Minutes of the Meeting of the Executive Board and Invitees of the Ju-Jitsu International Federation (JJIF) held at Weare Le Chamartin Hotel, Madrid, Spain on 17th March 2016 to 20th March 2016

Meetings of 17th - 20th March 2016

Present:

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<th>Surname</th>
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<tr>
<td>Theodoropoulos</td>
<td>Panagiotis</td>
<td>JJIF President</td>
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<td>Aloise</td>
<td>Ignacio Vicente</td>
<td>JPAU President</td>
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<td>Quenza</td>
<td>Dario Piero</td>
<td>JJEU President</td>
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<td>Tatsa Tchinda</td>
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<td>JJAFU President</td>
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<td>Borissov</td>
<td>Tomo</td>
<td>Acting Treasurer</td>
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<td>Domagata</td>
<td>Eugene</td>
<td>JJIF General Manager, Secretariat member</td>
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<td>Al Shamsi</td>
<td>Fahad Ali</td>
<td>JAU General Secretary, Secretariat member</td>
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<td>Thumfart</td>
<td>Joe</td>
<td>JJIF Sports Director, Secretariat member</td>
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<td>Mortelmans</td>
<td>Dana</td>
<td>JJIF General Secretary (Suspended; Resigned on 20th March 2016)</td>
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<td>Mortelmans</td>
<td>Luc</td>
<td>JJIF former Treasurer (Resigned, Invitee)</td>
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<td>Al Muthafer</td>
<td>Dr. Jaffer</td>
<td>OCA [Invitee]</td>
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<td>Korn</td>
<td>Michael</td>
<td>JJEU Treasurer [ Invitee ]</td>
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<td>Perc</td>
<td>Robert</td>
<td>JJEU General Secretary [ Invitee ]</td>
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<td>Lazoni</td>
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<td>JJIF Advisor on Sports Relations [Invitee]</td>
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<td>Gopi</td>
<td>Suresh</td>
<td>President India, JJIF Legal Advisor [ Invitee ]</td>
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<td>Proag</td>
<td>Nuvin</td>
<td>President Mauritius, JJIF Legal Advisor [ Invitee ]</td>
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<td>Stanton</td>
<td>Sarah</td>
<td>President USA [ Invitee ]</td>
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<td>Rouge</td>
<td>Jean Luc</td>
<td>President France [ Invitee ]</td>
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<td>Poulikidis</td>
<td>Anestis</td>
<td>President Greece/ Balkan [Invitee]</td>
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<td>Brunet</td>
<td>Christophe</td>
<td>JJEU Sports Director [ Invitee ]</td>
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<td>Fuerst</td>
<td>Frank</td>
<td>Representative Denmark [Invitee]</td>
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<td>Merlin</td>
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<td>Representative France [Invitee]</td>
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<td>Frowjin</td>
<td>Rick</td>
<td>Representative Netherlands [Invitee]</td>
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<td>Avramov</td>
<td>Doriyan</td>
<td>Adviser [ Invitee ]</td>
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<td>Behnke</td>
<td>Claudia</td>
<td>Athletes Committee Rep [Invitee]</td>
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<tr>
<td>Kontou</td>
<td>Vasiliki</td>
<td>Secretary to JJIF President [Invitee]</td>
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JJIF Registered Office: c/o Limis Bruhin, - Leutschenstrasse 9 Postfach 323, CH 8807 Freienbach, Switzerland.

Member
The JJIF President addressed the gathering and welcomed all members present to Madrid and declared that the quorum of members was more than adequate to start with the proceedings of the Executive Board Meeting.

The Agenda for the EB meeting as proposed was read out and the same was unanimously approved and adopted by the members present.

The President informed the Board that as per the NEW Statutes of the JJIF, as amended and ratified and approved by the General Assembly at Kamena Vourla, Greece, the newly constituted Board of the JJIF is fully compliant to the New Statutes and requested Mr. Suresh Gopi, [Invitee & legal Advisor to the JJIF & JJAU] to clarify the legality of the same.

