NEWSLETTER

24/2 – 1st July 2024



NZMAHOF 2024 Masterclass Summit – Donald Thompson



Greetings, fellow martial arts enthusiasts! Having just returned from the exhilarating NZMAHOF Master Class 2024, I'm bursting with excitement to share my incredible experience with all of you. This event was truly unforgettable, filled with skill, discipline, and passion that left me inspired and eager to push my own boundaries in martial arts.



Session 1: A Dynamic Start



The Master Class began with an explosion of talent and expertise. John Marrable, a distinguished 7th Dan Karate practitioner, Shanon Casson, showcasing his impressive 5th-degree Jiu-Jitsu skills, and Christine Young, a 7th Dan Taekwondo master, set the stage with electrifying performances. Their mastery and energy were contagious, and I found myself fully immersed from the very first moment.

Session 2: Delving into Mastery

As the energy escalated, session two brought together the incomparable Kane Raukura, a 7th Dan Taekwondo practitioner, the legendary Gary Crosland, an 11th Dan Ninjitsu master, and Colin McKinstry, a Maestro in European Martial Arts. Witnessing the fusion of tradition and innovation in their teachings was a highlight of the event. Their wealth of knowledge and skill left a lasting impression on me, reinforcing the endless possibilities within martial arts.



Session 3: Empowering Excellence

Session three was nothing short of captivating, featuring the Teachings of Ava Strong, an 8th Dan Kiaido Ryu Martial Arts powerhouse, and the esteemed Alistair Thompson, a 7th Dan Jiu-

Jitsu master. Adding to this incredible lineup was Neil Livingston, a 7th-degree Taekwondo expert. The precision, strength, and grace demonstrated by these luminaries were awe-inspiring. Their guidance led me through a transformative journey of self-discovery and empowerment, enriching my martial arts practice.

Session 4: The Grand Finale



The grand finale was a crescendo of martial arts brilliance. Lance Strong, a 9th Dan Kiaido Ryu Martial Arts master, and Professor Karel Valach-Nathan, an 8th Dan (Hachi Dan) and Chief Technical Advisor at the Black Dragon Jiu-Jitsu Academy New Zealand, delivered masterful performances. As a guest instructor, the renowned Steve Weston, boasting an 8th Dan in Taekwondo, joined them. Their unparalleled skill, wisdom, and dedication to the art form left me in awe, wrapping up the event on a high note.

Throughout the NZMAHOF Master Class 2024, I had the opportunity to witness firsthand the beauty and complexity of martial arts in its purest form. Whether a seasoned practitioner or a curious newcomer, this event ignited my passion for martial arts and inspired me to reach new heights of excellence.

Being a part of the NZMAHOF Master Class 2024 was a transformative experience. Immersing myself in a world of tradition, discipline, and unparalleled skill, I witnessed some of the most revered martial arts masters in action. I was inspired, challenged, and moved by the artistry and dedication on display at this prestigious event.

This event was more than just an opportunity to expand my horizons and deepen my knowledge. It allowed me to connect with like-minded individuals who share my passion for martial arts. The NZMAHOF Master Class 2024 was a celebration of the rich heritage and timeless beauty of martial arts.



Mark your calendars for the next event, spread the word, and get ready for an experience that will stay with you long after the final bow. The NZMAHOF Master Class is where legends are made, and the spirit of martial arts shines brightly. Dive into the world of martial arts excellence at the next NZMAHOF Master Class and let our journey continue!

Congratulations



A huge congratulations to Shanon Casson on being inducted into the New Zealand Martial Arts Hall of Fame on the 29th June 2024. Shanon is the current Director and Head Instructor of the New Zealand Ju Jitsu Academy in Whanganui. He currently holds the grade of 5th Dan in Ju Jitsu and the NZJJF C3 Advanced Instructor coaching qualification.

