



NZJJF Outstanding Service Award 2021 – Simon Ogden

On the 29th October 2021 the New Zealand Ju Jitsu Federation's [Outstanding Service Award](#) was awarded to James Salter 8th Dan, Kancho of Sakura Kan Ju Jitsu presented at the Sakura Kan Gasshuku held at Brookfield Outdoor Education Centre, Wainuiomata.

James Salter began Judo and Ju-Jitsu in 1967 at the Crichton Cobbers Club in Christchurch under Henk Fekkes, a Dutchman who had brought Kawaishi Judo and Ju-Jitsu to Christchurch in 1959.

Another influential instructor at the International Judo College was John Boniface. When John returned from martial arts studies under Sugawara Gesshu (10th dan) at Kokushikan University in Japan and established Fuji Ryu Goshindo in New Zealand, James trained under him and Paul Reti, gaining his 1st dan in 1980. James opened the first permanent Fuji Ryu Goshindo dojo in 1979 in the Bromley School Scout Den, which was named Furuji Ryu Eda.



When John Boniface died in 1992, James and his most senior student Alistair Thompson resigned from Fuji Ryu Goshindo and founded their own organization Sakura Kan Ju Jitsu. James was graded by Grandmaster Steve Heremia, 10th Dan Black Dragon Jiu Jitsu, to Nanadan in 2012, and Hachidan in 2020.

The influence of James as a key figure in Fuji Ryu's history, as the founder of Sakura Kan Ju Jitsu, and on New Zealand Ju-Jitsu cannot be underestimated. He was one of the first second-generation of Fuji Ryu members to be graded to black belt in New Zealand and he has led the Sakura Kan Ju Jitsu organisation for nearly three decades, which operates 6 clubs around New Zealand and 1 in Australia. James was inducted into the New Zealand Martial Arts Hall of Fame (NZMAHOF) on 7th September 2009 and inducted into the Australasian Martial Arts Hall of Fame (AMAHOF) and the World Karate

Union Hall of Fame (WKUHOF) in 2013 in the category of Lifetime Achievement.

James Salter has made a lasting impression on Ju-Jitsu in New Zealand and is considered the "grandfather" of Corrections based Control and Restraint techniques in New Zealand, operating as a Master Trainer in Use of Force and Control and Restraint for the Department of Corrections until his retirement. His own Ju-Jitsu career has spanned over five decades, and seven martial arts clubs can trace their teaching back to the Ju-Jitsu style that James founded as the New Zealand head of Sakura Kan Ju Jitsu. It is a fitting and well-deserved award for recognising his ongoing contribution to New Zealand Ju-Jitsu for over fifty years, for the founding of Sakura Kan Ju Jitsu and his impact on the many students that have studied and grown under his tutelage.



Ganbatte kurete arigatō

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](#)).

Debunking a myth! – Adam Rings

I've mentioned this before, but still hear "90% of fights end on the ground" quite often. The statistic is taken from a 1988 LAPD study of police altercations. The data is heavily skewed because the study exclusively looked at confrontations where it was the officers' goal to take someone down and cuff them. In reality its closer to 30%, with about half of those due to an intentional take down. The rest are caused by a slip, fall, or strike putting the person there. 30% is still a big number, so training for such a possibility cannot be neglected. I do wonder with the uptake in BJJ and MMA training over the last decade if these statistics would be different in a review of more contemporary "street fights", but I think the recent article "[What Percent Of Fights End Up On The Ground](#)" by Michael Peachy makes some good points.

1. Most fights start with someone who's unprepared getting punched in the face... even though there are lots of indicators it's about to happen
2. The aggressor then gains the initiative with a flurry of punches... and often wins within seconds
3. Most losses were a result of not having a basic boxing protective stance or guard... and getting hit in the face by an unskilled opponent
4. Less than 1/3 of fights end up on the ground in a way that grappling would be useful
5. When used, takedowns were one of the most effective street fighting techniques because they either end the fight or put you in a dominant position
6. Grappling styles like Brazilian Jiu Jitsu are very effective in street fights... especially for gaining and maintaining a dominant position
7. Multiple attackers are more likely to be an issue if you are in a striking-only fight and get knocked down.

At the end of the day, if you don't be a dick, then you won't get in that many street fights anyway.

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 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 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.

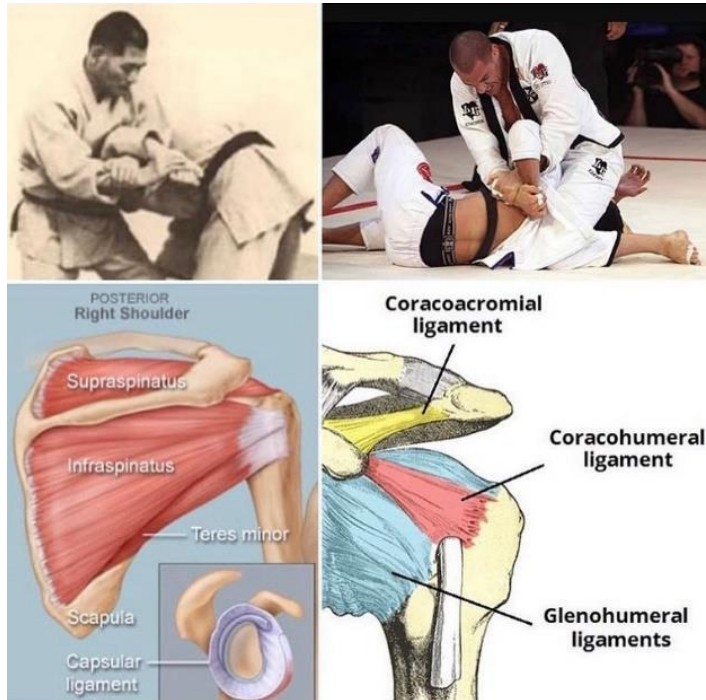
Biomechanics of the Kimura? – Mike Piekerski

The kimura or the double wrist lock is one of the most powerful submissions in grappling. This is the joint lock famously used by Masahiko Kimura to defeat Helio Gracie in a grappling match.