Mr Gopi clarified to the Board that the Amended Statutes of the JJIF came into force and was legally valid and operational from the day it was ratified and adopted by the JJIF General Assembly on 25th July 2015 at Kamena Vourla. He added that as per Article 8.11 Page 11 of the newly amended JJIF statutes, the Presidents of the Continental Unions become de-facto Vice Presidents of the JJIF Executive Board from the day of adoption of the New Statutes, especially as there were no other conditions nor implementation criteria proposed or approved at the GA on the same Article.

The JJIF president then explained to the Board his stance on transparency, clarifying that his prime goal now was to secure IOC recognition for Ju-Jitsu, and that there was only a limited time and limited opportunity for achieving this. He stressed that it was imperative that we must change the JJIF Statutes so as to ensure it fully conforms to the IOC Charter and the IOC Code of Ethics and all other IOC Membership requisites.

The President added that there was no hidden agenda as regards to the resignation of the JJIF Treasurer Mr. Luc Mortelmans and that it was a clear violation of the amended JJIF Statutes [Article 8. Elected Members of the Board Cannot be First degree relatives or spouses] that a husband and wife continue to occupy positions on the Executive Board. Hence he had no alternative than to request one on them to resign from their elected positions immediately.
The JJIF President then proceeded to take up items on the Agenda.

1. Financial report of 2015 by Mr. Luc Mortelmans, procedure of transferring the responsibilities of the former Treasurer to the active Treasurer of JJIF.

The former Treasurer of JJIF, Mr. Mortelmans addressed the Board and clarified issues as regards to Outstanding Dues from Members and other dues listed as “Doubtful Debts”.

He also clarified issues in the statement of accounts as regards to a check issued at the JJIF Convention at Greece and that some funds claimed to be as due to the JJEU had to be kept in suspense account and that some cash funds advanced by the JJIF president was listed as a due liability etc.

Mr Mortelmans undertook to the Board to produce the completed JJIF Financial Statements with Balance sheet and Profit and Loss Statement and hand over the same to the Board by the end March 2016.

The President informed the Board that as per the amended 2015 Statutes, Tomo Borrisov cannot act as Acting Treasurer. Only another existing Board member is eligible to fill in a vacancy in case of absence or resignation of a Board member (referring to Luc Mortelmans). The President stated that he shall take over the Treasurer’s functions until new elections.

The Board then resolved to publish the resignation of Mr Mortelmans in the concerned Swiss Trade Registry Canton at Switzerland and to change the Signatories of the JJIF Bank Account.

It was then put on record the Board’s appreciation of the good services extended by Mr. Mortelmans as the former Treasurer of the JJIF and that there never was any allegation or doubt whatsoever cast on his integrity or on his efficient handling of the JJIF Finances during his tenure.
2. Presentation of the proposed JJIF structure (IOC compliance), JJIF Representatives Committee, election procedures, JJIF Board consistency.

Mr. Joachim Thumfart, JJIF Sports Director presented a PowerPoint presentation under the guidance of the President, of the salient points of the proposed changes in the JJIF Structure and Statutes, so as to ensure total compliance to IOC Charter and regulations.

Points addressed included on the exclusion of proxies, restructuring event disciplines so as to make it more appealing to the IOC and the mass media, more representation from member nations, the IOC stipulations as regards to the Athletes Commission, the tenure of office of the President and Executive Board members, conformity to the IOC code of Ethics, gender equality etc.

The President added that from the FIVE Global Regions of Africa, Pan America, Asia, Europe and Oceania it was theoretically possible have an total of 208 National Members.

3. Report of progress on decisions taken in the JJIF Board meeting held at Abu Dhabi on 30th January 2016, analysis of the actions of the suspended General Secretary and other persons involved, further actions.

After discussions with a view to reaching an amicable resolution of the matter, it was resolved to constitute a Select Committee duly authorized by the Board consisting of Fahad Ali Al Shamsi, Suresh Gopi and Nuvin Proag to hold meetings with Ms. Dana Mortelmans, the object of which was to secure an amicable resolution of the matter.

