

PJJmag 002 Mar-May 2021

2XchromoZone
EDITION



Jenny Öster-Hall

Sweden Para Ju Jitsu

Invisible Limitations

by *Jenifer Simmons*

Back to Basics

QUARANTINE TRAINING

with *Samantha Seff*

Bone Broth Benefits

Easy Recipe

PARA JIU - JITSU .
magazine™

Jenny

柔術



2021

Pending Covid19 Delays



ParaJiuJitsuFederation.com

MARCH/APRIL 2021

04

Jenny Öster-Hall

Sweden Para Ju Jitsu

20

A foot in two worlds

Invisible Limitations by Jennifer Simmons

26

Back to Basics Workouts

Quarantine training with Samantha Seff

30

Bone Broth Benefits

Easy recipe with two cooking options

Advertisements

Fuji AFFORDABLE WHEELCHAIRS

Mats GIVE A GIFT OF A GI

Summit Express Medical

Kimono 2 Go Fuji Sports

USA Para Jiu Jitsu

**Living Adaptive
Podcast**

Abilities Expo

CONTENT

Jenny Öste



er-Hall

See Page 12 for English

*Svenska Para landslaget Ju jitsu
Kumla Kampsportsförening
Ju jitsu brunbälte*

Översatt av: Norma Jansson

Jenny föddes i Sverige och fick från början utmaningar i livet. Redan vid födseln omhändertogs hon av de sociala myndigheterna och placerades hos kärleksfulla föräldrar, Yvonne och Roger Berger, som skulle komma att ge henne allt stöd hon behövde för att ta sig an de utmaningar hon ställdes inför.

Redan när hon var väldigt liten märkte Jennys föräldrar att hon hade problem att gå och att hon inte interagerade med andra barn. När de sökte svar fick de veta att Jenny var autistisk och dessutom hade Spastisk Cerebral Pares.

Spastisk Cerebral Pares är den vanligaste av de 4 typerna av Cerebral Pares och innebär en förhöjd muskelspänning i hela eller delar av kroppen och ett svårkontrollerat rörelsemönster med stela eller ryckiga rörelser. Som barn opererade hon båda fötterna vilket gjorde det lite lättare för henne att gå och det gav henne en ny frihet.

Under uppväxten provade Jenny många olika sporter men hittade ingen som var lätt att anpassa efter hennes förutsättningar, tills hon hittade Ju Jitsu. Hennes yngre bror Jesper tränade och Jenny bestämde sig för att följa med och prova och det har hon aldrig ångrat!





SERIOUS TAPE FOR SERIOUS GRIPS



MonkeyTapeCo.Com

15% off code **PJJmag15**



En sak hon lärde sig var att hon inte upplever smärta på samma sätt som de flesta andra och hennes tränare var noga med att lära de andra eleverna hur de skulle träna med henne utan att skada henne. Det är den här öppna och inkluderande miljön och det stödet som gör Jenny ostoppar! I Sverige har hon haft svårt att hitta andra funktionsvarierade personer att tävla mot i Ju jitsu. Nu låter Jenny sig inte stoppas av det utan började istället tävla i Judo. Judon är lite säkrare för henne eftersom hon inte alltid känner när hon borde klappa av. Hon föredrar dock Ju jitsun eftersom en judomatch kan vara över med ett snabbt kast hon inte riktigt hinner parera medan Ju jitsun låter henne fortsätta jobba på positioner eller submission. Jenny är ljud och ljuskänslig vilket gör tävlandet lite svårare och det är bättre för henne att få tidiga matcher.

Förutom att hjälpa Jenny med hennes tävlande har familjen inlett en utveckling som kommer att låta både Jenny och många andra med funktionsvariationer att träna och tävla i Sverige

Som tränare i Kumla Kampsportförening började hennes pappa hålla specifika pass för personer med funktionsvariationer och passen har växt i popularitet. De tränar även på de andra passen men har på detta pass en möjlighet att få övningar skräddarsydda efter deras individuella funktionsvariationer. Enligt Roger ökar intresset i Sverige för tävlingsklasser och både individuellt och i lag för funktionsvariationer och Ju Jutsu VM i Malmö 2018 blev historiskt där funktionsvariationsklasser för första gången fanns med på schemat!



