

## NZJJF Freefighting Tournament Results

The first NZJJF Free-fighting Tournament was held on the 6<sup>th</sup> May at the NZJJS dojo in Hastings. Congratulations to those that competed and started the process for selection to the Black Tops Free Fighting team, with specific mention to Cameron Edmunds, Adam Rings and Camilla Raymond of Jitsu NZ and Kim Chenery of NZJJS on winning out their respective weight divisions.

A huge thanks go to the NZJJS dojo for hosting, Doug Bailey OSA as head referee, the competitors, referee's and tournament technicians

## Tournament Calendar for WCJJO World Ju Jitsu Championships

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

The next two NZJJF Free-fighting Tournaments are scheduled for 1<sup>st</sup> July and 26<sup>th</sup> 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.

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

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

## “The Magnificent Seven ...C’s of Coaching” - Brian Langsworth

What makes a good coach? As Performance Psychologists we will often work with the athlete on the mental side of their game, complementing the technical, tactical and physical work that they may be doing with their coach. On occasions we'll play both roles simultaneously, just as sometimes a coach will work across all aspects of an athlete's training and performance.

One of the challenges for all of us as coaches, psychologists, mentors, parents, is what role do we play, what strengths and skills do we have, and not have. Similarly as athletes what do we need to bring out our best?

As we traverse the vast expanses of land in becoming excellent at our sport or chosen endeavour, or excelling as coaches, what are the seven C's we will need to cross and master? It is not going to be the same for everyone. In the modern sporting landscape, it seems the challenges are greater than ever for coaches to bring a number of skills to the table. Let's explore some of these C's:

**Computer:** I remember going to an Organisational Psychology conference on psychometrics. Paul Roos, one of Australia's premier AFL coaches, was presenting to a room of psychologists (I was 1 of about 5 others in a room of 500 plus who cared and knew who he was). Paul talked about the use and power of data and analytics in understanding player behaviour and performance. These days coaches need to be like a computer (or at least have one) to understand the metrics behind performance. The film Moneyball pointed to the power of numbers in predicting performance.

**Change agent:** sometimes the best thing we can do for a player, is to help them consider what can they do differently? What can they change to improve their performance? In our mental method Controlling It, we remind individuals and teams to focus on what they can control, namely their effort and their actions and focusing on the present.



**Care:** When a player makes a mistake or does something stupid, as they will and as we all will and do, sometimes a player will respond better with a pat on the back and kind word rather than a spray. Sometimes the greatest thing we can do as a coach is to provide support. As Anna Meares, the great Australian cyclist said of her coach, Gary West, 'A good coach can change a game but a great coach can change a life and he has changed my life in so many ways.' Providing care and support can leave individuals feeling nurtured and enable them to recognise and build on their strengths. This is perhaps even more relevant these days, as increasingly we see in the media the Mental Health challenges faced by athletes. It's not all on coaches though or even psychologists. Self-care is also important and people must be empowered, and given the skills, to look after themselves.

### Jiu-Jitsu is for everyone



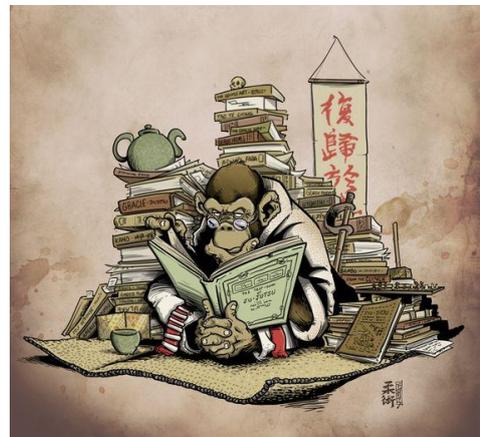
But after a few months it's just for half of those people and after a few years it's just for a handful of rare savages -Mr Jiu-Jitsu

**Challenge:** Too much support may lead to individuals feeling that they are not challenged or pushed. A colleague of mine once said, we need to be careful as coaches, not to be too NICE (Nothing Inside Me cares Enough). People need to be challenged and stretched. Eddie Jones has done extraordinary things with the English Rugby side, and prior to that Japan, by pushing the envelope in training. An incredibly exacting training regime has also been the hallmark of Usain Bolt. The key is to balance challenge with support. As we discuss in our Mental Method, Simplifying It, it's about getting the ingredients right.

**Confidante:** Finally, perhaps as Coaches we need to be a confidante. Someone that individuals can go to

with their deepest darkest secrets and fears. Not for us to solve, but for us not to judge and sometimes maybe just listen.