This Select Committee met with Ms. Dana Mortelmans, in the presence of Mr. Luc Mortelmans and after several meetings, the issue of suspension of the former Secretary General was resolved amicably, with Ms. Mortelmans graciously issuing a letter of retraction and apology dated 20th March 2016 to the JJAU and voluntarily issuing her official letter addressed to the JJIF president and to the JJIF Board tendering her resignation as the elected General Secretary of the JJIF and voluntarily withdrawing her name from the Arbitration proceedings initiated at the Switzerland and undertaking to cease and desist all litigations against the JJIF.
The JJIF president on behalf of the Board accepted the said letter of apology and the letter of resignation and copies of the same are attached herewith these Minutes.

4. Appointment of the extra JJIF Board member, according to the Statutes July 2015.

On the proposition of the President, it was resolved to appoint Sarah Stanton, President of the United States Ju Jitsu Organization USJJJO, as an appointed member of the Board under Section 8.1.3 of the Statutes, as a non-voting member.

5. Presentation, analysis and approval of the JJIF belt system.

It was resolved that a Commission be set up to examine ways and means to govern and monitor issuance Ju-Jitsu Higher Dan Grading certification by JJIF to its National Members.

It was resolved that the Commission would award High Dan Grades to exceptional Individuals on the basis of expertise, experience, exceptional circumstances and exceptional contribution to JJIF and the propagation and development of Ju-Jitsu.

It was resolved that the Commission would consist of SIX Expert Members as under:

- Eugene Domagata
- Gerogiy Kukoverov
- Joe Thumfart
- Tomo Borisov
- Miguel Percoco
- Ne-Waza Expert from Ju-Jitsu Asian Union

In normal cases documents from national candidates requesting for JJIF Dan Grading would be examined carefully and verified with each Commission Member giving his opinion on the application and submit to the JJIF Board for approval and ratification.

It was proposed that grading fees for Individuals be levied as resolved by the Executive Board.

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Member
Smart Cards / ID cards can also be considered
The JJIF would levy an administration fee for issuing of DAN Grading that would
be included in the official JJIF website and including the stamp of the JJIF.
If a JJIF Certificate of Dan Grading is requested then additional charges will apply.
It was proposed that administrative costs be in the range of:
USD 50.00 for Dan Grade 1 to 3
USD 100.00 for Dan Grade 4 upwards

National Federations would send grade requests from their members to the
Continental Union, who in turn will forward the same to JJIF

6. JJIF Full Membership Criteria

The President recalled the unanimous decisions made at the General Assembly at
Kamena Vourla, Greece, wherein new criteria for availing Full Membership of the
JJIF were formulated and the resolution that Provisional Members who have
attained and complied with the requisite full membership criteria would
automatically become Full members of the JJIF, without awaiting approval of the
JJIF General Assembly

Accordingly Board resolved unanimously that the following Official Members
and or Provisional National Ju Jitsu Members of the JJIF are herewith elevated to
rank of Full Members of the JJIF with full voting rights:
1. Bosnia and Herzegovina
2. Cameroon
3. India
4. Iraq
5. Japan
6. Kuwait
7. Lebanon
8. Mongolia
9. Turkey
10. Turkmenistan
11. Ethiopia
12. Ukraine
13. Uruguay

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Member

INTERNATIONAL FEDERATION

OLYMPIC COUNCIL OF ASIA
7. Project Proposals from Commissions

Ms. Samantha Bardelli, Director of Women in Sport Commission, proposes and explains a project aiming to improve the athletic and social conditions of women in ju-jitsu and increase the female quotas in JJIF (see attached document). This project was sending to the JJIF Board Members prior the meeting. The board welcomed the project and the plans and asked Ms. Samantha Bardelli to prepare the necessary budget for the project and collaborate with Mr. Tomo Borissov, chairman of the JJIF Self-Defense Department, and the JJIF Continental Unions to materialize this project.

2. JJIF Self-Defense Department.
Mr. Tomo Borissov had sent out his proposals to continue and strengthen the self-defense in JJIF, by reorganizing the Self-Defense sub-commissions (see attached document), and he explain briefly the main points of the proposal. The board welcomed the proposal and asked Mr. Borissov to continue his work as chairman of the Self-Defense department in JJIF and follow the presented concept.