Instruktör Roger Berger



är det viktigaste, enligt Roger, att bemöta alla elever med respekt. De här personerna brottas konstant med utmaningar som andra inte behöver hantera och de hittar ändå sätt att träna! Sådana tränningar bör också innehålla övningar som kan anpassas till många olika funktionsvariationer i samma klass och glöm inte att skratta och ha roligt!

”Jenny har den största medaljsamlingen av alla kampsportare med funktionsvariationer i Sverige och hon är också landets första svartbälte inom Ju Jitsu Ryu med funktionsvariation!” säger Roger stolt

och fortsätter ”Jenny brukar säga att man måste prova många olika sporter för att hitta rätt men det viktigaste är att hitta ledare som bemöter dig med respekt och låter dig utvecklas i din egen takt!”

Det är tydligt att Jenny, med kärleken och stödet hon har från sin familj, kommer att kunna hantera vilka utmaningar som livet än bjuder på. Genom sitt driv och vilja att leva livet fullt ut trots sina utmaningar har Jenny och familjen byggt något riktigt stort, inte bara för henne själv, hon bryter barriärer och banar väg för många andra att följa i hennes fotspår! • [PJJmag](#)



without  **out**TM
LIMITATIONS
podcast

Coming Soon 2021



FUJIMATS

+ FACILITY DESIGN



Customize your academy with FUJI!



BEST WARRANTY



HIGHEST QUALITY



CUSTOM DESIGN



[instagram.com/fujimatco](https://www.instagram.com/fujimatco)



twitter.com/fujimatco



[facebook.com/fujimats](https://www.facebook.com/fujimats)

800.663.0629 | FUJIMATS.COM | INFO@FUJIMATS.COM



FUJIMATS
+ FACILITY DESIGN

Jenny Öste



er-Hall

Sweden Para Ju Jitsu Team Kumla Martial Arts Ju Jitsu Brown Belt

Jenny was born in Sweden and had challenges from the very beginning of her life. She was cared for by social services in Sweden from her birth. She was placed with a loving family with parents, Yvonne and Roger Berger, who would help Jenny overcome and adapt to any challenges that come her way.

When she was very young, Jenny's parents noticed that she had difficulty walking and that she did not interact with other children. Like any loving parent, Yvonne and Roger searched for answers. They discovered that Jenny has autism, as well as Spastic Cerebral Palsy.

Spastic Cerebral Palsy is the most common of the four cerebral palsy types. It causes an inability to relax muscles, which can cause difficulty moving, or stiff and jerky movements. Jenny's limitations make it difficult for her to manage finances and calculate time. She is sensitive to sound and light, which makes competing more difficult, yet

Jenny finds a way to cope with the tournament atmosphere. Early matches are always better for her. As a child, Jenny underwent surgery on both feet, which helped her to walk a little easier. With this newfound freedom, Jenny was ready to take on the world.





Living

Adaptive

www.livingadaptive.com



The Living Adaptive Podcast is hosted by Scott Davidson, and is a podcast about adapting and thriving despite any challenges.





While growing up, Jenny has tried several sports. But none of them were easily adaptable to her specific abilities...until she found Ju Jitsu. Jenny's younger brother Jasper was training, and Jenny decided to give it a try. She has never looked back! But she did learn that she does not feel pain the same way that most people do. Her coaches made it a point to teach the other students how to roll safely with Jenny. It is this inclusive environment, and the support that it brings, that makes Jenny unstoppable. In fact, the biggest thing that holds her back, is the lack of competitors in Sweden who also have limitations, so she can safely compete in Jiu Jitsu.

Even that didn't slow her down! Jenny began competing in Judo because it is safer for her, since she may not always know when she should tap. While it is safer for her to compete in Judo, Jenny currently prefers Ju Jitsu because in

Judo, she may not be ready for a quick throw, and then the match is over. In Ju Jitsu, the fight can keep going and Jenny has a chance to get a better position or a submission. On top of helping Jenny compete, Jenny's family began building a movement that will allow Jenny, and many others with limitations, to train and compete throughout Sweden. As a martial arts teacher at Kumla Martial Arts, Jenny's father made a class specifically for people with limitations. This class is small, but it is growing in popularity. The students who attend this class are also invited to the other classes that are taught, but this class is tailored to their individual needs and abilities. According to Roger, the idea of having competition brackets and teams for people with limitations, is a growing one in Sweden. In 2018, the competition in Malmo included people with limitations for the first time. It was a historic event!



