaching and sparring aspects of training, so it makes sense that the early pioneers of the industry would play up those aspects of the lifestyle and downplay the others. Firas Zahabi, coach of Georges St-Pierre once said to me. "With the arrival of jiu-jitsu academies, we saw for the first time ever conditioning being removed from combat sports training." And he's right. In the vast majority of jiu-jitsu academies, conditioning is just an afterthought. Sure, you might do a few jumping jacks and push-ups as part of the warm-up, but that is not enough. Look at boxers and wrestlers. Conditioning is very often the largest component of their training, and sparring is one of the smallest.

Man Who Identifies as a 5-year-old Dominates Kids Jiu Jitsu Class



Royce Gracie's amazing performance in the early UFC Victories in the UFC resulted in some people believing that technique really was all you needed. In my opinion, Royce won because the matches he was fighting in looked like this: Fighter A (Moderate Attributes + Great Technique) > Fighter B (Great Attributes + No Technique). By the second generation of MMA, the formula had already changed because guys had begun to learn jiu-jitsu. The matches started to be more like this: Fighter A (Moderate Attributes + Great Technique) ≥ Fighter B (Great Attributes + Little Technique). In Modern MMA what we most often see happening is something like this: Fighter A (Exceptional Attributes + Great Technique) > Fighter B (Great Attributes + Great Technique)



The good news is that jiu-jitsu sparring alone will naturally increase your physical strength to a point. And, although you will always have certain limitations on your genetics (sorry but you're never getting any taller), your natural level of physical strength can be increased massively through intelligent and focused training. Also, it does not mean that smaller players are always at a disadvantage. Relative Strength diminishes as size increases. So (hypothetically) with all other things being equal, a 20 per cent bigger player is not 20 per cent stronger, but probably closer to only 12 or 15 per cent. And that also means that smaller guys who are in amazing shape usually

negate the advantages of big players in average shape, and sometimes even gain an advantage of their own. More good news - strength is also one of the last attributes to diminish as a fighter gets older and can be maintained and even improved well into old age.

For overall, functional strength and athleticism gymnastics is hard to beat. If I could choose just one supplemental strength training discipline to recommend, this would be it. Rock Climbing is another great way to improve athleticism and power that directly applies to jiu-jitsu, especially for grip strength. Lifting weights for sports performance does not mean repping out a few sets of bicep curls and bench presses, it means doing Olympic Lifts and Powerlifting under the supervision of a certified coach. Becoming good at jiu-jitsu is about more than just having great technique. I love techniques and I find the efficiency and solutions they can provide to be fascinating and effective. Having a repertoire of quality moves is essential if you want to have any chance on the mat, but it's not enough. The true martial artist is one who is trying to become better in every way possible which includes becoming stronger. Maximising your physical strength is one of your responsibilities if you're wanting to be the best you can be at jiu-jitsu.



2021 Membership fees:

Individual memberships for 2021 is to be made **FREE** to improve data collection on the numbers of people practicing Ju Jitsu in New Zealand. This will allow the NZJJF to improve their standing with Sport NZ and improve it's 2022 Strategy leading up to the 2028 Olympics when Ju Jitsu is expected to be made an Olympic Sport.

Club membership remains at \$20 to be paid by electronic transfer into the NZJJF account.

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

Cheques made out to 'NZJJF' can be deposited into any Westpac branch or sent to 36 Fleet Street, Solway, Masterton, 5810.

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.

All of our operational policies and notices can be found on our NZJJF website [here](#).

NZJJF Black Belt Register

The [Black Belt Register](#) is kept for the purpose of assuring the public that black belt grades claimed by jiu-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 dan 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.

Our C4 Coaching Course is NOW AVAILABLE – Become an EXPERT Coach!

The C4 Expert Instructor course is a follow-on course to the C3 Advanced Instructor that covers anatomy and physiology, psychology, biomechanics and risk management and governance to a higher degree building on the C1, C2 and C3 coaching courses.

Completion of the C1, C2 and C3 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



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 the beginning of April 2021

Qualified C1 Assistant Coaches

Daryl Conchie, Upper Hutt Martial Arts Academy – 04/04/2021

Shena Christian, TOA Martial Arts – 04/04/2021

Qualified C2 Club Coaches

James Ostegren, NZJJS – 04/04/2021

Qualified C3 Advanced Coaches

Mark Barrett, Auckland Studio of Jiu Jitsu – 04/04/2021

NZJJF Black Belt Register up to the beginning of April 2021

Congratulations to the following approved, up till beginning of March 2021, for the Black Belt Register:

Bira Da Silva Daitx (2nd Dan)

Michael Rohde (2nd Dan)

Warren Masters (6th Dan)

Pina Simpson (1st Dan)

Carl Moke (1st Dan)

Tau Thompson (BJJ Black Belt)

Karl Webber (BJJ Black Belt)

Dalton Newby (BJJ Black Belt)

Aaron Davey (BJJ Black Belt)

Daniel Bellows (BJJ Black Belt)

