

Merry Christmas



The NZJJF executive wants to wish you all a Happy Christmas. We actually wanted to get you all Christmas cards, because that's what you're supposed to do at this time of year and because we sort of like you, but not in an over the top way, we just think that you're kind of cool, but instead we came up with some Christmas gift suggestions:

“To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect.”

Have a great holiday, enjoy and stay safe!

The Membership Growth and Retention Model – Sport Wellington & Squash NZ

Many clubs focus on selling memberships but research shows members are declining in a number of sports. So what are the secrets of the world's most successful sports clubs in terms of getting people to sign up and stay?

There is general acceptance that clubs need to look at membership differently and need to have a structured approach to how they manage it. To engage our identified target audiences, clubs need to offer quality tailored programmes or various 'ways to play' that meet the respective motivations of different participants.

You can read more [here](#)

Hakutoryu Seminar Review – Dave Butler OSA

Samurai Arts on Friday 28th and Sunday 30th of October held an international Hokutoryu seminar in Rotorua featuring Soke Auvo Niiniketo, 10th Dan, and Hanshi Risto Vántär 8th Dan, of Hokutoryu Ju Jitsu, from Finland.

Soke Auvo Niiniketo was Finland Boxing champion, karate champion and kick-boxing champion early in his martial arts career. Consequently his Jujutsu, which he began studying at an early stage, tends to include the best aspects of the other disciplines he has also studied. For example, although he does good hard blocks a lot of the time, many jujutsu techniques begin with no block or defence at all, using boxing body positioning to avoid the attack and to deliver a counter attack that arrives concurrently with the



attackers' movement. He showed the seminar group how to use the legs and hips to move the body, maintain balance, and to deliver a fast and powerful strike even before the attacker has completed his first move – very fast and effective indeed.



He also contracts to the Finnish police and to the military forces in Finland and other countries and teaches CQB (close quarter battle) techniques. This led to a portion of the seminar dedicated to military knife fighting with focus on holding the knife correctly for maximum effect and using it to block and attack simultaneously or to initiate an attack. The movements were aimed at taking a person out within the first second. Where techniques are used for infiltration of an enemy post, silence is of the utmost importance so as not to alert the enemy and a number of moves on how to take out the sentry in a silent manner with use of the knife, was trained. In these cases the sentry would be dead and unable to alert others, completely oblivious to what had happened.

Soke also has a bodyguard company and in the section on bodyguarding, pistol disarms were taught and the nature of the weapon was considered so that your defending hand does not get caught up in the mechanism of the gun. Keeping the gun pointing at the attacker was also one aspect to ensure that if the pistol goes off it shoots the attacker. This also encourages the attacker not to pull the trigger. Distance of the attacker was a consideration and also covered. In the same section was a segment on “use of force”, or controlling a disorderly person without injuring them, with the disorderly person being controlled by either one or two police officers. Communication between the police officers was a major focus and it was clear that when you rely on another person to do their job, each must understand the role of the other in order to subdue the criminal effectively but without harm.

In terms of technique some of the finer points of wristlocks, strangles, and other waza varied a little and provide areas to work on in the future. These are the very points that often make a difference between an effective technique and a devastating technique. When you accumulate enough of these points it becomes the difference between an effective system of combat and a superb system of combat. Hokutoryu is a superb system of combat.



Hanshi Risto Vântär's life revolves around jujutsu. He has a security business where he teaches security techniques full time. This involves physical combat skills for security guards and police but also setting up security detection systems. He does an hour of stretching every day and takes martial arts very seriously. In his spare time, usually at weekends and towards the end of the working week he acts as a bouncer for prominent night clubs in Finland and gets plenty of practice subduing unruly customers who are under the influence of alcohol or drugs. Consequently he teaches only those techniques he knows to work. The Hokutoryu system is comprehensive and has several “departments” ranging from self defence, military, police, bodyguarding, sport combat movements and weapon techniques including weapon defences. The syllabus involves aspects of all these areas. Anybody taking the time to look

at the Hokutoryu website will see 3 demo videos which illustrate some of these facets. His competition combat teams regularly dominate competitions in Finland and abroad.

One area often neglected in jujutsu is that of awareness. In the 1980's I became victim of a bottle attack to the head....not by a thug but by Soke Morris hitting me on the head very hard with a full janola bottle while controlling an opponent in his London dojo. As Soke Niiniketo was also a student of Soke Richard Morris he quickly learned the same hard way, and, for decades, part of every technique involves quickly controlling the attacker and looking around "to see if he has any friends" as Hanshi Vântăr would often describe it. This is because attackers are often cowards and will patrol in groups. You cannot assume that because you have subdued your attacker that you are safe, so zanchin and understanding your surroundings is important for personal safety and a facet of their teaching.