3. JJIF Differently Abled Commission.
Ms Sarah Stanton, USAJJF President, asked not to be responsible for the Women in Sport Commission and concentrate in working in the projects of Sport and Disability. The request was accepted by the board and asked Ms Stanton to communicate with the JJIF Continentals Unions to coordinate the corresponding existing projects.

3. JJIF Legal Commission.
The President proposed Mr. Nuvin Proag as chairman of the JJIF Legal Commission; the proposal was accepted and approved unanimously by the JJIF Board and Mr. Nuvin Proag was asked to communicate with the JJIF Continentals Unions in order to integrate the JJIF Legal Commission with four more members (with minimum one female member) on the basis of equal representation of continents in the commission.
8. Other issues raised by Board Members were considered on the 20th March 2016 with the following persons in attendance:

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<td>Panagiotis</td>
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<td>Joe</td>
<td>JJIF Sports Director, Secretariat member</td>
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<tr>
<td>Stanton</td>
<td>Sarah</td>
<td>JJIF appointed Board Member, (President USJJUS)</td>
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**A. Ju-Jitsu European Union ("JIEU") Statutes:**

The Board was presented with a copy of the new Statutes of the JIEU as signed and approved by the Members of the JIEU General Assembly held on 18th March 2016, for comments and approval.

The Board had the following comments on the JIEU Statutes:
1. The Board first noticed a typo error on the covering letter dated 18\textsuperscript{th} March 2016: “anonymously” should in fact read “unanimously”.

2. Statutes

(a) Art 1.2 and 1.3: These Articles place JJEU and JJIF on an equal footing. JJIF Statutes have to take precedence over the JJEU Statutes. The JJEU Statutes have to be amended so that it is clear that JJEU Statutes must Conform to and comply with the JJIF Statutes, so that JJEU members when complying with JJEU Statutes are also at the same time complying with JJIF Statutes. One suggestion is to provide the usual clause “that in case of any Conflict or inconsistency between JJIF Statutes and JJEU Statutes, then JJIF Statutes shall take precedence to the extent of such conflict or inconsistency”

(b) Art 2.1.4: No country beyond the European Continent can possibly be part of JJEU; that country will surely fall within the jurisdiction of another Continental Union. Therefore no such proposition from JJEU may be possible. The Board therefore suggests that this Article be deleted.

(c) Art 3.2.1 cf Art 5.2
The Board notes that the position of Treasurer has been omitted in Art 3.2.1 (composition of the Board); but this position is mentioned in Art 5.2. The Board understands that one of the Vice-Presidents shall be the Treasurer and that there has been an omission. It then has to be expressly spelt out as to the Vice-President who shall also cumulate the position of Treasurer.

It was resoloved that the Board will write to the JJEU to request JJEU to address the above issues and amend their Statutes accordingly.

B. Letter of complaint from Denmark

1. Letter dated 17.03.16 on an incident at Bangkok was read out to the Board by Mr. Suresh Gopi, to the effect that the Head Ne- Waza Referee Alex Paz had allegedly assaulted one of the Danish Coaches, during the weigh-in at the JJIF World Senior Championships held at Bangkok, Thailand in November 2015.
2. Mr. Joe Thumfart, Sports Director stated that he was told another version of the incident; that the Danish Coach had allegedly tried to force his way into the weigh in room, but as he was not allowed authorized to do so, Alex Paz had just tried to keep him out, exercising his authority as the Head Referee and sole person in charge/supervisor of the weigh-in process.

3. The President of the JJIF ruled that as there were 2 versions to this incident and instead of entering into a heated, perhaps never ending debate about this incident, the Board must take necessary steps to assure, that in the future, such incidents do not happen at the weigh-in. It was also suggested that there may be a need to revise the weigh in procedure as included in the JJIF Competition and Sporting Code.