In 2017, Shanon was given the role of NZMAHOF Ambassador which led to a country-wide tour in 2019 to share information and gather nominations to re-launch the NZMAHOF Awards after a several year hiatus. This tour led to many valuable Martial Arts connections and a sense of a new beginning for the NZMAHOF. In 2020 due to the untimely passing of his mentor, Professor Dave Millar, Shanon became the Curator of the organisation, before being elected as the new President by the Board.

Maximize Striking Power: The Double Pulse – Dr Mike Piekarski

In striking martial arts, the ultimate goal is to generate enough power in your technique sufficient enough to render your opponent unconscious, but how can one generate enough force to accomplish this task?

In terms of striking, muscles contract to initiate the strike and create force, however a maintained contraction will slow the strike. From this study in five elite mixed martial arts athletes they found that to generate maximal force and speed one has to contract to generate quick movement and immediately relax to minimize ‘stiffness” during the follow through. Immediately before contact the contraction occurs again to generate a higher effective mass behind the strike and a higher strike force. Dr. Stuart McGill refers to this as the “double pulse”.

McGill discovered that fighters who generate the most force are ones who have a high rate of contraction AND a high rate of relaxation. “The rate of muscle contraction, and the rate of relaxation, determines the strike speed and impact force.” So how can one practice the double pulse mechanism outside of skill training? A sport-specific ballistic isometric training technique for impact is to place relaxed punch onto a stiff target that can provide resistance. Produce tension into the punch contracting the muscles associated in the strike, and then release that isometric contraction into full relaxation.



Repetitive bouts of stiffness and relaxation reinforce this pattern for transfer to striking arts.

References:

1. McGill, S.M., Chaimberg, J., Frost, D., Fenwick, C. (2010) The double peak: How elite MMA fighters develop speed and strike force. Journal of Strength and Conditioning Research. 24(2): 348-357.
2. Lee, B., & McGill, S. (2017). The effect of core training on distal limb performance during ballistic strike manoeuvres. Journal of sports sciences, 35(18), 1768-1780.

Martial Word – "koryu; 古流" – Jaredd Wilson



Koryu is a Japanese word which literally translates as "old school." Not in the modern, hip vernacular, but instead as a school that is old. It can also be translated to be "old style." Koryu specifically refers to Japanese traditional art that developed before the Meiji restoration of 1868. In Japanese history, this marked a turning point where old methods were abandoned and modernization happened extremely quickly. The reasons are myriad, and their explanation left to better scholars more qualified than I. For our purposes, the Meiji restoration eliminated the samurai as a social class, along with the rights and privileges associated with them.



Many Japanese words have either subtle context in which they work, and change their meanings, or they have implied meanings. Koryu is one of those words. Besides the age requirement, there is a connotation of koryu schools being living traditions which are unchanging since the time of their founding. There is also the idea that koryu involve many different teachings which prioritize combat, discipline, morals, and aesthetic form. They are

transmitted singularly from headmaster of the ryuha to students. Historically the passage of headmastership has usually been familial as well.

Since these are from a time of actual samurai, there is a dividing line between koryu and budo or bujutsu. Budo, are generally more modern, and do not necessarily have combat as their primary function. For example, although aikido is based on koryu (Daito-ryu aikijutsu),



and indeed shares many of their techniques, it was developed after the Meiji restoration, and its function is not combative. It is therefore a modern budo. Even if someone trained in their koryu took what they knew and decided to form a new system for the Japanese sword, (Toyama-ryu) they would not be a koryu because of the age factor.

NZJJF 2023 AGM

The 2023 AGM was held on-line on Sunday 16th June, and the 2023 Annual Report has now been uploaded to the NZJJF website. Membership fees are to remain the same for 2024, and the committee nominated through 2024 is;



Chairman: Simon Ogden
Director of Sport: Jesse Puata
Secretary/Treasurer: Daryl Hayman
Committee Members: Adam Rings, Rhys Izett and Callum Forbes.

