# NEWSLETTER

**24/3 – 22nd September 2024**




## NZJJF National Seminar 2024

The NZJJF National Seminar is being held at the Upper Hutt Martial Arts Academy, Unit 2 - 18 Queen Street, Upper Hutt, on Saturday 2nd November from 10am [Facebook Event ]



The first scheduled instructor for the day is the sublimely talented Sensei Bira Da Silva Daitx of MAI Dojo in Wellington. Bira's session will be covering fundamental elements of Brazilian Jiu Jitsu. In addition to his second degree black belt in Brazilian Jiu Jitsu under Crolin Gracie, Bira also holds the title of Mestre of Capoeira, and third dans in Shorinji Kan Ju Jitsu and Olivecrona Ju Jitsu under Shihan Simon Ogden of Ngā Tōtara Dojo.

Our second instructor for the day is the superbly skilled Shihan Alistair Thompson 7th Dan of Upper Hutt Sakura Kan Jiu Jitsu. Alistair will be teaching essential elements of his particular brand of Nihon Goshin Ju Jitsu that will underpin all styles of Ju Jitsu. Shihan Alistair taught at the New Zealand Martial Arts Hall of Fame - Nzmahof est 1997 Masterclass Summit on Saturday 29th June as an ambassador for New Zealand Ju Jitsu, and Alistair was awarded our Outstanding Service Award at the NZMAHOF event in 2022.

The third instructor for the day is Master Callum Forbes 7th Dan of Upper Hutt Martial Arts Academy, head of Hapkido New Zealand, and who is also hosting our seminar. Not only is Callum a dedicated and skilful Hapkidoka, but he's also a very capable exponent of Historical European Martial Arts (HEMA). Callum on the day will be teaching HEMA grappling systems as a way of finding correlating principles to Eastern grappling methods. There isn't enough long-swords or space to look at Weapons Systems, but he will demonstrate how HEMA grappling links into sword work.

Our fourth instructor for the National Seminar is the accomplished instructor Sensei Adam Rings of Wellington Ju Jitsu, who holds a 3rd Dan in Shorinji Kan Ju Jitsu, a 3rd Dan in Olivecrona Ju Jitsu, a 1st Kyu in Judo under Shihan Simon Ogden of Ngā Tōtara Dojo, and he also boxes out of Gloves Boxing Gym. Adam will be teaching principal-based Ju Jitsu that underpins his Ju Jitsu styles. Adam also represented New Zealand at the 2017 WCJJO World Games in the free-fighting heavy weight division, and we got this amazing photo of his impact on the world stage.



Our last instructor for the day is Master Anthony Dyer 4th Dan of Manawatu Hapkido who will be conducting a Hapkido Masterclass Session as part of his NZJJF C4 Coaching Course. Anthony recently completed his masters demonstration at the 2023 Oceania Hapkido Championships, hosted by Upper Hutt Martial Arts Academy, for recognition as a Master in Haminjok Hapkido.

## NZJJF Black Belt Register

Our public register currently has **288** 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.

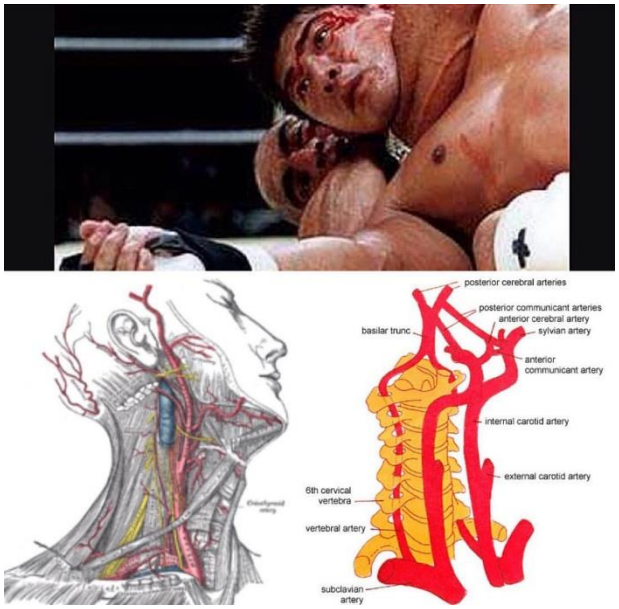
On passing of verification by the NZJJF and acceptance to the Black Belt Register on our website, the NZJJF will issue a dan grade recognition certificate, along with the congratulations in the next NZJJF Newsletter.