C. Problems raised regarding the official draw at the World Junior Championships in Madrid

1. Mr. Eugene Dogamata, General Manager of the JJIF, stated that he has received a informal complaint from France against Mr. Joe Thumfart alleging that he had allowed the official Draw of bouts to be re done so as to accommodate the inclusion of a UAE athlete in that bout after the official draw has been already made. He added that a similar incident had occurred in relation to adding an entry of polish female athlete after the draw. The polish delegate went to see all countries to persuade them successfully to add her and redo the official draw.

That such occurrences are in violation of the rules and are inadmissible.

2. Mr. Joe Thumfart, Sports Director of the JJIF, clarified the issue stating that the actual Sporting Code of the JJIF allows changes of the draw and the mentioned case was approved by the President as required. He added that a redraw also had to be taken in relation to a Columbian female athlete also; and stressed that these cases were genuine mistakes of the organizing committee. In the case of the Ne-Waza men's event, all the directly affected member countries were contacted and they all had agreed to redo the official draw.
3. The President ruled that there is no doubt that the rules in relation to official draw have to be observed carefully; but, at the same time, that there should be some kind of flexibility if the genuine mistake is that of the organiser and not that of the athlete. He advised that in future the responsible person of the official draw should, not only secure the approval of all interested countries’ delegates, but should also consult with a higher person in authority to approve the redoing of an official draw.

4. Eugene Dogmata suggests that part of the solution would also be to get the Continental Unions’ Sports Directors to collaborate and work with Joe Thumfart, the JJIF Sports Director for all official draws in world events. Thus the responsibility will be collective and Joe Thumfart alone cannot be Accused or targeted. This will also serve to reduce the burden of work Entrusted of Mr. Thumfart, as he also has so many other things to do and to attend to, including his work with the JJIF and JIAU Board.

5. Joe Thumfart states that he agrees with this proposal and welcomes this possible solution.
The Chairman
The Secretary-General
The Executive Board Members
Ju-Jitsu Asian Union (JJAU)
Abu Dhabi

Respected Sirs,

Subject: Retraction and Apology

I hereby voluntarily retract and duly apologize for any and all allegations that may have been made inadvertently and unintentionally by me in the social media or otherwise in or around January 2016, that may be construed as slanderous and libelous or maligning the prestige, sovereignty and integrity of the United Arab Emirates, the Emirate of Abu Dhabi and the elected officers and officials of the JJAU and Ju-Jitsu International Federation.

This was never my intention and if such allegations have caused any prejudice or harm to such above named, this is deeply regretted and I hereby sincerely and personally apologize for such allegations and I irrevocably retract the same in their entirety.

Yours Sincerely

Mrs. Dana Mihaela Mortelmans
No.2 Colentina Road, 021172
Bucharest
Romania

Place: Madrid, Spain
Date: 20th March 2016
20th March 2016

The President
The Executive Board
Ju-Jitsu International Federation (JJIF)

Respected colleagues,

In due cognizance of certain mistakes and omissions made inadvertently on my part; and in the interests of sport, I hereby tender my resignation without any coercion and of my own freewill, as the elected General Secretary of the JJIF.

I also irrevocably undertake to immediately withdraw the case lodged by me as Plaintiff no.4 in Vermittleramt in the District of Hofe on or around 26th February 2016.

As a result, I also irrevocably undertake to immediately withdraw my power of attorney ("Vollmacht") dated 19.02.16 and my instructions to the MessrsTrachselRechtsanwalte AG with respect to the said case.

I also undertake to cease and desist with immediate effect all or any litigation or legal action that I may have initiated against JJIF or any of its Board members or agents or representatives or assignees and shall not take any such legal action against such persons with respect to the complaints subject matter of the case lodged in Vermittleramt in the District of Hofe on or around 26th February 2016.

Yours faithfully

Dana Mihaela Mortelmans
No.2 Colentina Road, 021172
Bucharest
Romania

Place: Madrid, Spain
Date: 20th March 2016
20\textsuperscript{th} March 2016

Mrs. Dana Mihaela Mortelmans  
No.2 Colentina Road, 021172  
Bucharest  
Romania

Dear Mrs. Mortelmans,

We are in receipt of your letter of resignation dated 20\textsuperscript{th} March 2016 and have resolved to accept the same with immediate effect.

