



England Judo Assessment Protocol

Assessment Protocol

Nagewaza : 3 x 20s

Randori : 3 x 3mins

Tori will complete 1 minute of Nagewaza

Tori will complete 3 Randori practices with 3 different partners

R/L

England Judoka will be Assessed on the Following Criteria

TACHIWAZA

	1	2	3
Posture			
Kumi-kata			
Movement			
Timing and Distance			
Preparation for Nagewaza			
Ability to Lead/Dictate a Contest			
Use of Combinations			
Use of Action - Reaction			
Defensive Strategies			
Ability to Counter			
Nagewaza Efficiency			

Comments

TRANSITION

	1	2	3
Anticipation			
Continuity			
Placement			
Mobility			
Uses of Weight, Tension and Position of Opponent			
Tactical Strategy (off/def system)			

Comments

NEWAZA

	1	2	3
Posture and Positioning			
Movement			
Mobility			
Efficient Preparation			
Dynamic Sense			
Combinations/Linkage			
Final Control/Finish			

Comments

Judoka's Ability in Standard Newaza Positions

	1	2	3
Uke on all 4's - Tori attacking from the front			
Tori attacking from side on position			
Tori attacking from behind			
Tori Sitting - Uke Between Legs			
Uke sitting - Tori Between Legs			
Single Leg Trapped			

1 : low / 3 high

Coaches General Comments

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