The new Integrity Sport and Recreation Commission – launching 1st July

On 1st July, the new Integrity Sport and Recreation Commission will be formed, and take responsibility for safeguarding sport and recreation in Aotearoa New Zealand. This means functions formerly performed by Sport NZ and Drug Free Sport NZ will fold under the Commission, along with a range of sector-facing integrity support and education services. The Commission, an independent Crown entity, is tasked with promoting and protecting the safety and well-being of participants and the fairness of competition in the sport and recreation sector.

SPORT AND RECREATION INTEGRITY TRANSITION PROGRAMME
TE TĀKARO NGĀKAU PONO

You can read the announcement **here** on the newly-appointed Chief Executive of the new Commission. From 1 July 2024, participants and the sector can raise integrity matters, and get general advice and support, by contacting the Sport Integrity Commission at sportintegrity.nz (the site will not be live until 1 July). Some of the changes include:

- the service will accept complaints from children
- enhanced support for culturally responsive resolution processes, and
- investigations will be the responsibility of the Commission from 1 July.

The Drug Free Sport NZ drug education and anti-doping services including testing and education will also be provided via the Commission. There will be no change in services offered and operations will remain business as usual.
In the coming weeks, the Commission will broaden its outreach, particularly around the draft Integrity Code. This will include educational webinars, community engagement sessions, and regular updates through various channels.

NZJJF Black Belt Register

Our public register currently has **301** 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.

Ju Jitsu Competition Circuit 2024

Date	Competition	Location	Rule set
13th July	SJJFNZ Winter Challenge	Dunedin	SJJIF
28th July	Helio Gracie Cup	Auckland	IBJJF
10th August	SJJFNZ North Island Champs	Auckland	SJJIF
24th August	Stealth Sub Series	Christchurch	SSG
25th August	Oceania Kids Jiu Jitsu Champs	Auckland	IBJJF
31st August	AJP Tour	Auckland	AJP
7th September	GJI Invitational	Christchurch	
14th September	Stealth Sub Series	Invercargill	SSG
15th September	NZBJJF Kids Jiu Jitsu League	Mt Maunganui	IBJJF
21st September	SJJFNZ Capital Challenge	Wellington	SJJIF
28th September	Stealth Sub Series	Tauranga	SSG
5th October	BOP Open	Tauranga	IBJJF
12th October	SJJFNZ South Island Champs	Christchurch	SJJIF
12th October	Stealth Sub Series	Wellington	SSG
19th October	Stealth Sub Nationals	Auckland	SSG
26th October	SJJFNZ Gi Nationals	Auckland	SJJIF
10th November	NZBJJF Kids Jiu Jitsu League	Feilding	IBJJF
23rd November	ADCC South Pacific Invitational	Auckland	ADCC
7th December	NZBJJF National Gi & No-Gi	Auckland	IBJJF

Click on the links to go to the associated Smoothcomp pages.

The History of Nunchaku – Jaredd Wilson



Nunchucks (properly called nunchaku) are one of, if not the most, iconic martial arts weapon. Just mentioning the word brings up mental images of Bruce Lee or the Ninja Turtle Michaelangelo. Part of the reason it's so recognizable is that they are so…….. odd? Physically it is a simple weapon. A pair of symmetrical wooden (or metal) sticks with either a cord or chain connecting them. Using the chucks, however, is not as intuitive as say a staff, or a sword (of any kind). As almost every young martial artist worth his salt has found out, the control of the follow through with a flexible weapon can be more difficult than initially thought. Many of us have bruised… egos to tell us that.