But hang on a minute you might say! That's 5 'C's – what about the 6th and 7th. Frankly, I reckon if you have got the above covered you are doing pretty well. It's also important to remember that we cannot be all things to all people. We have our own strengths and limitations. You may strike gold and work with someone who can do all of the above (and more) or you may find these qualities in a number of people. Coaches have assistant coaches for a reason. But what of the 6th and 7th 'C'? Often the best coaches are **Creative** in thinking outside the square to get the best out of teams and individuals? Being a bit of a **Comedian** doesn't hurt. Sometimes it is important just to keep it fun and light. According to Shane Warne, the best use of a coach is to get the team to the ground!



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

### Find your Nemesis – By Marshal D. Carper (JiuJitsu Magazine)

In Guy Ritchie's 2000 film Snatch, a gangster named Brick Top offers up his definition of nemesis. He says that nemesis means "a righteous infliction of retribution manifested by an appropriate agent." Even though I loved the film, I never quite understood that part. It wasn't until I started training jiu-jitsu that it really made sense to me.

On the mat, you start to make progress, and making progress usually means that you thump a few more people than you used to, and you maybe even get thumped a little bit less. Your

cosmic place in the jiu-jitsu universe starts to shift. You have some real power. You might not even be a blue belt yet, but you have risen above the masses of those tired and sad individuals who have never trained, making you above average by virtue of a few simple stripes on your white belt. And just when you think, “Hey I am getting the hang of this” the jiu-jitsu gods send along an appropriate agent to inflict righteous retribution. Your nemesis.

Your nemesis is the person that on paper you should beat, but some strange combination of their style matched against yours and a few key physical attributes makes them your worst nightmare. Sometimes they are at your rank. In the worst cases, however, you outrank your nemesis.

I’ve had more than one nemesis in the course of my grappling career, but Bald Mike was my first. Bald Mike always hung out with Tattooed Mike, so we needed nicknames to differentiate them from each other and the other 12 Mikes on the mat.

At the time, I trained six to seven days a week on top of conditioning sessions with a personal trainer. Bald Mike trained three days a week with some light lifting here and there. We were both blue belts, but on paper I was in better shape and had far more experience in the gym and in competition.



And Bald Mike made my life hell. His style of rolling was the antithesis of mine. It was like someone designed him in a lab, giving him the exact approach that would defeat my strengths. His passing nullified my guard. His top game shut down my escapes. Every roll with Bald Mike was humbling and frustrating. He wasn’t so far ahead of me in terms of experience that I was supposed to lose. He was my rank and my size. So I’d sit in

the locker room after training, staring aimlessly off into my own pit of self-loathing. Bald Mike was a nice guy too. Really friendly, interesting to talk to, the kind of guy you’d take home to mom and dad when they try to say that you’ve been hanging out with the wrong crowd. But on the mat, I hated Bald Mike.

Eight years later, I now realise how good for my jiu-jitsu, training with Bald Mike really was. By the time you reach brown belt, you begin to actively pursue a mat nemesis because how beneficial they can be, but waiting that long into your career will mean missing out on a lot of powerful training experiences. Don’t run from your nemesis. Run to him or her. Here’s why:

A nemesis is a blueprint for your weaknesses. When you are losing because of technique—rather than a size or athletic disadvantage—the experience might be painful, but you also have a measuring stick for your progress and a map for what to work on. Identify one weakness that your nemesis exploits, and work on that for a month. When you see that work paying off, you can start to identify another, and another.

Losing to a nemesis is different from losing to an upper belt. An upper belt can have a technical superiority that is so extreme that you might not be able to tell when you are doing better or doing worse. Against a nemesis, you can expect a challenging roll, and you’ll be able to see very clearly when you’re making better technical decisions, which is key for your development.

Beating up on lower belts is good for offence. Surviving against upper belts is good for defence. Challenging rolls at your level—with a nemesis perhaps—are the fires that forge your game as a whole. You need them, and sometimes that balance can be hard to find. If you can identify a nemesis, seek them out to get those fires raging.

Rolling with a nemesis should help to train your brain out of thinking about “winning” in the mat room. When you roll with a nemesis enough, you start to think more about constructive

problem solving, distancing yourself from the ego of competition and adopting an approach that is more academic. This is healthier for you in the long run and will lead to faster results in your training.

Despite the structure and formalities of training within a school, much of your development will be a direct result of the choices you make on the mat. If you have the chance to roll with your nemesis, embrace it. Find your Bald Mike and seek him out. Find a way to enjoy and welcome the challenge. Your jiu-jitsu will grow as a result.

### **2017 Seminar Calendar**

Seminar Facebook events and calendar updates coming soon!

### **Anti-Match Fixing and Sports Betting Policy**

The NZJJF, in-line with other NSO's under directive of Sport NZ, has instigated an Anti-Match Fixing and Sports Betting Policy. Further details can be found in [Notice 17-1](#), and on the [Rules and Regulations page](#) on the NZJJF website.

### **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 – Become a Qualified Club Coach!**

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)

