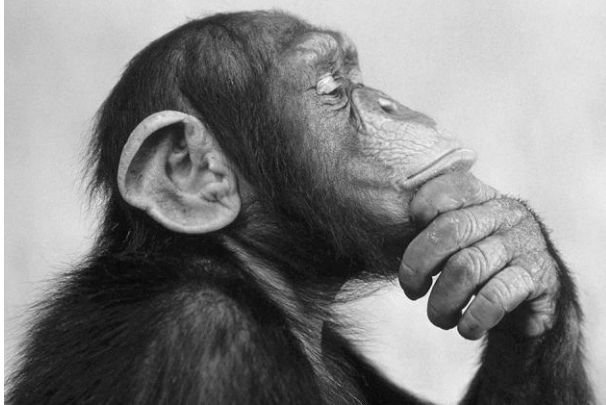


## 2015 Year in Review – Doug Bailey: Chairman.



On reflection much of the focus for 2015 was on building. We had a new committee that included two new officers and that required time to share knowledge and build a trusting, functioning team that shared out jobs more evenly. The C2 Club Instructor course was released and, together with the C1 Assistant Instructor course, was well-utilised by NZJJF members working to gain their coaching qualifications. The result was a large increase in knowledgeable instructors as we build the level of instruction within the NZ ju-jitsu community.

As the Federation has stated before, we would like to see C2 as the minimum qualification for any instructor or coach running a club or gym so it was great to see members making use of the new course. And in order to further build awareness of the range of ju-jitsu styles in this country and to encourage inter-training, NZJJF facilitated one national seminar and one black belt workshop.

Sadly, the lack of demand for sport ju-jitsu tournaments amongst the ju-jitsu community meant that no tournaments were hosted. Many grapplers ask for us to run these events but the committee felt that ample BJJ grappling events are available and us adding another is a strain on resources for little benefit to ju-jitsu members. Until we have more interest in freefighting categories, tournaments will be shelved.

Plans for 2016 are a focus on quality. The Masterclass seminar series is where our top instructors provide depth of knowledge in universal techniques. This is different from seminars where the range of styles on display provides breadth of knowledge as many new techniques are presented. Further, pressure will be put on Masterclass presenters to deliver quality tuition as NZJJF seeks to identify the yudansha best positioned to increase the depth of knowledge of NZ instructors and to up-skill those yudansha whose knowledge or delivery is not as sharp as it could be. The flow-on effect in both cases can only be an increase in the overall quality of ju-jitsu in this country.

Further, the C3 Advanced Instructor course is expected to be released in 2016. This looks less at coaching skills and more at physiology, psychology, development and nutrition, and is aimed at coaches who want to take athletes to the top level.

### Highlights of the 2015 year:

- One national seminar at Hastings (one 7<sup>th</sup> dan, three 5<sup>th</sup> dans)
- The Outstanding Service Award presented to Dave Butler
- Six C2 Club Instructors qualified.
- Four C1 Assistant Instructors qualified.
- C3 Advanced Instructor's course in progress.
- Nine Black Belt grades entered into the Public Register.

### 2016 Calendar

Saturday 17th September @ 11am – NZJJF Masterclass Seminar #3; Wellington – WJJA Dojo, 132 Hutt Rd, Kaiwharawhara, Wellington 6035.

## **NZJJF Masterclass Seminar #1 16/4/16 – Doug Bailey: Chairman**

The NZJJF 2016 Masterclass series kicked off on the 16<sup>th</sup> April at Core MMA in Hamilton from 11am. The line-up of instructors comprised: Rob Pointon, 5<sup>th</sup> dan, Sten Olivecrona, 6<sup>th</sup> dan, Paul Reti, 7<sup>th</sup> dan and Jules Robson, 4<sup>th</sup> dan.



Masterclasses are a new incentive aimed at raising the quality of ju-jitsu in New Zealand by delivering quality, in-depth learning opportunities to members and by polishing the presentation skills of our top New Zealand instructors.

The first presenter at Hamilton was Sten Olivecrona, who took members through the concept of relaxed striking. He demonstrated that using correct levers to throw strikes in isolation to the rest of the body delivered similar force to fully-committed strikes. In addition, they required less time, space and commitment to deliver.

Moving on from relaxed striking, Rob Pointon introduced the hinged arm to intercept strikes. Based on movements from Chinese arts, hinging focusses on body positioning, deflecting and redirection to provide openings for strikes, locks and throws.

Jules Robson took the flow a step further by exploring the kote gaeshi wristlock. Opening with a dynamic demonstration of the more common goshin jutsu / self defence applications, he then slowed it right down to explore the old koryu approach, focusing on the subtlety of the set-up.

The final presentation was a look at the fundamental throwing techniques by Paul Reti, OSA. Here, the emphasis was on good body position to unbalance the opponent before using sound mechanics to apply the throw.

The Masterclass was an excellent day of high-level tuition enjoyed by a good range of members from diverse martial arts backgrounds. The camaraderie of the day was apparent, as was members interest in getting 'into' the techniques or concepts being taught. Many thanks to the presenters and to Ann Norton, Rowena Harper and Karl Muggeridge for their behind-the-scenes work.

## NZJJF Masterclass Seminar #2 18/6/16 – Kim Chenery: NZJJF Committee

Our second Masterclass for this year was held on the Saturday 18th June in Hastings hosted by NZJJS.