We acknowledge the contribution that you have made to the propagation of Ju-Jitsu within JJIF and that there may have been misunderstandings in the recent past.

In view of the above and in the interests of Ju-jitsu, we hereby undertake not to proceed with any contemplated disciplinary action or legal recourse against you with respect to the all allegations raised.

We would like to seize this opportunity to thank you for your past cooperation.

Yours faithfully  
For Ju-Jitsu International Federation

Panagiotis Theodoropoulous  
President

Place: Madrid, Spain  
Date: 20\textsuperscript{th} March 2016
PROPOSAL

by

TOMO BORISSOV

Head of JJIF Department of Self-defence for the Army, the Police, Security Companies and Public and President of BJJF

SUBJECT: Restructuring and organization of the work in the Department in the field of self-defence

Dear Board Members,

Further to the discussion held so far with the JJIF Board members I hereby present to your attention a proposal, referring to the restructuring and the organisation of the work in the field of JJIF self-defence:


The Department has been established in 2009 by decision of the JJIF Board and Tomo Borissov - President of the Bulgarian Ju-Jitsu Federation and Vice President of JJIF.

The JJIF Board paid extremely great attention to the promotion and popularisation of the Ju-Jitsu self-defence techniques in two basic fields - Specialised Self-defence for professionals in the security sector and Self-defence for the Public (incl. children, women, handicapped people, etc.)

Based on the experience in the past few years and in view of providing a better background for the development of the work and further broadening of the target groups and their results I would like to introduce structural improvements:

- To transform the Department into a Committee of Self-defence,
To structure the work of the Committee in two Commissions according to the characteristics of the target trainees, namely:

- Commission of Self-defence for people working in the area of security and public order
- Commission of Self-defence for All

II. OBJECTIVES AND TASKS OF THE COMMITTEE COMMISSIONS

1. COMMISSION of Self-defence for people working in the area of security and public order (army, police, security sector, etc.)

MAIN OBJECTIVES:

- Development of the Self-defence for people working in the area of security and public order,
- Cooperation between the JJIF and the Human Rights and Police and Military Intervention Association regarding the application of its homologation procedures and programme.

MEMBERS:

- Tomo Borissov- expert in self-defence, Mr. Jose Maria Benito Garcia
- Expert-consultant of the Committee of Self-Defence and Chairman of Human Rights and Police and Military Intervention Association (Spain)
- Expert-instructors (providing training in the security sector) from Germany, France, Spain, Italy, Russia, Bulgaria, Greece, Poland, Austria and Slovenia and experts, selected and proposed by the respective National Federations and approved by the JJIF Board

MAIN TASKS:

- To further develop training Program and Methodology for specialized self-defence consisting of:
  - Psychological training – based on the behavioural psychology.
  - Physical training – special exercises for creating adequate reaction in extreme situations.
Technical training – creating adequate situational technical readiness of the professionals in the area of security and public order and of security companies so that when being attacked they could act effectively at self-defense in extreme situation. The technical readiness for specialized self-defence should be achieved through basic and special ju-jitsu techniques.

Specialised tactic training – creating model situations and developing adequate tactic readiness for acting effectively at self-defense in extreme situation when being attacked.

Other activities - exchange of best practices on national, regional and international level and discussion on the elaboration of respective training materials (handbooks, video, etc.) and information (web articles, leaflets, bulletins, etc.).

- Further development of Methodology for specialized self-defence adopted during the First Convention in Tunisia in 2014.
- To identify programs funded by EU and International funds in the field of Specialised self-defence and support the process of cooperation and submitting partnership projects.

2. COMMISSION Self-defence for All

MAIN OBJECTIVES:

- Development of the Self-defence for All - children, women, etc. by applying Program and Methodology that can facilitate the work of different social groups of the society in finding appropriate solutions of various socially important issues.

- Special focus on the self-defence for handicapped people.

MEMBERS:

- Tomo Borissov- expert in self defence for All, Expert-instructors (providing training in self-defence for all) from respective JJIF member Federations
and experts, selected and proposed by the respective National Federations and approved by the JJIF Board.

