

## National seminar 2015

The 2015 Annual Seminar is yet to have the date and location confirmed. If you are interested in hosting, please contact Simon Ogden, NZJJF Director for Sport on [coaching@nzjif.org.nz](mailto:coaching@nzjif.org.nz) for further information.

## From the latest Force Science Bulletin:

Will leisure-time martial arts training help you in a street fight?



A research team wondered if officers who practice martial arts in their leisure time would perform police-trained defensive tactics better when physically attacked by a suspect. To find out, the team tested 66 officer volunteers, 59 of them male, seven female, at the Amsterdam Police Training Centre in the Netherlands.

In addition to their police DT training, 18 practiced kickboxing and 14 karate or jiu-jitsu in their off hours, averaging two to three times a week across eight to 21 years. Fifteen practiced krav maga, the Israeli military self-defense system, although these officers had less training experience (fewer than four years, on average) and tended to practice only once a week.

The other 19 volunteers had no martial arts experience whatever, beyond their police training. In the Netherlands, the researchers point out, "officers [typically] train their arrest and self-defence skills only four to six hours per year."

With the volunteers and role-playing opponents alike suited up in protective gear, the officers were subjected to a series of assault trials. Under conditions the researchers considered "low anxiety" (LA), the officers had to react to suspects' haymakers or front kicks by punching, kicking, or blocking, the normal drills taught in their police training.

Later, "high anxiety" (HA) attacks occurred in much tighter quarters. As they were led to this room, the officers could hear the suspect inside banging on walls and shouting threats. Once inside, the verbal abuse continued as the suspect randomly attacked not only with fists, feet, and tackling but with an electrical shock knife and a simulated club. Besides responding conventionally, officers were randomly told to fight back against club and tackle assaults "in any way they saw fit" to "test their ability to improvise."

In both LA and HA tests, the officers were encouraged to "read" the suspect's behavior and anticipate the coming attacks. Afterward, the officers self-rated their anxiety levels and the amount of mental effort required for their responses, heart monitor readings were analyzed, and experienced trainers reviewed video of the volunteers' performances.

Not surprisingly, participants reported "higher levels of perceived anxiety and mental effort and also had higher heart rates in the HA-condition," the researchers state.

In terms of self-defense at both levels, officers with martial arts experience generally "performed significantly better than participants with no martial arts experience." Indeed, in the HA environment, the evaluators gave an average score of less than three out of a possible five to subjects with no martial arts experience--"insufficient performance," in the researcher's assessment. However, the study notes, there was a deterioration in the performance of all groups as the intensity of the assaults increased. In HA conditions, even the best groups--kickboxing and karate/jujitsu--scored less than four, although they did maintain their performance better than those who had only their police training to rely on.

While the generally less experienced krav maga practitioners underperformed the other martial arts students in some cases, the researchers emphasized that it's not valid to draw conclusions from the results as to the relative effectiveness of different martial arts systems for on-the-street police work.

However, they say, the findings do indicate that training in some martial arts discipline just "one hour on a weekly basis may increase officers' performance in threatening circumstances. More experience will probably lead to better anticipation of others' intentions and [more automatic] self-initiation of actions, which is most important in the line of duty."

The research team was headed by Dr. Peter Renden, a member of the faculty of Human Movement Sciences at the MOVE Research Institute in Amsterdam.

The study is published by the journal *Ergonomics*, under the title "Police arrest and self-defence skills: performance under anxiety of officers with and without additional experience in martial arts." A free abstract of the study and a link to where the researchers' full report can be purchased is available by clicking [here](#):

(<http://www.tandfonline.com/doi/abs/10.1080/00140139.2015.1013578?journalCode=terg20&#.VV-I35WJjIU>)

We hope this article gets you thinking. Looking at your own club,

- What proportion of training time is dedicated to self defence / fight survival?
- How much of that time is truly random, unstructured and unrehearsed?
- Are uke instructed to continue fighting until completely subdued or tori escapes?
- Do techniques consider biting, gouging, groin attacks, concealed weapons, etc?
- Are pre- and post-fight positioning and communication strategies taught?
- Does self defence training involve environmental awareness and manoeuvring?
- If your club lacks experience in these areas, who can you bring in to help?

One of NZJJF's services is to provide mentoring between instructors. If you would like to pick the brains of someone with comprehensive real-life fight experience, contact Doug Bailey on [registrar@nzjff.org.nz](mailto:registrar@nzjff.org.nz) and he will put you in touch with someone suitable.

### **NZJJF Black Belt Register**

The Black Belt Register, together with the Instructors Register, makes up the Public Register of Ju-Jitsu Instructors and Black Belts.

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. NZJJF provides verification of this. Black belts of Member Clubs may apply to have their grades recognised by NZJJF and entered on the Public Register.

Details about the process of black belt recognition and the NZJJF procedure can be found on the NZJJF website in [Notice 15-2](#)

Please contact Doug Bailey on [registrar@nzjff.or.nz](mailto:registrar@nzjff.or.nz) for further information.

## **C2 Coaching Course is NOW COMPLETE!**

The C2 Club Instructor course has been completed. 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.

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 please contact Simon Ogden on [coaching@nzjff.org.nz](mailto:coaching@nzjff.org.nz)

## **2015 Membership**

Individual (\$10) and Club (\$80) Memberships for the 2015 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).

## **CONGRATULATIONS ...**

### **American Top Team New Zealand**

Congratulations to **Steve Oliver** and all 18 of the other Oliver MMA gyms across NZ, who are now officially affiliated with the biggest gym in the world American Top Team.

This is great news for all current and budding Brazilian Jiu Jitsu and Mixed Martial Artists in NZ as it offers a clear path to breaking into American and international BJJ competitions, and having a clear development path to enter into the UFC.



### **IBJJF World Championships 2015**

Safe travels and good luck to **Philip Allsopp**, **Jay-Jay Wilson** from Oliver MMA, and **Steven Matthews** and **Chris O'Donoghue** from City BJJ who are on their way to the 2015 IBJJF world champs in Long Beach, California.