Our first Master of the day was Dave Butler, OSA, 7th dan. After a wrist warm up Dave explained that no matter how many different wrist attacks we are taught there are only really four ways to lock the wrist, four ways that the wrist doesn't like to bend and everything else is just how they are applied. Dave did a fantastic job of demonstrating this and "breaking" it down to a few examples of how these can be applied from strikes, pushing and grabbing

Graeme Catlin, 5th dan, was our next instructor. Graeme demonstrated various ways to obtain a coiled armlock from ground control and stand-up attacks. Graeme helped us understand important details with not just the armlock but also controlling your opponent with your legs to minimise their escape and make the armlock much more effective.



Our host for the day, Doug Bailey, OSA, 5th dan, was next on the mat. Doug took us through some different ways to attack leg throws, demonstrating the importance of taking your opponents balance but at different stages of the throw depending on the type of attack. Some throws required balance taking first and then the leg sweep while some required the leg to be secured first and then your opponents balance for the throw to be effective. By the end of that session we were at least break falling pretty well.

Our last but not least instructor was Shayne Cox, BJJ Black belt. It was a huge privilege to have someone from the BJJ community with his experience and skill levels to come and instruct us. Shayne has spent years looking at the nuances of the butterfly guard and was very happy to come and demonstrate his experiences with making it a good transitional position to attack with sweeps and balance taking.



Shayne took us through the ideal approach on taking your opponents balance and attacking a sweep from this position and then through the obstacles that will eventuate when trying to apply it. Shayne really did drill down to the basic strategies of this one position which is what the Master classes are all about.

## NZJJF Child Protection Policy and Child Protection Training

The NZJJF has recently issued a Child Protection Policy in [Notice 15-5](#).



Safeguarding Children Initiative  
Working together safeguarding children  
Tūāhina ngā tamariki



Basic Awareness & Child Protection  
FREE eLearning Course

Within the Notice and the C2 Coaching Course we recommend the e-Learning Basic Awareness & Child Protection Course by The Safeguarding Children Initiative.

[\[http://safeguardingchildren.org.nz/product/elearning-basic-awareness-child-protection\]](http://safeguardingchildren.org.nz/product/elearning-basic-awareness-child-protection)

The safeguarding children initiative is a registered charitable organisation which aims to reduce child abuse in NZ by delivering free evidence based training through 5 eLearning modules, each of which will take about half an hour. You can complete these separately or all together.

It is a multi-agency presentation from experienced practitioners currently working in this area (provided by four professionals from Police, Nursing and Well Child), and covers:

- How to identify abuse and neglect (being aware of the signs and symptoms of possible abuse and neglect)
- Barriers to people sharing information
- Legislation (Privacy Act, CYPFs Act 1989; Vulnerable Children Act 2014)
- Aspects of child development
- Awareness of your responsibilities and what to do if you have concerns about a child or young person
- Know how to make a referral to CYFS or the Police if you have concerns

The course is open to ANYONE and EVERYONE and it is FREE.

### **Funding, are you getting your share?**

All Blacks coach Steve Hansen said on many occasions that planning and process were key contributing factors to the All Blacks winning back to back Rugby World Cups.

These same two qualities apply if you want to grow your organisation's share of funding from Trusts and sponsorship. If this appeals to you then these two funding guides can help your organisation maximise its potential earnings from these two crucial sources of funding.

Acknowledgement; the two models were developed with the backing of the Netball Hutt Valley Centre. We appreciate their openness, support and willingness to share these models with the sport and recreation sector.

Funding Guide - [Click here](#)

Sponsorship Guide - [Click here](#)



### **NZJJF Annual General Meeting**

The 2015/2016 NZJJF AGM was held at Hastings following the second Masterclass Seminar. Results of the meeting were:

#### **Committee:**

- Doug Bailey - Chairman
- Anthony Bennet - Secretary / Treasurer
- Simon Ogden - Director of Sport
- Kim Chenery
- Ann Norton

#### **2016/2017 Membership fees:**

Memberships for the 2016/2017 year are to be maintained at the same cost; Individual (\$10) and Club (\$80). 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 ...**

### **NZJJF Coach Awards.**

Congratulations go to those who successfully completed their coaching qualifications at the end of 2015 through to date;

**Howard Singer** of Whanganui Combatives Ju-Jitsu, NZJJF C1 Level Coach

**Stenfinn Olivecrona** of Olivecrona Jiu Jitsu, NZJJF C1 Level Coach

**Rob Pointon** of Shi San Shi Do Chin Na & Jujitsu, NZJJF C2 Coach

**Vinnie Morris** of Jitsu New Zealand, NZJJF C2 Coach

**Cameron Edmunds** of Jitsu New Zealand, NZJJF C2 Coach

**Nick Daly** of New Plymouth Wrestling Club, NZJJF C1 Coach

**Nathan Crombie** of Jitsu New Zealand, NZJJF C1 Coach

**Jacob Verbeek** of Jitsu New Zealand, NZJJF C1 Coach

### **NZJJF Black Belt Register 2015**

Congratulations to the following approved for the Black Belt Register:

**Kim Chenery** (1Dan)

**Rosie Somerville** (1 Dan)

**Stenfinn Olivecrona** (6Dan)

**Peter Gernetzky** (7Dan)

**Mike Hickson** (4Dan)

**Jack Bloodworth** (3Dan)

**Jules Robson** (4Dan)