MAIN TASKS:

- To further develop training Program and Methodology consisting of:
  - **Psychological training** – based on the behavioral psychology (which defines the behavior of the trainee) and on the expressive psycho-diagnostic (which aims at foreseeing the aggressor’s/attacker’s behaviour)
  - **Physical training** – to include special exercises for creating adequate reaction in extreme situations.
  - **Technical training** – creating adequate situational technical readiness of the citizens for acting effectively in self-defence at extreme situations. The technical readiness for self-defense is achieved through basic and special ju-jitsu techniques.
  - **Specialised tactic training** – creating model situations and developing adequate tactic readiness for acting effectively at self-defense in extreme situation. The model situations should be defined in compliance with the trainees target groups (women, children, handicapped).
  - **Other activities** - exchange of best practices on national, regional and international level and discussion on the elaboration of respective training materials (handbooks, video, etc.) and information (web articles, leaflets, bulletins, etc.).

- To identify programs funded by EU and International funds in the field of self-defence for Public and the social aspect of the practical application of the sport and to support the process of cooperation and submitting partnership projects
Project aiming at improving the athletic and social conditions of women in Ju Jitsu.

Increase of female quotas in JJIF

This project aims at improving and increasing the position of women in the JJIF through lessons, courses and social initiatives dedicated to women, both on amateur and agonistic level, taking into account the peculiarity and the specific characteristics of each single individual.

For this reason we shall organize events, meetings and workshop to award and train our athletes and experts.

1. National workshops with quarterly frequency

The federation shall organize collective trainings in each member state during which the athletes can meet the Technical Team who will study a specific tactical/technical preparation in order to optimize the female performance in athletics.

During these workshops the athletes have the following experts at their disposal offering theoretical/practical courses: a sports doctor, a psychologist, a nutritionist and a mental training instructor who will guarantee a homogenous and professional training.

Moreover the athletes shall attend a BLSD (Basic Life Support Defibrillation) course.
2. Annual International workshop

Based on the federations’ programs, I propose to organize an annual international workshop where, in addition to the training with JJIF Coaches, the athletes are invited at a Gala Dinner with a prize giving for the ones that have reached the best results during the season.

The awarded athletes shall be given the possibility to travel to other federation member states where they can practice in JJIF associated gyms to improve both their technical/athletic background as well as socio-cultural experiences.

Once a year the JJIF shall award an athlete for her out standing athletic and behavioral values.

Ju jitsu not only improves the physics of a sportswoman but also her psychological and social behavior and this award shall be dedicated to the these fundamental concepts of our Art.

Innovations suggested for the type of training practiced by female athletes

In order to optimize the training it is important to separate the female from the male team offering a specific technical preparation.

I would like to underline that in order to reach this goal, in my opinion, it is imperative to also have female coaches in the technical team.

Our project aims at transforming top level athletes in coaches and introduce them not only in various clubs but also in the national team.

These top level athletes shall be trained by specialized members of the national team during a series of training courses in occasion of the national workshops.

Our project intends to valorize the role of the female experts who improve the performances of the athletes, members of the various teams.

3. JJIF Project – female self-defense

"Authors often compare psychological, physical and sexual violence exerted on women to torture, in relation both to its nature and its seriousness (Romito, 2005)"

Unfortunately there are many different ways in which women are abused – going from physical to psychological mistreatments – and it is important to underline that this is a violation of Human Rights.
Another serious crime is sexual harassment that unfortunately can occur in any place or moment of a woman's life without limits of age and can be committed by men of all kinds of social class; often even by an acquaintance or a person that belongs to the same family.

Our project aspires to create an intense collaboration between social politics and local authorities, the school and mass media.

In addition to the actual self-defense training, during our JJIF project – female self-defense, we shall also organize meetings with experts such as psychologists, lawyers and authorities who shall give theoretical lessons.

The training is mainly based on the prevention of assaults, bag-snatching and pick pocketing, robberies and theft.

