# NEWSLETTER

**23/2 – 21st October 2023**

**Terry Evans, OSA Award** – Simon Ogden OSA

**On Saturday 18th November our Outstanding Service Award will be presented to Terry Evans, 7th Dan, in Auckland at the NZJJF National Seminar.**

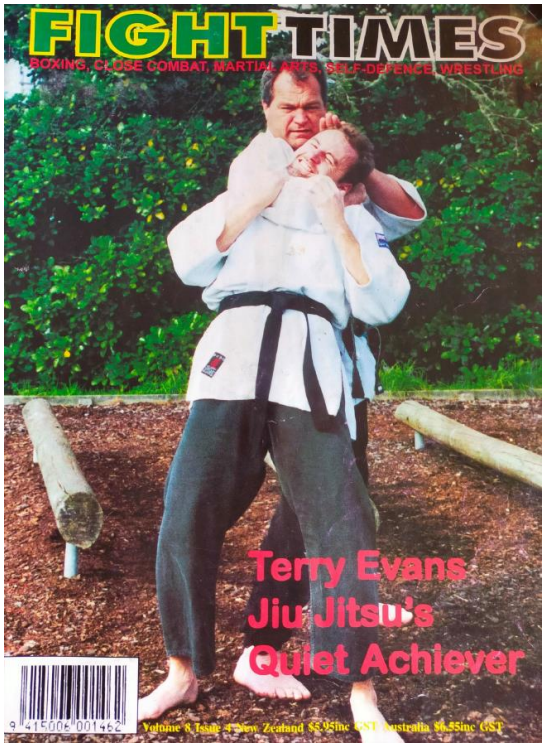


Terry Evans was born on the 18th of November 1959 in Australia, emigrating to Auckland a year later. His first experience of the martial arts was as a youth starting Judo in 1974 under Joe Samuel, winning a silver medal at the Judo Nationals in 1978. He started Kawaishi Ju Jitsu under Duncan Kingi at Rongo School of Jiu Jitsu in 1976, a satellite club of the South Pacific Jiu Jitsu Society.

In 1977 Terry started training with Tom Twydle, at the Auckland Studio of Jiu Jitsu, under Laurie Olliver, another satellite club of the South Pacific Jiu Jitsu Society (SPJJS), which was an off shoot of the New Zealand Jiu Jitsu Association. In 1982, when Duncan Kingi's club closed, Terry moved to train solely with Jack Bailey under the SPJJS banner. Terry obtained his Shodan under Laurie Olliver and Jack Bailey in 1984, and in 1986 graded to Nidan in Australia through the Australian Ju Jitsu Association.

Terry fought in many tournaments between the NZJJA and South Pacific Jiu Jitsu Society (SPJJS) clubs during the 1980s and 1990's. Tournaments of the time were very judo-oriented with limited-contact strikes allowed. Terry fought in the Under 100kg category, and above, and was renowned for good throwing and ground-fighting techniques. It was around the early 80's that Terry started to get involved in Trans-Tasman Ju Jitsu competitions between Mark Haseman's Tohkon Ryu Ju Jitsu Club and the Australian Society of Ju Jitsuans (ASJJ), which later split into the Australian Ju Jitsu Federation (AJJF) and the Australian Ju Jitsu Association (AJJA) around 1984. Terry was a New Zealand representative four times, coached the New Zealand team twice against Australia and was the National Ju Jitsu Heavyweight Champion from 1980 to 1994. In 1992 Terry graded to Sandan under Jack Bailey and Phil Sharp of the AJJA. It was also around this time that Gary Polwart began training at Terry's SPJJS club (known as Barobics West Auckland Martial

Arts Centre) in Hepburn Road. Two years prior the SPJJS had folded, and Terry eventually renamed his club Waitakere Martial Arts.




In 1995 the World Council of Ju Jitsu Organisations held their world championships in Auckland New Zealand. However, following the Games, American Ernie Boggs formulated a new version of sporting ju-jitsu, coining the phrase 'sport ju-jitsu' and formed the International Sport Jujitsu Association (ISJA). Their competition format allowed for full-contact ju-jitsu, alongside the more common semi-contact version, and introduced demonstration and grappling-only events. The first ISJA World Games was held in West Virginia in 1996 in the United States. Terry Evans as NZ Team coach and team manager attended with Tom Twydle and Scott Van Gils, Silver medalist, with Terry returning as New Zealand's ISJA director and a Gold in the veteran's grappling division. In 1997, with the involvement of Terry, the tournament rules format changed to a better balance of striking, throwing and ground-fighting. Terry and Chris Easley, a former 3-time World WJJO Champion, then set up the New Zealand branch of the ISJA at the beginning of 1997.