Professor Roger Berger

According to Jenny's father, if people are interested in starting an adaptive program in their area, the most important aspect is to meet all of the practitioners with respect. These fighters are constantly fighting battles that others do not, yet they find a way to train. An adaptive program should include training that suits many different limitations within the class. Be sure to allow for differences, and to laugh and have fun.

According to Jenny's father, if people are interested in starting an adaptive program in their area, the most important aspect is to meet all of the practitioners with respect. These fighters are constantly fighting battles that others do not, yet they find a way to train. An adaptive program should include training that suits many different limitations within the class. Be sure to allow for differences, and to laugh and have fun.

Jenny may have challenges, but in her desire to have a full life, despite those challenges, Jenny and her family are building greatness. Roger proudly proclaimed, "Of all the disabled martial artists, Jenny has the largest medal harvest in all of Sweden." She is also the first practitioner with limitations in Sweden to wear a black belt in Ju Jitsu Ryu. Roger exclaimed, "Jenny usually says that you have to try many sports to find the right one. But the most important thing is to find leaders who treat you with respect and allow you to learn at your own pace."

It is clear that, with her family by her side, Jenny can overcome any obstacle life decides to throw at her. Not only will she overcome the obstacle, but she will find a way to break through any barriers, making the way for others to come behind her.

[PJJmag](#)





Learn More at

facebook.com/**JamminBJJ**

KIMONO 2 GO



THE CLEANEST WAY TO CARRY YOUR GEAR!

**SAVE 10%
PROMO
CODE:
K2G10**

**GYM BAGS
ARE HOST TO :**

**BACTERIA
VIRUSES
FUNGI**

**DITCH THE GERMS
GET
KIMONO 2 GO!**

- + HYGIENIC
- + AIR DRY GEAR
- + WATER RESISTANT
- + ZIPPERED POCKET
- + KEY CLIP

**GREAT FOR: MARTIAL ARTS,
YOGA, GYM OR BEACH**



www.Kimono2Go.com
ROLL, CLIP AND GO!

**"My favorite bag, that's not a bag"
Dean Lister**

A Foot in Two Worlds: Living with Invisible Limitations

by Jennifer Simmons

Breathe. While the pain has been more intense today than usual, you are still feeling better than you have in about a week. Today you were able to get out of bed. You know you are running low on essential groceries, and decide to use your precious energy to buy a few things. But the pain and overwhelming fatigue reminds you that your body is not like others. Just breathe. You park in the disabled parking space and put up your placard. You just need a few things. You can do this. One step at a time. You manage to put on your best smile, and walk toward the store, when someone comments on how horrible it is when people misuse the disabled parking.

“Don’t you know that is for people who are disabled? Where’s your wheelchair, faker? People like you make me sick.”

Breathe. This isn’t the first time you have had to deal with well meaning, albeit uneducated people, and it won’t be the last.

It is estimated that 1 in 10 people live with a limitation that others cannot see. An “invisible disability” is a medical issue that limits a person’s ability to complete typical life tasks, yet there are no outward signs that the person has a limitation. People with these invisible limitations do not always use assistive medical equipment like a cane or a wheelchair. Or, maybe they need these devices one day, but not

the next day. Invisible limitations can include syndromes that cause chronic pain and fatigue, neurological challenges, learning difficulties, visual impairment, auditory impairment, and so much more. Some of which qualify for a disabled parking placard, and some do not. The key point, is that you cannot tell who qualifies to park in that spot, based on appearance.



People living with invisible limitations have the unique ability to live in both worlds; the able bodied world and the world of those living with limitations. They can choose whether or not to tell people about their limitations. But this ability can bring its own problems. Do you tell your new supervisor that you have multiple sclerosis and some days you may have more trouble completing tasks than others? Do you mention the brain fog and crushing fatigue that comes with it? Will they understand? In the United States, the Americans with Disabilities Act gives employees some protections,

but we all know that employer discrimination is a real thing. Choosing to talk about your limitations can be a double edged sword. On one hand, people will know why you are walking slower, or dropping things today. But on the other hand, as time progresses and you don’t “get better”, disbelief of your illness can begin to creep in. I am not saying this always happens, but it happens often enough to talk about it.

People who are living with invisible limitations face extra scrutiny from society in general, including friends, family, and coworkers. Even people who are genuinely concerned can become skeptical about why you cannot do certain things. They may wonder why you are not getting better. Or they may wonder why you use a cane on some days, but other days you seem just fine. When people see somebody in a wheelchair because they cannot move their legs, they tend to be a lot more understanding and helpful than when they see someone in a grocery store stand up from a wheelchair to reach something high. This person would immediately be considered a faker, even though they may be using a wheelchair because they have trouble walking more than 50 feet.