The kimura is a joint lock that primarily attacks the shoulder (glenohumeral joint) by forcing excessive shoulder internal rotation. The typical person has 60 degrees of internal rotation (clinically I find this closer to 40 degrees).

The primary constraints to excessive shoulder internal rotation:

1. posterior band of the inferior glenohumeral ligament
2. the axillary pouch
3. the glenoid labrum
4. the Rotator cuff
(supraspinatus, infraspinatus and teres minor)



The job of the rotator cuff is to stabilize the humeral head in the glenoid fossa while the prime movers move the arm. The rotator cuff muscles are at their weakest when the shoulder is abducted to 90 degrees. The supraspinatus is at a mechanical disadvantage to stabilize, and the infraspinatus has poor muscle activation in this position. Therefore, if the rotator cuff muscles are the dynamic constraints, they will be inefficient for resisting excessive rotation.

Isolate movement to the shoulder: If the average person only has 60 degrees of motion why can some people move much further? Compensation. When applying the submission, they take off too much weight attempting to 'crank' the arm. This allows other parts of the body to move i.e., thoracic rotation, scapular rotation, or elbow flexion. So, while they are applying force what they are really doing is bleeding energy and being inefficient with their movements.

To ensure you are attacking the glenohumeral joint with your movement make sure to keep the elbow bent at 90 degrees. This allows you to use the wrist control as a lever to focus energy on your intended target, the shoulder, instead of your energy going into the humerus bone or the elbow.

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



Verbal De-escalation is a vital skill – Jenni Siu



In my opinion, our goal as martial artists should always be first to keep situations from becoming physical. If you can diffuse a situation with verbal de-escalation, you win. Removing yourself from a conflict is the most straightforward way to avoid escalating into a physical confrontation, but, realistically, that is not always possible. Therefore, the skills to de-escalate a situation verbally are incredibly important. I don't have a comprehensive

verbal defense course written, guaranteeing you'll be able to stop any situation from becoming violent. I do, however, have some specific things I feel are vital tools for everyone, whether they are working to calm an out-of-control toddler, a frustrated co-worker, or an attacker.

1. **Ego has no place in verbal de-escalation:** In my personal experience, verbal confrontation often includes personal attacks. When we respond and engage because our feelings have been hurt, or we have been personally offended, we lose sight of the goal – which is to de-escalate and resolve the conflict. As an individual, you must recognize this and keep ego from playing a role in your response. As a teacher – understand that confident students don't have to defend their ego. Make sure you do everything you can to build confidence, not ego, in your students.
2. **Control of the situation begins with control of yourself:** Self-control can manifest in many ways. In a conflict, self-control is understanding that a calm, steady, patient approach will produce more positive results than an out-of-control response. I have experienced people screaming in my face, shoving me, yelling at me from a distance, calling me names, and trying to attack a kid while I stood between them. Staying calm is vital to gaining control of the situation, and it goes hand-in-hand with the first point, which is realizing this is not about proving yourself, it's about de-escalating a situation so everyone can walk away safe.
3. **Calm does not equal passive:** There are those who would argue that you must get upset in order to take control of a situation. By saying that you must remain calm, I am not saying you should not be firm. I have been in situations where I had to speak emphatically and even loudly in order to be heard and make progress in resolving the conflict. There is a difference between being out of control and upset and having an understanding of what needs to happen in order to resolve things in the current situation. At times that takes a very firm approach.
4. **Find out your opponent's goal:** This may sound like an odd point, but it is important. If you know where they're trying to go with the conflict, you'll be able to focus on the resolution. When I respond immediately by trying to figure out what the person wants, I can get to the point of escape or resolution much more directly, and when things get twisted up and off track, I can keep them focused. When a toddler is over-reacting to something, the same principle applies. Find out what it is that's really bothering them and respond to that. Sometimes it really is that important that Paw Patrol isn't on today. And sometimes, they didn't eat enough for lunch and don't understand that their body needs nourishment in order to function properly.
5. **Respond, don't react:** We say this often in martial arts training, and in my opinion, there is no greater application than in verbal de-escalation. This goes hand-in-hand with what has already been said. If you are assaulted on a verbal level, don't react to the words they say – respond to the threat they pose. If you can't walk away, engage with calm, confident composure. Never return insult for insult. When you feel yourself

getting upset, remember the goal – de-escalate and resolve the conflict, as much as you possibly can.

This is by no means a comprehensive list, but hopefully it has given you some food for thought, and perhaps even some tools with which to work.

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 November 2021

Qualified C1 Assistant Coaches

Paul Quickenden, Kingsland Martial Arts – 26/09/2021

Tuyet Nguyen, Auckland MMA – 31/10/2021

James Cassels-Brown, Upper Hutt Martial Arts Academy – 31/10/2021

Qualified C2 Club Coaches

Jaime Philips, Upper Hutt Martial Arts Academy – 26/09/2021

Qualified C3 Advanced Coaches

James Salter, Sakura Kan Ju Jitsu – 26/09/2021

Garry Carpenter, Budo South Martial Arts – 30/08/2021

Qualified C4 Expert Coaches

Simon Ogdon, Jitsu New Zealand – 26/09/2021

NZJJF Black Belt Register up to the beginning of November 2021

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

Garry Carpenter (1st Dan)

James Salter (8th Dan)

Craig Scrimgeour (1st Dan)

Matthew Tarrant (2nd Dan)

Richard Tarrant (4th Dan)

