

BRITISH JUDO ASSOCIATION

Preparation and Guideline Notes

Senior Club Coach Award

Minimum Requirements

- ✓ Minimum Grade of BJA 1st Dan
- ✓ 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 must complete one set of the Nage-No Kata and one set of Katame –No Kata Selected from a draw, or produce a minimum of County Standard Certificate in Kata.

Part 2.a

The candidate will be required to demonstrate the ability to run a 30 minute class session teaching two techniques from the Gokyo.

The candidate will provide the examiner with a list of at least five Tachi- Waza techniques of his/her choice. The examiner will select two from this list for the candidate to teach.

The list of techniques must include :-

1. One Koshi waza (hip technique)
2. One Te waza (hand technique)
3. One Ashi Waza (foot technique)

Part 2b.

The candidate will be required to demonstrate the ability to run a 30 minute class teaching two techniques from the Ne Waza Gokyo.

The candidate will provide the examiner with a list of at least five Ne- Waza techniques of his/her choice. The examiner will select two from this list for the candidate to teach.

The list of techniques must include :-

1. One Shime Waza (strangling technique)
2. One Kansetsu Waza (armlock technique)
3. One Osaekomi Waza (holding technique)

Sections 2a & 2b 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%

Possible Mark 100% Pass Mark 70% for each section.

Senior club coach cont.

Part 2c

The candidate will be required to run a ten minute class linking two throwing techniques (renrakuwaza) demonstrating how to link the throws together. The two techniques will be selected by the examiner from the list chosen by the candidate in part 2a.

Part 2d

The candidate will be required to run a ten minute class linking two techniques, one Tachi waza into one Ne waza demonstrating how the two link together. The two techniques will be selected by the examiner from the list chosen by the candidate in parts 2a.& 2b.

Sections 2c & 2d will be marked on the following points:-

	Possible mark
g. Technical presentation	25%
h. Clarity of Instruction	25%
i. Correctness of information	25%
j. Improved Performance of Candidate	25%

Possible Mark 100% Pass Mark 70%

Part 3

Rules and Refereeing:-

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

Possible pass Mark 100% Pass Mark for each paper 70%

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