

When travelling always pack your Ju Jitsu Gi; by Emil Fischer

I travel pretty often to visit my family, and when I do I always pack my gi. I've had opportunities to train in all sorts of fun places, and it has really given me some different looks at the different ways people train. Training at gyms far (an hour +) from where I live gives me the opportunity to train with people I would normally never encounter.

Training at different gyms can expose you to different training methods. For example: drilling procedures can be very different between different gyms. I've seen some gyms where the drilling method is to do repetitive movements. I've seen others where the drilling looks like an organized flow roll. Drilling methods are just one distinct piece of a gym's "DNA".



The techniques that are focused on at any given gym can vary greatly. Some instructors have a base in wrestling or Judo and that shows in their teaching methodology. Also the methodology of an instructor can be deeply influenced by his or her instructor's methods. It is always interesting to visit multiple schools under the same lineage to compare the similarities and differences. Very often in doing this you can see what aspects are universal within an affiliation and what aspects are specific to the gyms you visit.

It's also neat to visit gyms run by people you watch on competition videos. There's nothing quite like meeting guys that are at the very top of the sport we love so much and getting to train with their teammates (and sometimes, if you're lucky, with them!) There are also very often guys you've never heard of who are absolute monsters, the sort of people who don't compete, but train... Those guys are the hidden treat of visiting gyms outside of your normal area.

When I go into other gyms to roll, I let my partners there dictate the pace of the roll. I'd much rather come off as overly passive than overly aggressive as I'd prefer to be welcome to come back in the future. That said some of the best/most spirited rolls I've had were with guys who I've never rolled with before. Very often, things that we drill day in and day out do not work against guys who have seen those things, but when you roll with guys who have never experienced your specific game before things can get interesting; couple that with the reality that there are probably a lot of techniques and games that you've never experienced and the rolls you can have at gyms far from home are bound to be enlightening!

If you are fortunate enough to travel any substantial distance from home, pack a gi. Before you go, make sure you look that given area up on the internet and find gyms close to where you will be staying. Call them and verify their schedules, as very often the online schedule is either inaccurate or incomplete, also make sure that they are okay with having visitors

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 for further information.

NZJJF Black Belt Workshop



From time to time, NZJJF will organise a black belt workshop for a group of people who wish to explore a certain topic. Workshops are different from seminars because they are not an event with succession of guest instructors. Instead, participants are encouraged to contribute, share ideas and problem-solve a particular area of ju-jitsu.

At one workshop, for example, people were asked to bring along their best knife defences. Fifteen minutes into the workshop, everyone had a new appreciation for the knife-carrying thug, and subsequently threw out all their techniques. The next three hours was spent collaboratively putting together some concepts and practices that might keep us alive for a few moments longer. It was a challenging, humbling workshop but also a very positive experience.

A black belt workshop has been organised to examine the topic: *The Concept of 'Ju' - how well do we understand and practice 'ju' in our ju-jitsu?* This will be a great opportunity to examine the underlying principle in the art we practice. We will not only ask for a theoretical definition but look for practical examples and ways to unlock 'ju' from our techniques and make it the heart of what we do.

Date: Saturday 11 July, 1pm - 3.30pm
Venue: NZJJS dojo, 902a Norton Road, Hastings.
Cost: \$15 Members, \$25 Non-members. Afternoon tea provided.
Accommodation is available on a first-come basis for \$30.

Please note that entry is restricted to black belts (and brown belts - or equivalent - accompanying a black belt). This restriction allows for the workshop to progress at a faster pace, cover more ground and work at a higher level.

Facebook event details: <https://www.facebook.com/events/1648861555348469/> Otherwise, contact Simon Ogden on coaching@nzjff.org.nz

First Aid Kit Contents

If you've ever wondered what should be in your dojo first aid kit then advice can be found on the NZJJF website as [Notice 15-3](#). SAM splints can be purchased from the Red Cross website; <https://www.redcross.org.nz/first-aid/kits/85-sam-splint-36-90cm-orangeblue/>



Practicing Ju Jitsu Safely

The NZJJF recommendations are provided as guidelines for affiliated clubs to allow them to establish procedures and standards aimed at reducing the risks of accidents and further enhance the development and enjoyment of ju-jitsu.

The guidelines are not intended to serve as a policy or as a regulation, however. NZJJF hopes that member clubs and their coaches will draw some inspiration from them to make our sport safer and more appealing.

The guidelines can be found on the NZJJF website as [Notice 15-4](#)

Please contact Doug Bailey on 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 communication, leadership, planning, 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

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 ...

BJJ Black Belt

A big congratulations to **Heydan Bucknell** from Axis New Zealand on receiving his BJJ black belt from Takamasa Watanabe at Axis HQ Japan



NZJJF C3 Advanced Level Coach

Congratulations to **Vaughan Antonio** of Southern Tribes Manawatu on the achievement of C3 Advanced Level Ju Jitsu Coach.

