

**Bringing Physical Literacy to Life through Foundation Coaching - Karen Laurie, Sport NZ**

Okay, let's get the 'dry' bit out of the way first ... a person's physical literacy is their motivation, confidence, physical competence, knowledge and understanding of physical activity. Physical literacy is not a static state but can be best considered a person's lifelong journey based on their choices about being physically active. Physical literacy cannot be 'taught' as such. It will be the outcome of the many physical activity experiences a participant has including physical education (PE), play, sport and recreation.

The more these experiences reflect 'quality' or 'value' the more positive their impact on a person's physical literacy. In short, an environment based on play, creativity and exploring movement is the best way for children to build their movement vocabulary and Fundamental Movement Skills. But it's fair to say that in recent years some children's sport and physical activity programmes have overemphasised the required physical and technical skills. Or as one person put it: "Have we got so busy teaching kids how to jump that we've forgotten to just let them jump for joy?"

For more of the article go here; <http://www.sportwellington.org.nz/assets/Sport-Connector/Bringing-Physical-Literacy-to-Life-Through-Foundation-Coaching.pdf>

**Black Tops Team Selection for 2017 WCJJO World Champs.**

The WCJJO World Ju Jitsu Championships are to be held Thursday 26th to Sunday 29th October 2017 at the Tallebudgera Leisure & Gold Coast Recreation Centre, 1525 Gold Coast Highway, Palm Beach, Queensland, Australia.

The people who have qualified to represent New Zealand as part of the "Black Tops" Grappling Team by their performance on the NZ Grappler Gi Grappling Circuit (Nationals and Regionals) are;

Annie Lee, Cassie Walker, Krissy Oliver, Genevieve Pini, Thomas Kwok, Adam Johnson, Ricky Gamboa, Bevan Brooking, Dan Digby, Anaru Grant Jnr, Cam Steer and Vaughan Antonio. Joseph Rivers and Jose Gomes have been seconded to the Grappling squad to cover for injury.

All the fighters that have qualified for selection must continue to hold their ranking throughout the year by continuing to compete and place at tournaments.

**Can you train Mental Toughness (Part 2)? – Riley Holland**

The two parameters that make up mental toughness are high dominance and low stress. At first glance, those qualities may seem as intangible as any other. But these have a real, physical, and measurable existence in the form of testosterone (the dominance hormone) and cortisol (the stress hormone).

Recent research out of Harvard and Columbia confirms that the qualities associated with the "alpha" personality—feelings of power, risk tolerance, leadership abilities (in our language, mental toughness)—follow primarily from the levels of these two hormones. When testosterone levels are high and cortisol levels are low, people perform well under pressure. They demonstrate all the qualities that we link with mental toughness. When the recipe is reversed, you get the opposite: poor performance, anxiety, and frayed nerves.



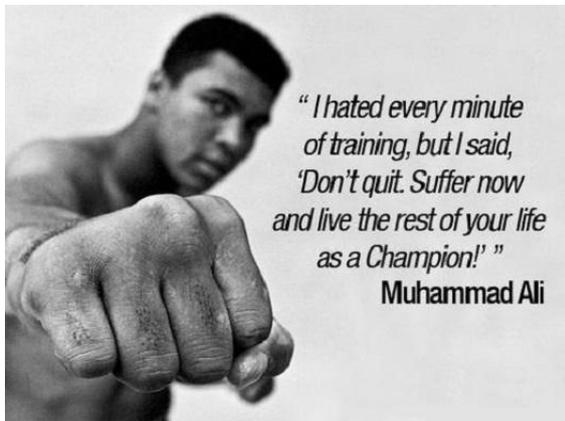
Once we know the physical reality of mental toughness, we can modify training modalities to improve it.

These hormones are hardcore, physical realities. They're not open to negotiation from your thoughts. In fact, they're prior to your thoughts, prior to your conscious awareness. They dictate how you see your circumstances, how you respond, how you perform, and how you think. They dictate who you are at any given moment. They're the essential, fundamental building blocks of mindset, and they don't live in some abstract mental world. They're in your brain and in your blood.

When you have them dialled in, all those intangibles - confidence, focus, motivation, the ability to perform under pressure - come naturally and effortlessly. When you don't, they don't. And that's because the intangibles are consequences of mental toughness, not its cause. This is why you can't wish, think, hope or imagine your way into true mental toughness.

The good news is you don't have to. When you have a real, systematic method to train mental toughness on the level of the brain, you don't need New Agey gimmicks, motivational speeches or wishful-thinking-based approaches. You can put aside childish things.

## How You Can Train Mental Toughness



So how do you hack into those levels and turn up the dial? It's easy to feel strong and powerful when things are going your way. Your brain is already set up to reward you with a powerful and relaxed mindset when outer circumstances happen to be in your favor. But how do you mix the right brain cocktail for yourself, no matter what's going on, so you're not dependent on outer circumstances for the quality of your mindset?