## Scientifically improve your Strangles – Dr Mike Piekerski

One of the most powerful techniques in grappling and jiu jitsu is the ability to render an opponent unconscious. As John Danaher articulates in his instructional DVD series – *"the difference between a strangulation and a choke, s that a strangulation is defined "as the condition in which circulation of blood to a part of the body is cut off by constriction" while a choke is defined as "the condition in which there is severe difficulty in breathing because of a*

*constricted/obstructed throat or a lack of air." In jiu jitsu often when someone uses the term 'choke' they actually mean 'strangle".*

So, how do strangulations work? A published scientific study has examined the physiology of strangles. The study highlights that the vascular structures targeted by strangulation techniques are the internal carotid artery (ICA) and the carotid sinus. The carotid sinus has pressure receptors that maintain blood pressure and when there is an external compression the response of the body is to reduce blood flow. For loss of consciousness to occur the structure need to be compressed enough to decrease cerebral blood flow. Cerebral hypoxia or 'going to sleep' occurs when the cerebral blood flow velocity dropped below 50% from baseline on both the right and left carotid artery. The compression force required to compress the carotid arteries was at least 100mmHg. An important note is that more than 100mmHg did not cause a faster response in which the subject was rendered unconscious. The average time for unconsciousness following the vascular constraint was held for 9-10 seconds (9.5 +/- 0.4 seconds).




So, when applying a strangulation make sure that you are compressing both sides of the neck and gradually increasing the force of the squeeze so that you can maintain for longer than 10 seconds.

***Reference***: *Mitchell JR, Roach DR, et al. Mechanism of loss of consciousness during vascular neck restraint. J Appl Physiol. 2012 Feb;112(3):396-402*.

## The Integrity Sport and Recreation Commission – what it means for Ju-Jitsu.

The new Integrity Sport and Recreation Commission was formed on the 1st July 2024, is the new entity that takes responsibility for safeguarding sport and recreation in Aotearoa New Zealand. The functions formerly performed by Sport NZ and Drug Free Sport NZ are now 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

Sport Integrity Commission
Te Kahu Raunui

safety and well-being of participants and the fairness of competition in the sport and recreation sector.

The Sports Integrity Commission's draft version of the Integrity Code, which will set consistent standards to prevent and respond to threats to integrity was released for public consultation on 23rd September. The consultation process will run for six weeks to the 1st November. [https://sportintegrity.nz/the-integrity-code/about-the-integrity-code].

## ALL our NZJJF Coaching Courses and ROPL pathway are NOW AVAILABLE on-line!



All 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 below;
https://new-zealand-ju-jitsu-federation.thinkific.com/

## Ju Jitsu Competition Circuit 2024

| Date | Competition | Location | Rule set |
|---|---|---|---|
| 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.

## Unveiling the Rich Legacy of Takenouchi-ryū: A Journey into Japan's Oldest Jujutsu Tradition

In the rich tapestry of Japanese martial arts, few schools boast the historical pedigree and comprehensive curriculum of Hinoshita Torite Kaisan Takenouchi-Ryu (Takenouchi-ryū). This school was created by a warrior named Takenouchi Nakatsudayu Hisamori on the 24th day of the 6th month of the 1st year of the Tenbun era (1532) and Takenouchi-ryū stands as one of the oldest jujutsu koryū in Japan, steeped in tradition and revered for its holistic approach to combat.



Beyond its renown for jujutsu, Takenouchi-ryū encompasses a diverse array of disciplines, including staff, sword, glaive, iron fan, rope, and resuscitation techniques. Its influence reverberates through the annals of martial history, with its jujutsu techniques serving as the foundation for numerous other schools across Japan.

One distinguishing feature of Takenouchi-ryū is its inclusive approach to discipleship. Unlike many martial arts schools of its time, Takenouchi-ryū welcomed practitioners from all walks of life, transcending hereditary classes to embrace farmers, townsmen, and samurais alike. This ethos of accessibility contributed to the widespread dissemination of Takenouchi-ryū, extending its influence far beyond the realm of nobility and warriors.



At the core of Takenouchi-ryū's curriculum lies its renowned jujutsu techniques, which encompass a wide spectrum of unarmed combat skills. From grip breaking to tumbling, throwing, joint dislocation, choking and ground techniques, Takenouchi-ryū jujutsu offers a comprehensive toolkit for medieval warfare. These techniques are meticulously preserved and transmitted through kata, providing practitioners with a structured framework for training and advancement.