Subsequently the women shall start an active self-defense course studying the defense techniques for the different types of aggressions.

Being the psychological violence often the worst aspect of an abuse, this issue shall be deeply analyzed during the courses by generating emotionally stressful situation simulating possible aggressions on the Dojo.

During our courses we shall study “real life” cases and put into evidence that it is fundamental that every single woman understands that an abuse, might it be physical or psychological, should never be considered "normal" or something to “hide”.

The chance to change things is bound to the woman's consciousness that the abuses exerted by a permanent or occasional partner never cease for love, as many women hope often suffering for years, but that they can only cease because the victims want them to end.

Only strong determination can save and free the victims, strengthening their conviction not to be willing anymore to accept these abuses.

We women think that the current situation requires a major effort and our JJIF project – female self-defense will surely contribute by training women who work on the entire territory to help many other women.

Our best athletes will attend our female self-defense courses and at the end of the training units only the ones passing the final written and practical exams shall become Coaches.
There will be three levels of preparation: Coach, Instructor and Master.

In order to maintain their title, each Coach, Instructor and Master has to attend the International JJIF workshop held once a year.

It is important to underline that the Masters who give the female self-defense lessons also have to be women, since most of the Instructors are men for whom it is objectively hard to identify their selves with the psychological and physical conditions of a woman, victim of abuses.

4. JJIF project in schools

The project aims at encouraging public and private schools to include self-defense courses in their program.

After having obtained their qualification of Coach/Instructor/Master during our workshops, our athletes shall be introduced in the JJIF school project.

All our school projects teach young people to practice ju jitsu and self-defense with respect and serenity. We shall carefully evaluate the actual capacities and limits of each participant, teaching them to accept themselves for what they really are and avoiding to push them beyond their capacities but making sure that they learn the basic principles of self-defense.

During our “JJIF school project” our athletes will adopt a playful approach of practicing our sport taking into account both the age and the specific necessities of the students;

The project shall evaluate the educational and instructive aspects of the sporting activities which are appropriately structured in an adequate learning process able to:

- **contribute** to the development of relational behavior during school and sporting experiences which will be carried out in the respect of the rules and requirements of the exercises.

- **establish** a precious support to the teaching methods since our exercises aim at a complete involvement of all students, without any distinctions, aspiring to a real integration of students with disabilities;

Self-defense classes shall be held for students starting from an age of 11 years.
The school teachers of the classes that participate at our project, supported by the JJIF Instructors, shall keep their didactic function and therefore also the responsibility of surveying the students during the course, maintaining an active role in fulfilling the exercises and verifying the goals of the project.

The Instructors of our Federation have the responsibility of monitoring the correctness of the exercises and their coherence to the project.

The Instructors are bound to adopt a behavior and tone of communication adequate to the educational role they have been assigned with and, at the same time, encourage a joyful working atmosphere and an active participation of all students.

This project not only allows to train the students but also to promote ju jitsu as well as the gyms associated to JJIF.

Increase of female quotas in the JJIF organogram

A lot of Federations – of many different sports and on international scale – have received numerous requests for membership from women.

I am glad to be a member of JJIF and in my opinion the women that collaborate with our Federation have always acted very professionally obtaining excellent results in all operational fields.

An increase of female experts in our Federation would put the “equal opportunities” into evidence which women can obtain proving both their technical and managing skills.

Generally speaking, we women are often less aggressive than men and have a good team spirit, demonstrating a higher focus on the results and blaming ourselves in case we fail, even though this helps us to work harder to recover what hasn’t been achieved before and eventually reach the final goal.

We show great respect for our assignment and work with love and dedication. We are often ready to postpone vacations or personal commitments, give up on parties or gatherings with our friends and sometimes even put our partner on hold.

Please consider to have more valuable and professional women in our Team; this would be a real benefit for JJIF.
Conclusions

This project, in case you should approved it, of course would be developed in detail in order to achieve the best result possible.

Should you share the proposal of the present document I wrote, I would appreciate if you could take me into consideration as Project Coordinator.

Yours sincerely

Samantha BARDELLI

La Spezia, Italy  22.02.2016