During the mid-90s the Waitakere club travelled to other ju jitsu and grappling tournaments around New Zealand. One such tournament was Dave Millar's mixed martial arts tournament at Hunterville in 1996, and it was there, Terry and Gary Powlart met Doug Bailey of NZ Jiu Jitsu School of Self Defence (NZJJS) who was one of Dave's main referees. They all met again at Hunterville the following year and in 1998 Terry and Gary led a team from Waitakere Martial Arts to Doug's Jiu Jitsu Unlimited tournament in Hastings. That tournament gave the Waitakere team good preparation for the 1998 ISJA World Games held in Canada, where Terry won a sport jujitsu silver medal and operated again as team coach and manager. In 1997 Terry graded to 4th Dan under Phil Sharp.



At the start of 1998 Terry, Gary Polwart and Doug Bailey ran with the idea of unifying the various

'national' ju-jitsu tournaments into a single national sports ju-jitsu circuit. The team embraced the idea, and the International Sports Ju Jitsu Association (NZ) was formed installing Terry as chairman with Gary Polwart as Secretary/Treasurer. They gave themselves just one month to get the first tournament under way and the inaugural tournament was held at Auckland with Gary Polwart as tournament director. By the end of the year ISJJA(NZ) had held four tournaments and 30 clubs had participated. A ranking system was also developed, based on accumulated wins across all 3 divisions, to allow grading to Black Belt in Sport Jiu Jitsu. The first ever true NZ representative team was selected from the top-ranked competitors on this unified national circuit and travelled to England for the 2000 ISJA World Games. Gary Polwart was team manager and refereed at the Games. The team excelled, returning with two gold, four silvers and a bronze medal. At home, Sport Jiu Jitsuans Neil Swailes and Chris Easley refined the full contact Sport Jiu Jitsu rules and ran organised full contact tournaments, which became one of the pathways to MMA in this country, as we know it today.



In 2001 the ISJJA(NZ) changed its name to SJJ(NZ) and Doug Bailey took over when Terry stepped down as Chairman. The ongoing growth and talents of the SJJ(NZ) saw the foundation of the New Zealand Ju-Jitsu Federation (NZJJF) in August 2003. Much of the initial success of the Federation was due to the accomplishments of ISJJA(NZ) and the SJJ(NZ), and in forming the NZJJF, SJJ(NZ) allowed itself to be absorbed as a sub-branch of that organisation. Terry was graded to Godan by an NZJJF convened grading panel on 19th May 2012 when he taught at the National Seminar, he was subsequently graded to Schichidan on the 24th April 2021 by another NZJJF convened grading panel of Gary Trail 9th Dan, Paul Reti 9th Dan and the NZJJF Chairman.

Terry's dedication and leadership, in conjunction with Gary Polwart OSA, and Doug Bailey OSA, was instrumental in the unification of sport ju-jitsu in this country, that eventually lead to the formation of the New Zealand Ju Jitsu Federation. The influence of Terry as a key figure in New Zealand's Ju Jitsu history cannot be underestimated and he can be considered one of the "founding-fathers" and leading coaches of Sport Ju Jitsu in this country. Terry has taught over fifteen students directly to black belt and above, and his own career has spanned nearly five decades.

## NZJJF Black Belt Register

Our public register currently has **272** validated and certified black belts from the styles of Hapkido, Brazilian Jiu Jitsu and Japanese Ju Jitsu in New Zealand.




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 in accordance with it's national policy. 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 on our website, the NZJJF will issue a dan grade recognition certificate, along with the congratulations in the next NZJJF Newsletter.

## How emotions affect fighters – Brian Volek

When pushed to extremes, humans can overcome amazing obstacles. Fuelled by nothing but primal emotions, they gain the determination they didn't have before. Emotions effect everything we do. The performance of martial artists are fuelled by many different emotions for better and worse. Anger has shown to be both a source of fuel and a hindrance to fighters. Some fighters are defeated before they even began the fight. They go into the fight and allow anxiety to defeat them. Being calm and controlling emotions has proven to be key in improving the performance of fighters but that isn't always a fighter's style. Some fight wild while some fight reserved.