While unarmed jujutsu forms the cornerstone of Takenouchi-ryū, its armed grappling techniques using the short sword kogusoku are equally noteworthy. These techniques,

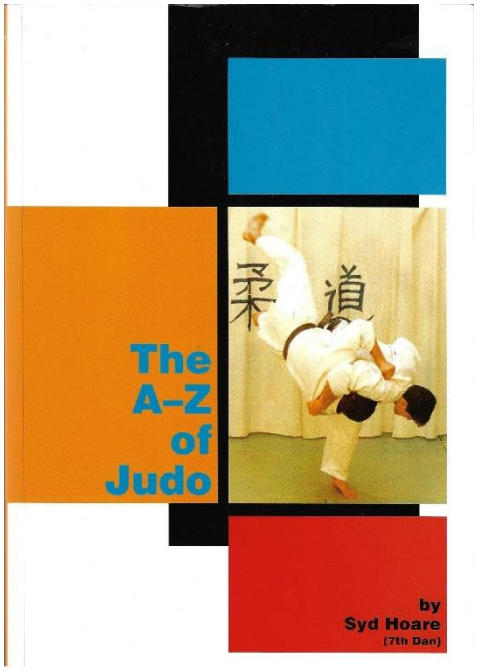
known as kogusoku koshi no mawari, are foundational to the school's approach to combat, offering practitioners a strategic advantage against armed opponents. It is through these techniques that the essence of Takenouchi-ryū's martial prowess is truly realized.



In addition to its core curriculum, Takenouchi Ryū has exerted a strong influence in the development of jujutsu and subsequently has influenced other schools directly or indirectly and thus many techniques found in modern jūdō and aikidō can be traced back to their roots in Takenouchi Ryū in one way or another. A number of important jūjutsu koryū were founded by students of this school, such as the Rikishin Ryū, Fusen Ryū, Sōsuishitsu Ryū, Takagi Ryū and its branches (such as Hontai Yōshin Ryū), and Araki Ryū. These ryūha have incorporated many techniques from Takenouchi Ryū either directly from the school or by analyzing the techniques of its exponents.

Recent demonstrations of Takenouchi Ryu Jujutsu at prestigious events like the Nihon Kobudo Enbutaikai underscore the enduring relevance and vitality of this ancient tradition. As practitioners continue to delve into its teachings and unlock its secrets, Takenouchi-ryū remains a beacon of martial excellence and a testament to the timeless wisdom of Japan's martial heritage. The current 14th Headmaster is Takenouchi Toichiro Hisamune.

## **A to Z of Judo** – Book Review




Syd Hoare's The A-Z of Judo (Ippon Books) is about modern judo techniques, but I think it is a book of great value to people studying both the classical and modern Japanese martial arts.

Syd Hoare (18 July 1939 – 12 September 2017) was one of the most experienced judokas in Great Britain, holding the rank of 8th dan. If he were Japanese, he would probably have been in the running for designation as an "(In)tangible Cultural Asset" for his knowledge of and contribution to better understanding between the Western world and Japan.

He originally studied judo with T.P. Leggett at The Budokwai in London, then went to Japan in the early

1960s to continue his training and to study the Japanese language. After competing in the 1964 Olympics in Tokyo, he returned to the U.K. and studied at the University of London's School of African and Oriental Languages, taking a degree in Japanese and Zen Studies. He served as the chief instructor at The Budokwai for many years and is now head of the London Judo Society.

The A-Z of Judo should be part of the collection of books owned by every budo student, no matter what art it is that they study. It is an invaluable reference of modern judo's basic throwing, pinning, joint-locking, and strangling techniques, and their variants, as well as a number of techniques (particularly throwing and joint-locking) that have been banned from shiai and randori due to their inherent danger. For those who are interested in the self-defense aspects of martial arts, these are an important resource.



The book is divided into sections on *nage waza* (throwing), *osaekomi waza* (pinning*), ude kansetsu waza* (armlocks), *ashi kansetsu waza* (leglocks), *kubi kansetsu waza* (spinelocks), and *shime waza* (strangles).

Each of the techniques listed includes a brief description of the technique and how one applies it, as well as other relevant information that can help martial arts students develop an effective technical repertoire. A number of the techniques are not illustrated but are cross-referenced to similar waza so the reader will be able to understand them easily. Each section contains a list of the techniques, making a handy reference guide, and at the end of the book there is a further list of the official techniques of the International Judo Federation, the governing body for international and Olympic judo competition. A pronunciation guide and a list of the sources used by Hoare completes the book.

I highly recommend this book as a basic reference work in the martial arts library of all people interested in budo. It is one of a series of very fine technical books put out by Ippon Books of England.

## 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 September 2024

**Qualified C1 Assistant Coaches**
Jayde Engert, New Plymouth MMA
Scott Mathews, New Plymouth MMA
Lloydd Tarrant, Kapiti Goshin Ju-Jitsu Academy

**Qualified C2 Club Instructors**
Michael Rohde, Black Dragon Jiu Jitsu Academy
Blair McEwen, Kapiti Goshin Ju-Jitsu Academy

### NZJJF Black Belt Register up to the end of September 2024

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

**Gary Szabo (BJJ BB)**

