

COURSE TITLE	COURSE DESCRIPTOR AND OBJECTIVES
Animal Movement Patterns for Judo	To teach through a variety of fun mat-based "animal movement patterns" and games, exercises which will help to develop fundamental movement and co-ordination skills for judo and increase whole body power, strength and endurance. The course is open to coaches of all levels and the moves taught can be employed by young judoka aged 5 right up to seniors. Course Objectives: <ul style="list-style-type: none"> • To learn and practice the 30 Animal Movement Patterns • To learn and develop a number of associated Animal Games • To develop judo sequences based on the Animal Patterns Time: 4 hours approx.
Coaching Children (5-7 yrs)	For coaches working with young children either in a club or school setting this course will consider growth, development and competencies relative to the 5-7 year old child. Course Objectives: <ul style="list-style-type: none"> • To develop the coach's awareness of the needs of young children (5–7 years) based on the child profile. • Develop activities relative to the young child 5-7 years • Highlight the importance of having FUN while encouraging long term participation. Time: 3 hours
Coaching Children (8-11 yrs)	For coaches working with young children either in a club or school setting this course will consider growth, development and competencies relative to the 8 - 11 year old child. Course Objectives: <ul style="list-style-type: none"> • To develop the coach's awareness of the needs of young children (8-11 years) based on the child profile. • Develop activities relative to the young child 8-11 years • Highlight the importance of having FUN while encouraging long term participation. Time: 3 hours
Coaching Kata	Traditionally Kata has been delivered from the personal learning point of view; this course will look at the history of Kata and how to coach it. Course Objectives: <ul style="list-style-type: none"> • Discuss Understand the development of Kata and its relevance to modern Judo (historical). • Understand the sequencing of techniques in Katame-no-Kata (theatrical/practical application/Nage-no-Kata). • Understand, refer to and apply the principles of Kata techniques when coaching (practical application). • Promote an understanding of the relevance of Kata amongst others. • Prepare themselves and others for the study of formal Kata, if desired. Time: 1/2 days

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<p>Coaching Novices</p>	<p>The Coaching Novices module will look at how coaches can develop strategies and good practices to deal with and retain new members during the first few weeks of their judo experience.</p> <p>As coaches, our initial interaction with players when they walk into the judo club or school environment is crucial in growing the sport and maintains its good reputation.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Give coaches the tools that will help them become better and safer novice coaches. • Explore relevant practical methods of attracting and retaining novice players. <p>Time: 4 – 4.5 hours</p>
<p>Coaching in Schools</p>	<p>The Coaching in Schools module is aimed at coaches who deliver or are interested in delivering judo in the school environment to young people. It will look at, planning session content for various ages and abilities, engaging with school and colleges, how to create an interactive assembly and assessing your own preference in terms of which age groups to teach.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Work with coaches on strategies used to access the Education sector. • Encourage coaches to identify and target specific areas dependant on own coaching ability. • Explore with coaches, how they can meet the needs of their classes. • Identify methods and practices that will help with player retention or progression of players to your club. <p>Time: 4 hours</p>
<p>Coaching Young People - Participation and Performance</p>	<p>During this module coaches will look at growth, development and competencies relative to the young people 11 - 17 years. It will focus on both participation and performance.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • To develop the coach’s awareness of young judo players needs based on the players profile. • Use the PTTMPS and 5 C’s effectively to develop young judo players. • Explore the differences in session planning and support for the recreational v performance player. <p>Time: 4 hours</p>

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<p>Disability Judo</p>	<p>This workshop has been developed to provide an introduction and offer guidance to any coach involved with disabled people in judo.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • To work with coaches on how to include disabled players in their club practice. • Identify, adapt and create appropriate coaching activities to support players with various disabilities. • Create safe and effective coaching environments. <p>The workshop is designed to be practical in nature and offer delegates the opportunity to apply the information they have learnt to their own coaching practice.</p> <p>Time: 3.5 hour</p>
<p>Judo Fitness Level 1</p>	<p>This course is designed for coaches working with 11 years old and under judo players.</p> <p>Our weekend course will cover similar areas of fitness (not JudoFit to music) to the current Judo Fitness Award with the focus being on the Long Term Player Development of younger players. It has been designed to look at all the physical attributes players should have at this age. Coaches will practice how to teach these skills at a relevant level. With these fundamental skills in place players will potentially be able to perform more efficiently technically and competitively in our sport, from grassroots through to future elite level.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Work with coaches to up-skill them in delivering more interactive judo lessons that will offer players the correct training at the appropriate age. • Understand junior players' fitness needs and teach new skills correctly and safely. • Look at how to have more fun in the dojo and encourage junior players' parents to participate more actively. <p>Time: 2 days</p>
<p>Judo Gymnastics</p>	<p>The aim of 'Gymnastics for Judo' is to through gymnastic activities and processes develop young judo players with good body control and awareness, enabling them to potentially perform more efficiently technically and competitively in our sport.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Explore how to safely develop a judo player's judo specific gymnastic and flexibility ability. • Identify gymnastic movements and their relevance in judo. • Know how to support players in basic gymnastic movements. • Develop a coach's ability to fault correct judo specific gymnastic movements, and show the correct progressions for basic moves. • Create games and activities which incorporate and develop player's gymnastics movement. <p>Time: 5 – 6 hours</p>