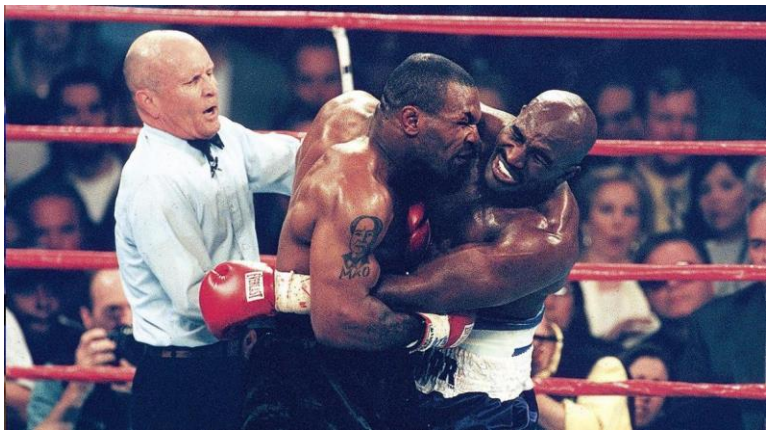
Anger makes for an action packed and aggressive fight. It changes a fighter's performance in different ways. Some learn to control it and others let it control them. Some people simply become stronger and faster when angry. According to Newscience.com, "Across multiple studies, we have observed anger increasing the strength of a kick by about 20 per cent compared with when the same individual kicks as hard as possible in a calm state." This is how anger gives fighters an edge. When controlled, anger is a boost of energy. On the other hand, when someone lets anger control them in a fight, it can make them fight less favourably. As part of the fight or flight system built in every human, the body is supplied with large amounts of adrenaline when a threat is imminent. Anger does to adrenaline what gasoline does to fire.

When someone becomes angry, more adrenaline can make them fight much more sloppy. Too much adrenaline has a toll, and it isn't designed to be used for more than a minute. According to studies, "That unlimited strength, speed, and stamina you get during an adrenaline production aren't free. Your body pays for it with energy and oxygen. That can leave you feeling drained when the period of increased adrenaline production is over." These adrenaline dumps can change a fight. Grudge matches make for a different type of fight. One where less skill is involved. In these fights you really see what anger can do to alter a fighter. Wild punch exchanges and all out brawls is what happens when an anger driven fighter loses control. Alot of fighters operate this way and while they may catch their opponent with some heavy strikes, fighting this way is not strategic and leaves you open for a well-timed counter shot. This is why fighting with anger has hang ups. Anger is a great motivator and energy boost for fighters but only if they have a positive perspective on the fight to come. That is key to controlling emotions like anger and maintaining adrenaline.

There is a lot more to winning a fight than having skills. How a fighter deals with anxiety before a fight is crucial to performance. Like anger, anxiety or nervousness are just other emotions that can improve a fighter's performance if controlled. It's all in how a fighter deals with anxiety that decides how it affects them. There are physical and mental handicaps that occur when you let anxiety take control. Muscle tension leads to physical and mental fatigue that can wear you out before the fight even starts. There are mental exercises that will help with this. According to webMD "Progressive muscle relaxation (PMR) is a deep relaxation technique that has been effectively used to control stress and anxiety, relieve insomnia, and reduce symptoms of certain types of chronic pain. Progressive muscle relaxation is based upon the simple practice of tensing, or tightening, one muscle group at a time followed by a relaxation phase" Another way anxiety defeats a fighter is when it causes self-doubt. This happens when a fighter tries to fight their nervous feelings instead of accepting them. Alot of fighters are burgeoned with anxiety the day before the fight. The key to being in control of anxiety is to use those nervous emotions in a healthy way. A fighter can practice developing emotional intelligence by simply being aware of their own thoughts and emotions as well as practicing meditation. Then they can focus on what they need to do, using the anxiety as motivation to not want to lose.

So, should a fighter stay aggressive or calm in a fight? Well, it's safe to say the brain works more clearly when it's calm opposed to angry and riled up, so calm fighters fight smarter. It is possible to fight with aggression while being calm, but the trick is being able to stay calm and still fight with ferocity. This sort of ideal calmness in fighting is acquired through perspective and proper control of emotions. Being calm can affect the performance of both fighters. Pushing the pace and fighting with pure anger inevitably makes both fighters more emotional and calmness is no longer a thing. But fighting with calmness also has a similar effect where

the calm fighter subdues the others rage by simply keeping the fight more strategic and methodical. They do not get sucked into a war. Another way being calm effects one performance is in the way it mentally prepares you for battle. You see many fighters waving their arms around, yelling, pacing around and other things to get their body and minds prepared for battle. They are amping up their hormones and adrenaline. Remember that



emotions are tools when controlled properly and provide motivation. Some fighters lack motivation and drive when they are in a calm state before a fight. There is no sense of urgency until they feel that first strike and it might be too late by then. On the other hand, a fighter's calmness may simply be an indicator of a fighter who is in control of their emotions and is in the perfect mindset for fighting.

