

**Tap Early, Tap Often - By Kris Reid; Aug 2, 2016, Jiu Jitsu Times**

The most important aspect of Ju Jitsu and BJJ is the tap. We often idealize the tap and often set it as our goal to obtain during training. It also separates ju-jitsu from sports such as wrestling, in that we can give up position and still eventually win.

However, there is a downside. While idealizing the tap, we also demonize it. We often make it our goal to go a day, week, or however long without being tapped. While not tapping can be good, it can also harm our progression in the art. I believe tapping is actually good, regardless of rank. Here are three reasons to tap early and tap often, no matter what belt you hold.

**Injury Prevention**

Not tapping early enough is probably the leading cause of injury in Ju Jitsu. If you simply remove your own ego and tap before you start feeling immense pain, it will save you a lot of suffering later on.

**More Fun**

If you are caught in a submission and just hold out for three or four minutes in the round just to say you didn't tap, you're doing it wrong. This is taking away from your training and also not allowing you to experiment with as many positions as possible. The dojo is the number one place for experimentation.



**Knowledge**

Tapping can give you knowledge in a variety of ways. But most importantly, it will make your partner more willing to explain how they use the position. If you fight tooth and nail, your opponent may hesitate to share with you. After a few months, you will understand most of your training partners' favourite moves or techniques and will thus be much harder to tap in the future. **So Tap early; Tap often.**



**2016 Calendar**

**Hokutoryu Ju Jitsu Seminar**

Samurai Arts on Friday 28<sup>th</sup> and Sunday 30<sup>th</sup> of October will be conducting an international Hokutoryu seminar in Rotorua featuring Soke Auvo Niiniketo, 10th Dan, and Hanshi Risto Vantär 8th Dan, of Hokutoryu Ju Jitsu, from Finland.

Further details can be found on the Samurai Arts FB page:

<https://www.facebook.com/SamuraiArts/>

**How to Register:** Pay \$150pp to attend the 2 days (Fri 28th & Sun 30th) or single day training \$100pp or spectator \$30pp.

Make payment to: DF Butler, Cooperative Bank Acct No 02-1248-0202778-002

Reference as follows: "Name of payer" - "Seminar" - "2 Days", "1 Day" or "Spectator". Then send email to enquiries@samurai-arts.co.nz giving full details of student names, organisation and what & who the payment covers. Samurai Arts will then confirm your payment and details of attendance.



The **VIKINGS ARE COMING!**  
Soke Auvo Niiniketo 10th Dan  
Founder of Soke, Hokutoryu, Finland  
Master of Judo, Sambo, IJF Ju-Jitsu International  
Kali/Arnis, Fencing, Karate, Budo Training  
Special Forces - Close Quarter Battle Instructor  
Bodyguard Strategy Specialist  
Founder, World Federation of Jujitsu  
Hanshi Risto Vantär, 8th Dan  
Chief Instructor of Shorin Ryu at Hokutoryu  
Hokutoryu Ju Jitsu International Co-Founder Instructor

Regardless of your style or rank  
**Don't Miss this Event!**

**Rotorua: Fri 28 & Sun 30 October**  
Prior Registrations essential - Limited spaces  
Begin your International Training with the  
World's best martial arts instructors.

## **The Role of Ego in Jiu Jitsu – Valerie Worthington, Breaking Muscle.**

Most people who have been training in Ju Jitsu, BJJ or submission grappling for any length of time will have probably heard the phrase, “Leave your ego at the door.” It is usually associated with the Gracie family, who are credited with bringing BJJ to popular awareness through the Ultimate Fighting Championship.



“Leave your ego at the door” is a typical admonishment for newcomers to Ju Jitsu; as you cross the threshold into the dojo, tap into your humility really fast. Understand you know even less than you think you do about how Ju Jitsu works, and if you think you know a lot because you have been inventing your own moves in your friend’s matted garage or strengthening your neck muscles to become impervious to chokes, that means you know less than anybody.

The phrase encompasses the idea that you cannot get better at Ju Jitsu unless you are first willing to be terrible at it - and then to work your ass off. It also speaks to the fact our teachers appear in unlikely forms: your best instructor might be someone who weighs half what you do, is much younger or much older than you, or otherwise does not fit your preconceived notion of “teacher.” You can learn a vital home truth about Ju Jitsu from a rank beginner as well as from the most seasoned expert - if you are willing to do so. People you don’t think should be able to “school” you will “school” you on a regular basis. Thus, the phrase also reminds us that we have autonomy; more of what happens to us on the mat is within our control than we may realize or want to take responsibility for.

As I have persisted in the sport, my orientation to this phrase has changed somewhat. I’m still quick to shout from the mountaintops that I know very little about Ju Jitsu and will never learn in the rest of my life even a fraction of what there is to know. That being said, however, I do believe at this stage of my development, I must be willing to accurately assess my strengths and weaknesses. This means I must be able to identify what I’m good at as well as what I need to work on. Thus, I still leave my ego at the door, but I make sure it is watching and taking notes.

As with most things related to Ju Jitsu, I see many parallels between what I need to do on the mat and what I need to do in life. So it turns out I leave my ego at most doors, regardless of whether they lead into my grappling academy, into an interaction with a friend or family member, or into a work situation. At least, I try to do this.



## **C2 Coaching Course for Club Instructors!**

The C2 Club Instructor course 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@nzjif.org.nz](mailto:coaching@nzjif.org.nz)

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

Memberships for the 2016/2017 year are; 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).