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<p>Judo SAQ and Judo Agility</p>	<p>The main aim of these two modules is to through JSAQ and Judo Agility activities and processes develop young judo players with smooth, quick and co-ordinated movements, enabling them to potentially perform more efficiently technically and competitively in our sport, from grass roots through to future elite level.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Examine where speed, quickness and agility is important in judo. • Work with various drills to improve SAQ and judo agility • Explore the technical elements related to ensure good form. • Deliver a course which will allow coaches and players to practise in a safe manner <p>Time: 6 hours (approx.)</p>
<p>Judo Strength and Conditioning and Judo Flexibility</p>	<p>The Judo Strength and Conditioning and Judo Flexibility modules will look at activities and processes that can be used to develop young judo players with strong, powerful and flexible bodies, enabling them to potentially perform more efficiently technically and competitively in our sport, from grass roots through to future elite level.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Explore and look at how to develop the fitness of elements for judo in young players. • Focus and develop fitness elements through training movements not muscles. • Discuss and practically apply movements relevant to the sling system. <p>Time: 6 hour (approx.)</p>
<p>JudoFit</p>	<p>The aim of 'JudoFit' is to perform judo movement to music. This can be in the form of shadow uchi-komi, nage-komi or circuit, which can be adapted to suit both the beginner and advanced judo player. It is an extremely flexible product that can take place on a judo mat or in a gym hall (with no mats), and is ideal for all ages and genders - mums will love it!</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Examine the components of a JudoFit class. • Work with class plans to design session components relevant to their group. • Develop the coach's ability to work with music when delivering session components. • Ultimately the coach should be able to design and deliver their class effectively. <p>Time: 1 day</p>

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Kata	Kata courses at the generic level can include all Kata in the BJA Dan Grading Syllabus (also including Mon and Kyu). Course Objectives: <ul style="list-style-type: none"> • Develop the coaches ability to correctly perform relevant Kata for own or players grading purpose - adapt for those with physically, mentally or cognitively needs. • Enhance the coaches understanding and application of principles. • Explore and demonstrate the etiquette and safety related to relevant Kata. • Prepare coaches for grading. Time: 6 hours (approx.)
LTPD	In development
Masterclasses	Masterclasses will vary depending on the person delivering the session. Top judo players/coaches will be invited to deliver their or their players technical and tactical approaches to judo. Course Objectives: <ul style="list-style-type: none"> • These will vary depending on the deliverer. Time: 3 – 5 hours
National Area/Technical Conference	These courses will vary depending on the needs of the area where they being delivered.
Personal Safety/Self-defence	British Judo currently has a consultant looking at these courses. Further information will be made available at a later date.

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<p>Nutrition and Weight Management</p>	<p>Nutrition and Weight Management is an important area of judo which this course will explore in detail. It will look at topics including, healthy eating and nutrition for judo, hydration and safe weight making practices.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Identifying the main role of Carbohydrate in the body • Classifying & listing sources of simple & complex Carbohydrate • Defining GI & GL and identifying the categories • Identifying the benefits of unrefined over refined Carbohydrate • Listing the benefits of fibre in the diet • Explaining the component parts of protein • Defining essential and non-essential amino acids • Listing sources of complete and incomplete proteins • Describing the main functions of protein • Being able to calculate protein requirements based on weight and activity • Identifying issues with excessive protein consumption • Identify the main functions of fat • Identify the 3 main types of fat and sources of each • Explain the process of hydrogenation • Name the 2 types of Essential Fatty Acids and sources of each <p>Time: 4 hours</p>
<p>Preparation for Performance</p>	<p>Attendance to two 'Preparation for Performance' sessions aimed at 10 - 15 year olds.</p>