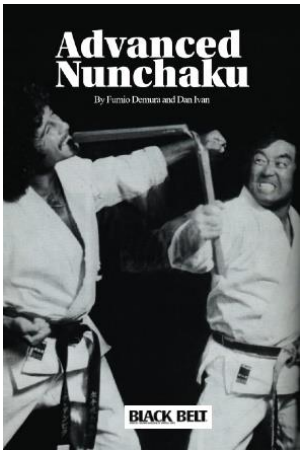
The origin of the nunchaku is cloudy, to say the least. There are some things we can say for sure. The name "nunchaku" is from the Japanese Ryukyuan language. Beyond that, the history is murky. The most common tale is that it is derived from an agricultural flail used to strike rice, wheat, and soy to de-husk the grains. The tool was made from one longer stick, and shorter, flatter stick attached by a flexible joint, often of metal links. It is visually very similar, but overall there is little to suggest a link (pun intended). Because the agricultural flail was used all over Asia, it is hard to pinpoint an origin. Some of the more likely stories have the weapon coming from Southern China to Okinawa and Japan. That's a more likely scenario only in the fact that the Okinawan pre-karate art of Te also has ancestry in the same area. So it would make some sense if the weapons traveled with the empty hand art. However, because of the flow of information and technology, it is fully possible that the weapon went the other direction, from Okinawa to China as well. There is also a version of the story where the original form of nunchaku was originally based on Okinawan clappers used by watchmen at night to signal fires and such other disasters.



In general, nunchucks are pretty uniform. There does appear to be some small differences in the weapon, depending on the art that practices with it. As a generality, Chinese nunchucks are round, whereas those used in Okinawan arts are octagonal in cross-section. The use of chain vs. cord can also be a preference of the specific martial art.

The weapon would have probably been relegated to the annals of history if not for the work of two men. Dan Inosanto was the

man who gave Bruce Lee his pair of nunchucks. The way Guru Inosanto tells the story, Bruce instantly took to the weapon and appreciated how cinematic they could be. As he uses them in his movies, they become part of his iconography. They become associated with him. And when young martial artists wanted to be like Bruce Lee… they cut apart Mom's broomstick and linked them together with duct tape. The weapon became associated with ninja, and therefore ninja turtles, by the Sho Kosugi ninja movies of the '80s. Kosugi was actually a karate-ka and brought the nunchucks with him. Then, as an advertising gimmick, any of the 80's toy lines that had a "martial artists/ninja" character had to have nunchucks. Panthro and several ninja GI Joe characters had nunchucks as part of their weapons collection.



Many people practice with them as part of their Kobudo training regimen, and they are popular in many Chinese and Korean arts as well. They are used as development tools for agility, coordination, and form, and in an ironic twist, in 2015 the city of Anderson, California started training its police officers in nunchucks because of their versatility as both striking and control tools. However, it's still illegal for any citizens to own/use them in that state.

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/

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 April 2024

Qualified C1 Assistant Coaches
Donald Thompson, Black Dragon Jiu Jitsu Academy Whakatane – 28/04/2024
Keith Collier, NZJJS Hastings – 23/06/2024
Simon Hill, NZJJS Hastings – 23/06/2024

Qualified C2 Club Instructors
Javier Zaya, Hamilton Goshin Ju Jitsu Academy – 16/06/2024
Rhianon Forbes, Upper Hutt Martial Arts Academy – 28/04/2024
Shona McGregor, Upper Hutt Martial Arts Academy – 16/06/2024
Tristan Anson, Upper Hutt Martial Arts Academy – 16/06/2024
Craig Pollock, Seishinkan Bujutsu - Dunedin – 01/05/2024

NZJJF Black Belt Register up to the end of April 2024

Congratulations to the following active Ju Jitsuka approved, up till the beginning of July 2024, for the Black Belt Register:

Gary Szabo (BJJ BB)
Brad Fougere (4D)
Paul Gilmore (4D)
Gareth Hill (3D)
Shane Hurliman (3D)
Matt Harris (3D)
Scott Collins (3D)
Adam Eager (3D)
David Woodley (2D)
Louis Viljoen (2D)
Steven Gilliland (2D)
Alex Coombe (1D)