Pain and chronic illness can wear a person down. People who walk the fine line of having a limitation, but not looking the same as they feel, must deal with the extra anxiety of having to constantly justify themselves to everybody. It does not matter that your doctor agreed to fill out paperwork so you can get a parking placard, or even social security disability insurance. It doesn't matter that the government agrees with your doctor that you need extra assistance. It doesn't matter that the young person you just saw pull into the disabled spot has ankylosing spondylitis, an incredibly painful disorder that causes her bones to fuse. When the rib cage begins to fuse, it becomes increasingly difficult to breathe. Nope. None of that matters to the eyes of other people. All they see is someone walking just fine, who parked in a spot dedicated to people with limitations. How can you possibly be living with a limitation if you are not in a wheelchair, right?

The problem is a lack of education. The judgmental looks and comments come from people who truly believe they are fighting for people living with limitations. But their definition of what a limitation looks like is way too narrow. Not every limitation can be seen by the world. A little more love and understanding can go a long way to help people living with limitations that cannot be seen.



over 500 made!

Explore Your Abilities with

Spartan Wheel Chariots

SpartanWheelChariots.com



**Are You Tired
of Suffering
From Urinary Tract
Infections?**

**do YOU wash
& Reuse DIRTY
CATHETERS?**

WE CAN HELP

CALL TODAY FOR FREE SAMPLES

tel: ***(888) 269-6605***

fax: ***(631) 269-6230***

SummitExpressMedical@yahoo.com



Summit Express
Medical Supply

SummitExpressMed.com



USAPJJ.COM

USA★PARA JIU JITSU™

#USAPJJ

“SOMETIMES
IT'S BETTER
TO STAY ON
THE GROUND
WHEN YOU FALL”

Maximiliano Ulloa York

Jiu Jitsu Brown Belt
USA Para Jiu Jitsu Team
T-5 Spinal Cord Injury
Fall Date: May / 2012



FUJI®

Supports USA Para Jiu Jitsu

FujiSports.com

BRA - Jorge Nakamura • VS • Maximiliano Ulloa York - USA
2018 JJIF PJJ World Championship • Malmö, Sweden

Quarantine Training with **THE WOLF QUEEN**

Samantha Seff is a professional atomweight MMA fighter and brown belt in Brazilian Jiu Jitsu. She trains at Schell Shock BJJ under Team Rubao Carioca in Fuquay Varina, NC and Knuckle Up Boxing Gym in Raleigh, NC. She writes a weekly blog at WolfQueenMMA.com and you can follow her on Instagram at [@WolfQueenMMA](https://www.instagram.com/WolfQueenMMA). She is constantly training and preparing so she can stay ready should a 105 lb fight pop up.

Samantha has friends in all Walks and Rolls of life that participate in Jiu Jitsu, never letting size, strength, or limitations impede their journey. Samantha and the rest of the instructors have worked with several students with limitation. Schell Shock BJJ is a IJJWLF safe and accessible certified academy, they even have accessible showers. If your in the area stop in and train and see Southern Hospitality at its finest.



Squats

Muscles primarily activated
glutes, hamstrings, quads, and calves

10 - 15 Reps for 5 sets.

Squat for depth, i.e. parallel or below if capable, and pause for 3 seconds at the bottom, before exploding up on the ascent. The descent should be slow and controlled. Weight should be distributed through the heels, spine in a straight line, equal balance between both legs, and feet just outside of shoulder with apart with the knees pointed slightly outward. The posterior chain remains taut and strong, constantly engaging the core. Eyes always straight ahead and expanded chest to prevent spinal compression and improper form which may lead to injury.



Close-grip push-up

Muscles primarily activated:
chest, triceps, biceps, lats, and delts.

8 - 12 Reps for 3 - 5 sets.

Pause for 1 second at bottom, before exploding up on ascent. Elbows remain tucked and tight with palms flat on the ground directly underneath the chest. Especially beneficial muscle memory to have for Jiu Jitsu athletes. The pause at the bottom helps establish control of the core, and a strong core helps promote healthy recovery and injury prevention throughout the body.



Yes, You CAN!