You see many personalities in combat sports. Some fighters are like a chaotic storm. Others are the complete opposite. A quiet storm that remains calm but is still capable of destruction in the ring. Fighters are shaped by the way they handle emotions which makes for interesting matchups. Will an aggressive striker be frustrated by the methodical approach of the calm fighter, or will the aggressor bait the calm counter striker into an all-out brawl? Knowing how to fight is just one small factor that determines the outcome of a fight. It's the mindset and mental health of a fighter that allows them to perform well. If a fighter lives an unhealthy lifestyle this will affect them mentally and make them more emotionally unstable. Fighting is more than an event. It's a lifestyle.

## JJIF International Style Recognition

Congratulations to the Nihon Goshin Jutsu styles of Shorinji Kan Ju Jitsu and Fuji Ryu Goshindo Ju Jitsu for undertaking the second assessment part of "shodan shiken" for international style recognition by the JJIF. With the styles of Oni Ju Jitsu and Jikishin Jiu Jitsu New Zealand also being submitted for the first part of assessment

## **The different spellings of Ju-Jutsu, Ju-Jitsu and Jiu-Jitsu, and what they actually mean** – Dr. Andrew Yiannakis




The different spellings of Jujutsu, Jujitsu or Jiu Jitsu do not simply reflect surface level stylistic spelling variations. They are, in fact, portals, or gateways to different cultural ways and practices, traditions, and styles of Jujutsu/Ju-Jitsu/Jiu Jitsu and what differentiates them. The point is that Jujutsu systems are significantly different from Jujitsu, or Jiu Jitsu systems, in more ways than just techniques, or ways and practices.

Genuine Japanese, or Japanese-based systems use Romaji (Roman letters) and the correct spelling under Romaji is Jujutsu. Romaji was officially adopted by the Japanese Government in the early 1950s and is taught in Japanese schools. The earliest origins of Japanese romanization Romaji system was based on Portuguese spelling. It was developed around 1548 by a Japanese Catholic named Yajiro. Jesuit priests used the system in a series of printed Catholic books so that missionaries could preach, and teach their converts without having to learn to read Japanese Kanji. Later, Romaji was also adopted by Westerners to enable them to communicate, and trade with the Japanese. Romaji underwent several iterations until its culmination in the Hepburn System, in 1887. As Romaji increased in popularity, especially as a way of communicating with Westerners who found Japanese difficult to learn, the system started to make its way into the Japanese Martial Arts and was adopted, in great numbers, by Jujutsuka, Karateka, Judoka and Aikidoka, among other Japanese martial artists.



Jutsu in Romaji means “art” or “craft”. Of note is the fact that Jigoro Kano himself (the founder of Judo) began using the Romaji spelling of Jujutsu as early as 1887, in a paper entitled “Jujutsu and the Origins of Judo” (with T. Lindsay). Finally, the Kodokan, among other major Japanese martial arts organizations, fully adopted Romaji spelling and we see it used in reference to Kodokan Goshin Jutsu, the Nage No Kata, the Katame No Kata, and in the spelling of all techniques employed in Judo and Jujutsu.

Western, or Westernized systems rarely employ Romaji and spell their arts as Jujitsu or Ju-Jitsu. While some overlaps exist between these systems (Jujutsu and Jujitsu/Ju-jitsu, that

is), Western, or Westernized systems have for the most part moved away from Japanese Ways & Practices and their brand of Jujitsu/Ju-jitsu has a strong Western flavour. For example, their dojo practices tend to be more relaxed; the use of Japanese terminology is rarely employed, or misused; and dress (the uniform) often reflects Western practices or preferences. One item that stands out is the fact that Westerners often cover their jackets with patches and work out by wearing t-shirts under their jacket. In traditional Jujutsu systems such "adornments" are frowned upon on the mat.



