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## Course Details

**COURSE DATE:** Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> February 2012

**VENUE:** Gosport Judo Club  
St. John's Church Hall  
Forton Road  
Gosport  
Hampshire  
PO12 4TQ

**APPLY BY:** Monday 6<sup>th</sup> February 2012  
Numbers are limited and you are advised to apply early to secure a place.

**TIMES:** Saturday 8.30am to 6.00pm  
Sunday 8.45am to 2.00pm

**COURSE FEE:** £50.00  
This includes the cost of all resources but does not include accommodation or meals.

**INFORMATION:** A detailed programme can be found with this application form and will also be sent to applicants nearer to the course date.

**TUTOR:** Your course tutor will be;  
  
Chris Doherty – British Judo Association (BJA) Technical Officer  
tel: 07967 781 663 e-mail: [chris.doherty@britishjudo.org.uk](mailto:chris.doherty@britishjudo.org.uk)

**COURSE APPLICATION:** To apply complete and return the application form and make payment of £50.00. Your application will be acknowledged approximately two weeks prior to the start of the course. You can also apply and pay online at [www.onlineentries.co.uk/technical](http://www.onlineentries.co.uk/technical)

If your application has been unsuccessful you will be notified as soon as possible.

**AWARD CRITERIA:** To qualify for the BJA Instructor Award the applicant must be;

- ✓ A current senior member of the BJA
- ✓ At least 17 years of age
- ✓ Hold a minimum BJA Grade of 1st Kyu
- ✓ Hold a BJA Criminal Record Bureau (CRB) Disclosure
- ✓ Have a Safeguarding and Protecting Children Certificate (this MUST be sports specific)
- ✓ Have a First Aid Certificate that is Health and Safety Executive (HSE) approved

Further information is available on the BJA website:  
[www.britishjudo.org.uk/technical/coaching\\_home.php](http://www.britishjudo.org.uk/technical/coaching_home.php)



**Course Programme**

| DAY 1   |  |  |
|---|--|--|
| 8.30am — 8.40am   | ARRIVAL & CHECK-IN   |  |
| 9.00am  | M1. WELCOME & INTRODUCTION DAY 1<br>• Introduction / housekeeping<br>• Outcomes / course modules                                   | • Course resources<br>• Group activity (learning task 1)   |
| 9.45am  | M2. JUDO FUNDAMENTALS I<br>• Basic principles of katame-waza (osae-komi-waza / shime-waza / kansetsu-waza)                         | • Supplementary techniques<br>• Technical sequences (real world judo)  |
| 11.00am   | BREAK  |  |
| 11.15am   | M3. THE JUDO SESSION<br>• Session planning (learning task 2)<br>• Main components of a club judo session                           |  |
| 11.45am   | M4. TECHNICAL INSTRUCTION<br>• Class control and organisation<br>• Basic instruction method  | • Planning technical content (learning task 3)   |
| 12.15pm   | M5. PUTTING IT INTO PRACTICE<br>• Delivering the technical components of a session   |  |
| 1.15pm  | LUNCH  |  |
| 2.00pm  | M6. JUDO FUNDAMENTALS II<br>• Basic principles of nage-waza (tachi-waza / sutemi-waza / kaeshi-waza / renraku-waza / renzoku-waza) | • Transition to ne-waza<br>• Technical sequences (real world judo)   |
| 3.30pm  | BREAK  |  |
| 3.45pm  | M7. KEEPING SAFE<br>• Health and safety<br>• Emergency procedures<br>• Injury prevention and management                            | • Supervision and class control<br>• Safeguarding and protecting children  |
| 4.15pm  | M8. PUTTING IT INTO PRACTICE<br>• Delivering the technical components of a judo session  |  |
| 5.30pm  | SUMMARY OF DAY 1 AND INFORMATION FOR DAY 2   |  |
| 6.00pm (approx.)  | DEPARTURE  |  |
| DAY 2   |  |  |
| 8.45am  | ARRIVAL  |  |
| 9.00am  | WELCOME BACK & INTRODUCTION DAY 2  |  |
| 9.35am  | M9. JUDO FUNDAMENTALS III<br>• Skill development model   | • Sequence of skill development<br>• Uchi-komi / nage-komi / randori   |
| 11.00am   | BREAK  |  |
| 11.15am   | M10. THE NOVICE PLAYER<br>• Principles for working with the novice player<br>• Ukemi and the introduction to judo techniques       |  |
| 12.00pm   | M11. COACH EDUCATION<br>• CPD (continuous personal development)<br>• coach education pathway                                       | • Widening the Market Initiatives<br>• revalidation events / master classes etc.<br>• competition judo / contest rules |
| 12.30pm   | LUNCH  |  |
| 1.00pm  | M12. START WELL - FINISH WELL<br>• warming up / cooling down   |  |
| 1.45pm  | COURSE SUMMARY AND FINAL INFORMATION.  |  |
| 2.00pm (approx.)  | DEPARTURE  |  |
| The times are for guidance only and may be subject to change. |  |  |



**Course Application Form**

|                              |  |
|------------------------------|--|
| <b>Course Date</b>           | <b>Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> February 2012</b> |
| <b>Course Venue</b>          | <b>Gosport</b>   |
| <b>Name</b>                  |  |
| <b>Address</b>               |  |
| <b>Post Code</b>             |  |
| <b>Club</b>                  |  |
| <b>Email Address</b>         |  |
| <b>BJA Membership Number</b> |  |
| <b>Grade</b>                 |  |
| <b>Date Awarded</b>          |  |
| <b>Signed</b>                |  |
| <b>Today's date</b>          |  |

Send this completed application form to;

**Technical Team, British Judo Association, Suite B, Technology Centre, Epinal Way, Loughborough LE11 3GE**

Payment of £50.00 is accepted by either;

- ✓ Cheque payable to British Judo Association sent with this form.
- ✓ Card payment via telephone on 01509 631 670 option 3. We do not accept American Express.

**PLEASE DO NOT SEND CASH.**