While the techniques were taught in a rigorous and forceful manner safety is also a major aspect and despite a seemingly aggressive approach to teaching, injuries did not happen during the seminar.

Soke and Hanshi were impressed with the calibre of training. He said "it is like in Finland". He said the students trained hard and kept training throughout the day, unlike in some countries where he has taught. He

commended the group on this point. As much as the students did well, I believe it was their motivating method of teaching and the interesting course content that kept the group energised, sweating, and eager to apply even more effort.

Can you train Mental Toughness (Part 1)? – Riley Holland

Most stuff out there on mental toughness is either a slop of well-meaning but useless clichés, or soft, New-Agey, pop-psychology that would barely draw a crowd at Burning Man. Not scientific. Not empirical. Not result-driven.

But that doesn't mean there's no such thing. And in case it's not clear, my answer is emphatically yes, you can train mental toughness. In fact, you'd better train it, because all the clichés are true: the mental game can make or break you. It can push you over the edge to victory, or it can beat you before you begin. It can be the surprise gut punch of stress and self-sabotage, or it can be the beast you ride into every battle. You just have to know what it is, where it is, and how to get it.

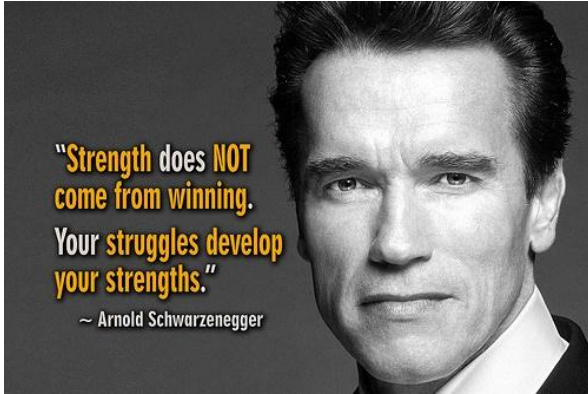


The Trouble With Toughness

Maybe the most mission-critical task for training mental toughness is finding out what it is. Seems like a simple question, but ask anyone what mental toughness is, and see how many "uhs" and "ums" it takes before a halfway coherent answer emerges. In fact, go ahead and see if you can come up with a definition on your own before reading on. Now attack your definition and see how it holds up. Does it account for every aspect of the mental game? Is it unified and coherent? Is it precise and specific?

If we're going to approach mental toughness training as a science, we need to know exactly what we're going for. We need a definition that's precise, scientific, and operational, not just a loose collection of abstract qualities.

Take confidence, for example. We all know it when we see it. Or think we do, anyway. But can you take a person into a lab and take measurements for confidence? No. For motivation? Nope. Resilience. Alas, no. All these are great qualities, and worth striving for, but they're imprecise, slippery, and ultimately immeasurable.



That's why so many mindset-related qualities are called "intangibles." It's hard to know if you really have them, or if you only have them some of the time, or if you have more of them or less of them than you did yesterday. This is the impasse where some folks throw up their hands and say that mental toughness can't be trained.

Quantifying Mental Toughness

But what if there were basic parameters of mental toughness that could be measured?

Qualities that have a fundamentally physical basis, and that lie at the root of all these intangibles. What if there were qualities that you could train as precisely as you train strength, speed, or mobility? Well, it's everybody's lucky day, because there are.

Part 2 will be in the next newsletter.

2017 Calendar

Facebook events and calendar updates coming soon!

The next **WCJJO World Ju-jitsu Championships 2017** will be held between Wednesday 25th and Monday 30th October 2017, on the Gold Coast in Australia. The NZJJF plans to put together a New Zealand representative team, 'Black Tops', to attend this event.

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).

C2 Coaching Course!

The C2 Club Instructor course is a comprehensive course that covers physiology, psychology, communication, coaching, risk management and governance.

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

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. 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@nzjif.or.nz for further information.

CONGRATULATIONS ...

Congratulations go to the new Yudansha graded recently at the Jitsu NZ end of year grading on the 3rd December in Petone, Wellington; Paul Huston, Vinnie Morris, Rupert Bunny, Cameron Edmonds and Mathew Roach.

On 29th October, Dave Butler OSA, received his JJI 8th dan from out of Europe. His certification was made by Auvo Niiniketo and Risto Vantar from Finland at Rotorua

NZJJF Black Belt Register 2015

Congratulations to the following approved for the Black Belt Register:

Simon Gibbs (1Dan)