

Christchurch national seminar 2013-2

The first national seminar to be held in Christchurch last year was so successful that we had to return there this year. The second seminar in the 2013 seminar series was held at Can-Am-Ju on 18 May and had 17 attendees. Local numbers were very poor but it was pleasing to see all but three on the mat were black belts.

The day opened with a groundfighting session by Karl Webber. Karl was an early supporter of Sport NZ, competing and coaching at tournaments, and hosting some events. He has gone on to compete in MMA events and is a respected coach of MMA fighters. His session was a no-nonsense look at control and striking on the ground, and his pad work drills were an excellent means of embedding his techniques. Sten Olivecrona followed with an examination of the fighters crouch and its use for striking, clinching and throwing. His concepts provided a way of putting into words many movements that ju-jitsuka take for granted and gave an extra accuracy to the attendees' techniques.



After lunch, Todd Rogers warmed everyone up again with a session on front kicks from within hand-strike range. He showed some ways of improving flexibility and developing power over a short distance. Paul Stokes continued with a look at self defence aspects of Furui Ryu ju-jitsu. His techniques were direct, simple and no-nonsense. The final session was conducted by Phil Davison and examined reaction time to striking. Phil introduced some interesting drills to explore reaction speed and to improve fluidity of movement.

Many thanks must go to Paul Reti, Ino Kelderman and Todd Rogers for organising the event and to Can-Am-Ju for the use of their dojo.

Hastings national sport ju-jitsu tournament 2013-1

The first sport ju-jitsu tournament on the 2013 National Circuit will be held on Saturday 29 June at St John's College, Hastings. Categories on offer are Freefighting, Grappling and Self Defence, and rules and entry forms are available at <http://www.nzjif.org.nz/jujitsu/index.php?cid=tournaments>. There will be male and female Adult, U18 and U15 divisions and the event is open to all martial artists of any style and any rank.

Please note that entry forms must be returned at least one week before the tournament. This allows for draws to be completed and support services to be organised.

This is the first tournament in a number of years. Rankings points will be on offer and a number of competitors will be vying for selection in the Black Tops for representation at the WCJJO World Games in England later this year.

Please contact Simon Ogden, NZJIF Director for Sport on coaching@nzjif.org.nz for further information.

C2 Coaching Course update

The C2 Club Instructor course has been completed and is undergoing editing and review. This is a comprehensive course that covers physiology, psychology, communication, coaching, risk management and governance. NZJJF believes that C2 is the minimum qualification that club instructors should hold in order to be coaching safely using up-to-date theory and methodologies. Having all club coaches attain C2 status would bring New Zealand in line with many other countries - particularly our Australian neighbours - which have strict sports coaching criteria and mandatory registration. For the martial artist who believes in continuing self improvement, the C2 course is a great way to improve your knowledge.

The C2 course is expected to be complete and available by mid-year. Completion of the C1 introductory course is a pre-requisite except where members can demonstrate that they have sport science qualifications from tertiary providers or similar. For further information contact Simon Ogden on coaching@nzjff.org.nz

Annual General Meeting

The 2013 AGM is to be held at St John's College on **Saturday 29 June** at 5pm (i.e. following the 2013-1 tournament). All NZJJF members are invited.

The agenda of the meeting is as follows:

Welcome

Apologies

Minutes of the last AGM

Annual Report

Election of Officers:

nominated:	President:	Doug Bailey JP, BBS, CA	NZJJS
	Sec / Treas:	Anthony Bennet BEng GradTechLn, PMP	NZJJS
	Director of Sport:	Simon Ogden BPharm(Hons) PGDipClinPharm	JNZ
	Committee:	Paul Huston BN PGDipN, RcompN	JNZ
		<i>One further position to be filled</i>	

Election of Accountant:

Philip Pinckney BCom BA(Hons), CA (D Bailey)

Subscriptions:

That the following subscriptions are the subscriptions for 2013 and 2014

Individual:	\$10	
Club:	\$80	(S Ogden)

General business:

None received.

Thanks and close

2012 Membership

Individual (\$10) and Club (\$80) Memberships for the 2013 year are due. Cheques made out to 'NZJJF' can be sent to 902 Norton Rd, Hastings 4122 or deposited to:

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

Black Belt Register

Congratulations to the following approved for the Black Belt Register:

Simon Ogden (3D) **Paul Huston** (2D) **Doug Bailey** (5D)

Congratulations

Congratulations to **Paul Huston** and **Simon Barnett** who were graded to 2nd dan, and **Simon Carter**, graded to 1st dan by Simon Ogden on 8 June.