The key is training and maintaining a positive, forceful mindset so you have it no matter what. The study I mentioned above established that the levels of those two crucial hormones are

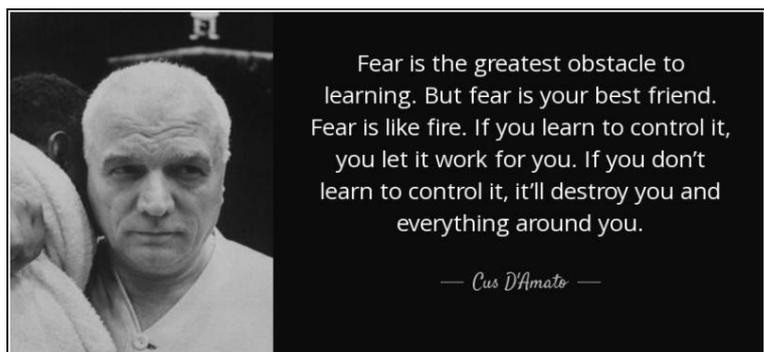
deeply and directly impacted by body posture, the most primal language of the nervous system.

The researchers found that open, expansive postures encourage higher levels of testosterone and lower levels of cortisol, while closed, shrunken, constricted postures do the opposite. They even found that adopting exaggeratedly open postures before stressful situations helped mindset and performance.

But while that kind of last-minute, fake-it-till-you-make-it trick can make a little bit of difference, just imitating open postures won't take you very far. That's because the essential problem goes deeper than hunching your shoulders and not sitting up straight. The average person's posture and body language are deeply constricted by chronic neuromuscular tensions, and those tensions make up the inner barrier to a profound and permanent transformation of your mental toughness.

## The Inner Opponent

This full-body neuromuscular armouring develops over a lifetime, starting in early childhood, and manifests not just as chronic muscular and neurological tension, but as fear, ego, anxiety, stress, and worry. It sends constant signals to your brainstem that you're in actual, physical danger, and lets your mind run in circles



trying to solve a survival problem that doesn't really exist.

All mindset-related problems have their root there, in the baseline stress of the deepest, most ancient part of the brain. And that cortisol-soaked, reptilian, fight-or-flight anxiety has much more influence over your brain than any positive thinking, affirmations, or motivational quotes you could ever throw at it. Dissolve those neuromuscular tensions, reclaim your nervous system, and your body mutates back into its relaxed, primal posture. And all by itself, your brain starts mixing the mental toughness hormone cocktail: high dominance, low stress.

That's what Neuromuscular Release Work (NRW) does, and that's why I've been using it as my primary technique for training and coaching mental toughness for years. It's a type of workout that dissolves these deep, chronic layers of neuromuscular tensions and cracks the code of mindset on the physical, neurological level to give you effortless, natural, and primal mental toughness. As that process takes place, you can feel your mental toughness transforming your attitudes, your behaviour, and your performance. And other people feel it, too.

Push it far enough and you end up with easy access to the "flow" state, or the "zone," that state of zero resistance and peak performance that usually only comes, if it comes, rarely and randomly. When you get there, you've entered the kingdom of mental toughness, and your world is transformed.

### **You Are Your Own Laboratory**

When someone tells me, "You can't train mental toughness," it always feels a little odd. It's like if someone went up to a strength coach and said, "You can't train strength. Either you got it or you don't." Can you imagine an alternate reality in which people somehow hadn't discovered strength training, where everybody just has to deal with the strength they were born with? I wouldn't want to live in that world. Would you?

Don't just take my word for all this. Consider it a working hypothesis. If you want to make a real and significant transformation in your mental toughness, it's up to you to turn your body and brain into the laboratory that's going to give you results. If you approach it with an earnest, experimental attitude, you'll find out for yourself what I and many others have found, and what the research supports: you can train mental toughness. You can train it like anything else: strength, speed, and mobility, whatever. You don't have to be born one of those few noble souls we call naturals. And no matter where you start, you can always improve.

### **2017 Calendar**

Facebook events and calendar updates coming soon!

### **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](mailto: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](mailto:registrar@nzjif.or.nz) for further information.

### **CONGRATULATIONS ...**

Congratulations to those that passed the NZJJF C1 Coaching Course in 2017

**Camilla Raymond** – Jitsu NZ (Wellington)

**Adam Rings** – Jitsu NZ (Wellington)

**Benjamin Lum** – Jitsu NZ (Wellington)

**Kim Chenery** – NZJJS (Hastings)

### **NZJJF Black Belt Register 2017**

Congratulations to the following approved for the Black Belt Register:

**Vinnie Morris (1Dan)**

**Rupert Bunny (1Dan)**

**Cameron Edmunds (1Dan)**

**Mathew Roach (1Dan)**

**Paul Huston (3Dan)**