

Want to be a Sport Star? Don't Specialise Young

A study produced by the University of Wisconsin in November 2016 found that high-school athletes who were specialised sustained 60% more new lower-body injuries in a year than did those who played a range of sports.

Athletes who pick a single sport later have longer to try a range of them which means they can pick the one that is the best fit, rather than a discipline that they have been ushered towards by early growth or ambitious parents. Tennis star Novak Djokovic credits his flexibility and rapid movement on the tennis court to years of skiing.



Click here for the recent article from [The Economist](#).

Tournament Calendar for WCJJO World Ju Jitsu Championships

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.

NZJJF Free-fighting Tournaments are scheduled for 6th May, 1st July and 26th August. The forms for entry can be found on the NZJJF website and the event details can be found on Facebook. Fighters performance over the first 2 tournaments will enable selection of the NZJJF "Black Tops" Free-fighting Team.

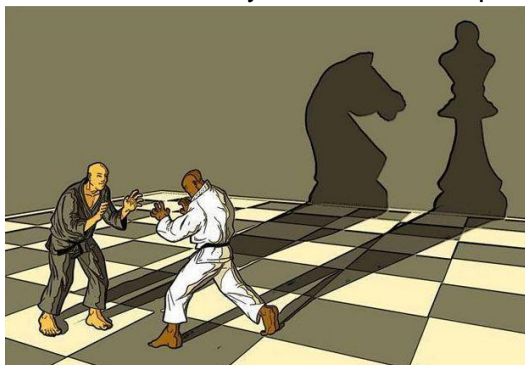
6th May – Hastings; <https://www.facebook.com/events/228767027587353/>

1st July – Wellington; <https://www.facebook.com/events/1338221312902792/>

26th August – Hastings; <https://www.facebook.com/events/719122794916487/>

The difference between Physical Stamina and Endurance – John Danaher

When I watch beginners train together the single most common method of defeat is fatigue. Beginners typically lack the skills required to gain a victory through the purity of their technique and thus usually one of them is worn down to a state where they cannot maintain resistance and they succumb. The problem usually gets better with time, but remains to



some degree throughout our jiu jitsu lives. Everyone has to confront and overcome this problem if they wish to remain in the sport.

The problem is, most people attack the problem in the wrong way. The overwhelming majority of students deal with the problem by trying to bring about changes in their bodies – they make efforts to make themselves stronger and fitter. This is good and desirable and yes – it definitely helps to some degree. However, **WHATEVER ENDURANCE IMPROVEMENTS YOU MAKE**

FROM STRENGTH AND FITNESS INCREASES ARE MINUSCULE COMPARED WITH THOSE THAT COME FROM INCREASED MECHANICAL EFFICIENCY IN TECHNIQUE AND PACE CONTROL DURING A MATCH. It will take a lot of time and training to increase your maximum bench press by just 10% – but that increase will be barely perceptible to your opponent in sparring. However, small improvements in the placement of lever and fulcrum as you apply technique throughout a match will be immediately felt by an opponent as increased force and by you as energy saving – if this is combined with pace control you will

find dramatic improvements in grappling endurance without any significant changes in your physiology.

Please be clear: I am not trying to argue that strength and fitness are irrelevant and unimportant – they definitely are (were they not the shameful proliferation of steroid use in BJJ would never have arisen). What I am saying is that the more important element of grappling endurance by far is technical efficiency and pace control. If you want dramatic improvements – don't look to change your body, rather, look to change your technical insight and pace control.

Top 5 Strength Exercises for Ju Jitsu – Thomas Johannessen for BJJScandinavia.com

Strength training for Ju Jitsu is a controversial subject. Some advocate low reps power lifting, some like to imitate Ju Jitsu movements as much as possible, while some prefer intensity-boosting exercises like Crossfit. Personally I like to spend as little energy as possible, to have energy for randori/sparring. I want my strength training to cover four bases: heavy lifts for compound strength and boosting your hormone levels (research show that heavy lifts like deadlifts and squats boost testosterone and hGH), explosive training for fast movements, mobility training for injury prevention, and finally core/stability training (which includes balance exercising). Some like to include more endurance based strength training (a more correct term would be muscular endurance), but I think the exhaust-benefit ratio is too low. You will get a lot of this in sparring, and unless you struggle to get challenging randori/sparring rounds at your dojo, I would not recommend to train this specifically. For this reason I do not recommend crossfit for Ju Jitsu.

These are my 5 most recommended exercises:

1. Deadlifts.

The single best exercise for raw strength for Ju Jitsu. You get hip extension, complete back training, specific training for lifting off the ground and grip training in the same exercise. Don't use lifting straps. Go for low reps training, and increase the number of sets. I prefer to do heavy singles, but keep good form. And remember: a deadlift is not a squat, so keep your hip higher.



2. Turkish get-up.

Technical stand-up with a weight. Awesome core training and all-round strength exercise. You can use a kettlebell, dumbbell or even a bar to challenge your grip strength. I like to integrate windmill with my TGUs, so one rep windmill on each TGU. Work heavy reps here as well, I like to do sets of 1 each side, 5 sets.

3. Power cleans and military presses.

Cleans are a great explosive exercise, and military presses are awesome for pressing strength as well as core stability. Most are stronger in the clean moment than in the military press, you can compensate by doing 5 reps consisting of 3 cleans and 1 press.

4. Face pulls.

Use a rope and a cable pulley, adjust it to face-height and pull towards the face. I like to slightly arch the back in the end of the movement while pulling my elbows down, to activate the rhomboids and lower trapezius. This is a great exercise to counter the round upper back some Brazilian Ju Jitsuka tend to get. It will also strengthen outward rotation of the shoulder, a movement often ignored.

5. Snatch.

Explosive hip-hinge movements are great for Ju Jitsu, and you should chose at least one. While the power clean is easy to learn, the olympic snatch is a more difficult exercise. However, the explosive training combined with the flexibility training the overhead squatting gives you, is great. If you can find someone to teach you this exercise, it's a huge advantage. An easier alternative would be snatch with a kettlebell, or even kettlebell swings.

For the olympic snatch, work hanging snatch into overhead squats before attempting the full snatch. Work low reps. The kettlebell snatch and swings are done in higher reps, for example 15 reps each arm for 3 sets.

2017 Calendar

Seminar 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

Registering your Black Belt?

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.

NZJJF Black Belt Register 2017

Congratulations to the following approved for the Black Belt Register:

James Ostergren (3Dan)