Abilities EXPO

Serving the Community
Since 1979

At Abilities Expo, you can...

- Build independence with the latest products
- Learn tips and life hacks at workshops
- Improve fitness with adaptive sports
- Open doors with service animals
- Change the game with new tech
- Get answers from the experts
- Embrace your abilities through dance
- Access facts on therapeutic cannabis
- And so much more!

**FREE
ADMISSION**



Follow Us!
#AbilitiesExpo

Abilities.com

Register online today. It's free!

**Due to the Covid19 Virus Delays Please
Check The Website for Schedule updates**

PARA JIU - JITSU . magazine BOOTH

Only at the

Abilities
EXPO



Jiu Jitsu

without
LIMITATIONS

Adaptive Self Defense,
Techniques and more at
PJJmag.com

BASIC BEEF BONE BROTH

Ingredients & Prep

BONE BROTH HAS A LOT OF BENEFITS BESIDES THE BASE OF A GOOD SOUP. BONE BROTH CAN HELP WITH DIGESTION, ARTHRITIS, HEALTHY HAIR, NAILS & SKIN, PLUS IT'S A GOOD SOURCE FOR PROTEIN.

WHEN SHOPPING FOR BONES TRY TO GET BONES THAT HAVE LOTS OF CONNECTIVE TISSUE LIKE FEET, KNUCKLES AND ANY BONES YOU CAN FIND. YOU CAN BREAK INTO PIECES OR CHOP ALL THE VEGGIES

PREP TIME 30 MINUTES
COOK TIME 24 - 48 HOURS

Ingredients

2-3 POUNDS OF BEEF BONES MIXTURE
1 TABLESPOON APPLE CIDER VINEGAR
2 CHOPPED REGULAR CARROTS
2 CHOPPED CELERY RIBS
1 MEDIUM CHOPPED ONION
2 BAY LEAVES
1/2 TEASPOON PEPPERCORNS
1 TEASPOON SEA SALT
FILTERED WATER

Bone Prep

1. PREHEAT OVEN TO 425°F.
2. LAYOUT BONES & ONION IN ONE LAYER ON A LARGE BAKING SHEET.
3. BAKE FOR 30 MINUTES AND LET COOL BEFORE STARTING THE BROTH.

Stove Top

IN A LARGE SOUP PAN, PLACE BONES, APPLE CIDER VINEGAR, CARROTS, ONIONS, CELERY, BAY LEAVES, PEPPERCORNS, AND SALT.

FILL POT WITH WATER UNTIL IT COVERS THE BONES BY AROUND AN INCH.

BRING TO A BOIL, AND SIMMER ON THE LOWEST SETTING FOR 32 HOURS. PLACE THE COOLED POT IN THE FRIDGE OVERNIGHT, AND RESTART THE COOKING TIME THE NEXT DAY IF YOU DONT FEEL COMFORTABLE SIMMERING OVERNIGHT.

WHEN COOKING TIME IS UP, STRAIN BROTH THROUGH A CHEESE CLOTH, & REFRIGERATE OVER NIGHT FOR BEST RESULTS.

ONCE CHILLED, THE BROTH SHOULD BE LIKE JELLO AND HAVE A LAYER OF FAT ON TOP. SCRAPE OFF THE FAT AND TRANSFER BONE BROTH TO MASON JARS FOR EASY USE OR STORAGE.

Slow Cooker

IN THE SLOW COOKER, PLACE THE BONES, APPLE CIDER VINEGAR, CARROTS, ONIONS, CELERY, BAY LEAVES, PEPPERCORNS, AND SALT.

FILL POT WITH WATER UNTIL IT COVERS THE BONES BY ABOUT AN INCH.

COVER AND COOK ON LOW FOR 48 HOURS. KEEP LIQUIDS ONE INCH ABOVE BONES.

STRAIN BROTH THROUGH A CHEESE CLOTH, & REFRIGERATE OVER NIGHT FOR BEST RESULTS.

ONCE CHILLED, THE BROTH SHOULD BE LIKE JELLO AND HAVE A LAYER OF FAT ON TOP. SCRAPE OFF THE FAT AND TRANSFER BONE BROTH TO MASON JARS FOR EASY USE OR STORAGE.



BASIC BEEF BONE BROTH

Cooking Options



JIU JITSU



BUILDING



EXPLORING



COOKING

PUSHING THE LIMITS

withoutTM
LIMITATIONS

IJJWLF.com