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<p>Matside Coaching</p>	<p>The main aim of Matside is to deliver, discuss and work with the requirements of a BJA Level 1 and 2 when coaching matside. This will enable coaches to confidently prepare players pre, during and post matside at club, area and national level competition.</p> <p><i>Please note that without completing this module all BJA Level 1 and 2 Coaches qualifying after January 2013 will not be able to coach player's matside at relevant level competition (BJA Level 1 without support of BJA level 2/3 coach).</i></p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Provide information on safe matside coaching. • Create coaches awareness of player's needs. • Explore critical areas of player support, before, during and after competition. • Provide information on and discuss coaching behaviour. <p>Time: 4 hours</p>
<p>Technical Frameworks</p>	<p>The Technical Frameworks module will look at how coaches can take a basic technique or situation commonly seen in competition/randori and create technical maps.</p> <p>Two major benefits of using this technical tool are, it will aid the judo player and coach in developing judo skills in an original manner and help inform session planning.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Discuss the main techniques used at Olympic level. • Work with a basic 'Technical Framework'. • Create 'Technical Frameworks' using basic techniques and situations seen in judo at all levels. • Discuss the benefits of 'Technical Frameworks' to the coach and player. <p>Time: 4 hours</p>
<p>Technical Grading Level 1</p>	<p>The aim of this module is to deliver, discuss and work with the technical requirement of British Judo's 'Mon and Kyu Grading Syllabus' 1st to 9th Mon (Kyu grade equivalent) in order that BJA Level 1 coaches can confidently prepare and grade players 1st to 6th Mon.</p> <p><i>Please note that without this module all new (from January 2013) BJA Level 1 and Level 2 coaches will not be able to grade players.</i></p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Using 'how' to coach principles look at effectively delivering a technical session using technical principles and coaching points. • Coaches will demonstrate techniques from Novice to 9th Mon using the principles of what makes a good demonstration. • Link techniques using sequencing from Novice to 9th Mon. <p>Time: 4 hours</p>

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Refereeing for Coaches	<p>The purpose of this module is to provide coaches with an insight into how a referee analyses the performance of a player in order to make a judgment on the actions demonstrated. By having a more in depth understanding of how decisions are made by the referee, coaches will be better positioned to educate their players for competition(e.g. helping them score higher and better manage potential penalty situations).</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Explain the importance of understanding the refereeing rules and application • Ensure that their players have suitable Judogi and present themselves in a proper manner • Demonstrate an understanding of how to score in various judo situations. • Teach players the implications of taking none standard grips during a contest. • Reflect on how their behaviour may be influenced by refereeing decisions on competition day • Demonstrate an understanding of how to use the contest area edge and what constitutes refusing to fight • Appreciate how the coach must undergo CPD in order to be up to date with rule changes. <p>Time: 4 hours</p>
sports coach UK Courses	<p>Various courses which can impact on the coaching environment will be considered for the purpose of coach revalidation.</p> <p>For further information on sports coach UK workshops please use the following link - http://www.sportscoachuk.org/workshops/workshop-search</p> <p>Time: Varies depending on course.</p>
EJU Level 3 Coach Award	<p>Each year completed on this course will be equivalent to one Generic credit - an Applied Application must be completed and sent to Nicola Burlingham-Hall, email nicola.burlinghamhall@britishjudo.org.uk</p>
EJU Level 4 Coach Award	<p>Each year completed on this course will be equivalent to one Generic credit - an Applied Application must be completed and sent to Nicola Burlingham-Hall, email nicola.burlinghamhall@britishjudo.org.uk</p>
Technical Grading Level 2	<p>The aim of this module is to deliver, discuss and work with the technical requirement of British Judo's 'Mon and Kyu Grading Syllabus' 10th to 18th Mon and the Kyu grade equivalent in order that BJA Level 2 coaches can confidently prepare and grade players for all Mon and Kyu grades.</p> <p><i>Please note that without this module all BJA Level 2 coaches qualifying after January 2013 will not be able to grade players.</i></p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Deliver a technical session using technical principles and coaching points for BJA grade 10th – 18th Mon • Utilise BJA grade 10th – 18th Mon to develop technical sequences • Develop technical sequences using the principles of Action - Reaction <p>Time: 4 hours</p>

COURSE TITLE	COURSE DESCRIPTOR AND OBJECTIVES
Technical Grading Level 3	<p>The aim of this module is to deliver, discuss and work with the technical requirement of British Judo's 'Dan Grading Promotions Syllabus' in order that BJA Level 2 and 3 coaches can confidently work with players in preparation for Dan grade promotions.</p> <p>Course Objectives:</p> <ul style="list-style-type: none">• Work with coaches to explore, discuss and demonstrate (where able) the technical principles and application related to the competitive 'Dan Grading Promotions Syllabus'.• Work with and discuss the marking system related to the competitive 'Dan Grading Promotions Syllabus'. <p>Time: 4 hours</p>

Notes:

The above courses are descriptors and objectives guides for courses that the British Judo Association Coaching Department currently support and deliver. These are subject to change and each course will only count once in every 3year period. Time frames and costing will vary depending on the course. Remember you can also use your own 'Applied Learning' as a Generic revalidation event providing you complete and send in an 'Application for Applied Learning' form and each course only counts once in a 3 year period.

If you require further course information please visit the BJA website, contact your local Technical Officer or email Nicola Burlingham-Hall (Coaching Administrator) at nicola.burlinghamhall@britishjudo.org.uk.