

BRITISH JUDO ASSOCIATION

Preparation and Guideline Notes

Club Coach Award

Minimum Requirements

- ✓ Minimum Grade of BJA 1st Kyu
- ✓ Minimum of 18 years old
- ✓ Have attended a BJA preparation course
- ✓ Hold a current BJA licence
- ✓ Hold a current basic First Aid Certificate.

Part 1.

The candidate will be required to demonstrate 15 techniques from each of the Tachi Waza Gokyo and Ne Waza Goyko. The techniques will be of the examiners choice.

Marking will range from 0 to 10 points for each technique. Please refer to the Marking Guidelines document in your folder for more details.

Minimum pass mark is 112 for each section

Part 2.

Practical Coaching

The candidate will be required to demonstrate the ability to run a 15-20 minute session teaching one technique from the Gokyo. The techniques will be selected by the examiner
The Candidate will be marked on the following points:-

	Possible mark
a. Introduction	5%
b. Technique	35%
c. Progression	15%
d. Clarity of Instruction	15%
e. Presence	15%
f. Imagination	15%

Minimum Pass Mark 65%

Part 3

Rules and Refereeing:-

The candidate must answer a 10 question multi choice paper and a 10 question oral refereeing and rules questionnaire.

Pass Mark for each paper 60%

Any candidate who holds a current BJA Referee Award is exempt from Parts 3

Information on current rules should be sourced from the IJF Contest Rules as adopted by the BJA.

Part 4.

Lesson Plans

Lesson Plan 1.

The candidate must prepare a beginners course plan, This plan will be made up of ten sections and will cover the first lesson of a beginner.

The plan must cover the following sections:-

1. Introduction including terminology as necessary
2. Safety & Hygiene
3. Etiquette
4. Dress requirements including badges
5. Warm Up
6. Ukemi
7. Grips (left and right)
8. One Tachi Waza
9. One Ne Waza
10. Questions

The candidate must score a minimum of 50% in each of the ten sections and an overall minimum pass mark of 75%

Lesson Plan 2.

The candidate must prepare a beginners course plan of 10 weeks. The plan can be for either Juniors or Seniors but must contain technique relevant to the grading syllabi. At the end of 10 weeks candidates should be suitably prepared for their first grading. Each lesson to be of 1-1 and a half hours duration. The plan should be set out one lesson to a page format.

Then subjects to be covered during the ten lessons are:-

1. Throws both static and dynamic with avoidances and links
2. Holds with escapes and links
3. Strangles and strangle defences (seniors)
4. Armlocks and armlock defences (seniors)
5. Combination techniques
6. Counter techniques
7. Grips and Postures (stances)
8. Tactics
9. I.J.F Rules
10. Grading Information

The plan must be written or typed and completed prior to the examination.

The candidate must score a minimum of 50% in each of the ten sections and an overall pass mark of 75%