Jitsu in Romaji does not mean art; rather, it means "reality" or "truth", a fact that escapes many who claim to be practicing Traditional Japanese Jujutsu, but who continue to spell it as Jujitsu/Ju Jitsu. Jiu-Jitsu is a spelling form that was sometimes used in the early part of the

20th century, before Romaji became the accepted form for Japanese, or Japanese-based systems. This spelling form was popularized in Brazil and today, Jiu-jitsu (as they spell it) is most often associated with Brazilian fighting arts.

Finally, Traditional Jujutsu systems have combat and self-defence as their primary focus. Western Jujitsu systems tend to stress both self defense and, sport competition, while Brazilian Jiu Jitsu systems are primarily focused on competition, with some self-defence included for students who may be interested. And, the cultural practices, ways and traditions, including the use of Japanese terminology in the dojo, tend to differ in many ways among the three systems discussed in this article.

**In summary:**




1. The term Jujutsu is used by Japanese, or genuine Japanese-based systems and it's based on Romaji (the Romanization of the Japanese Language). Their primary focus tends to be combat and self-defence in a kata-based format.

2. The terms Jujitsu/Ju-jitsu are used to denote Western, or highly westernized systems (the latter may have some weak links to Japanese systems). Such systems, for the most part, do not employ Romaji and their primary focus tends to be self-defence with some emphasis on sport competition and use of randori.

3. The term Jiu Jitsu mostly characterizes Brazilian systems, although this form crops up rather infrequently as an early (early 20th century, that is) Western misinterpretation of the hiragana employed to represent the sound of the Kanji for the ju and jutsu sounds. Such styles also do not employ Romaji. Their primary

focus tends to be competition and randori based study, although self-defence is sometimes included for interested students.

## NZMAHOF 2024

The next New Zealand Martial Arts Hall of Fame event is scheduled for the Matariki Weekend on Saturday 29th June 2024 to be held in Wellington. The facebook link for the event can be found HERE and the nomination form can be found HERE.

## ALL our NZJJF Coaching Course are NOW AVAILABLE on-line!



All of the NZJJF Courses are now available via our online learning platform. Our C1 Assistant Coach through to our C4 Advanced Coach courses, along with our extension modules on coaching Tamariki, Rangitahi and Coaching for Inclusion are now delivered via Thinkific®. The link to the Thinkific® courses can be found via our NZJJF website coaching page or by clicking on the link; https://new-zealand-ju-jitsu-federation.thinkific.com/

## Samurai Arts – International Seminar 2024




Hanshi Dave Butler 8th Dan of Samurai Arts, Rotorua, is holding an International Ju Jitsu Seminar event in Rotorua on the weekend of the 6-7th April 2024 with some very high-ranking Ju-Jitsu instructors attending from Finland. He will be inviting Soke Auvo Niiniketo 10th Dan - Head of World Federation of Jujitsu and the style of Hokutoryu Jujutsu in Finland, along with his senior Kodansha, Hanshi Risto Vantar, 8th Dan. The event will be open to all martial arts styles and will be closely supported by the NZJJF due to the opportunity of increasing the breadth of Ju Jitsu knowledge in New Zealand.

Sōke Auvo Niiniketo can be regarded as the "Father of Finnish Ju-Jutsu". In 1979, Niiniketo received his jujutsu black belt from Richard Morris and Robert Clark under the World Ju Jitsu Federation banner.

## 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 end of October 2023

**Qualified C1 Assistant Coaches**

Leah Sutton, Wahi BJJ, 01/10/2023
Louis Hickson, Tsunami Southern Tribes – Waiwhakio, 14/10/2023
Sophie Bagard, Wellington Hapkido Academy, 16/10/2023

### NZJJF Black Belt Register up to the end of October 2023

Congratulations to the following approved, up till the beginning of Novemebr 2023, for the Black Belt Register:

**Scott Banfield (1D)**
**Damon Simmonds (1D)**
**John Kirk-Anderson (4D)**
**Monte Robinson (3D)**
**Stephen Albrow (3D)**
**Ben Gerald (3D)**
**Ino Kelderman (3D)**
**Jerald Te Whero (3D)**
**Rob Koster (3D)**
**Carl Boyd (3D)**
**Cody Andrew (2D)**
**Brent Grimwood (2D)**
**Ross Couts (2D)**
**Sam Sione (2D)**
**Scott Rogers (2D)**
**Lewis Abernathy (1D)**
**Thomas Wooton (1D)**
**Brent Geddis (1D)**
**Ashley Long (1D)**
**Ben Te Whero (1D)**
**Benji Kisley (1D)**
**Derek Hynes (1D)**

