

# Preparation for Performance

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## The Challenges

- Retention
- Female Participation
- Youth Participation

# Widening the Market

BRITISH  
**JUDO**



RETENTION



## FEMALE PARTICIPATION



## YOUTH PARTICIPATION

# Youth Participation

**BRITISH  
JUDO**



# Youth Participation

<b>Male Members (Aged 12-19)</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Band Total</b>
April 2009	231	187	181	599
July 2010	341	261	257	859
Variance	110	74	76	260
<b>Female Members (Aged 12-19)</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Band Total</b>
April 2009	79	65	60	204
July 2010	129	107	80	316
Variance	50	42	20	112

## YOUTH PARTICIPATION

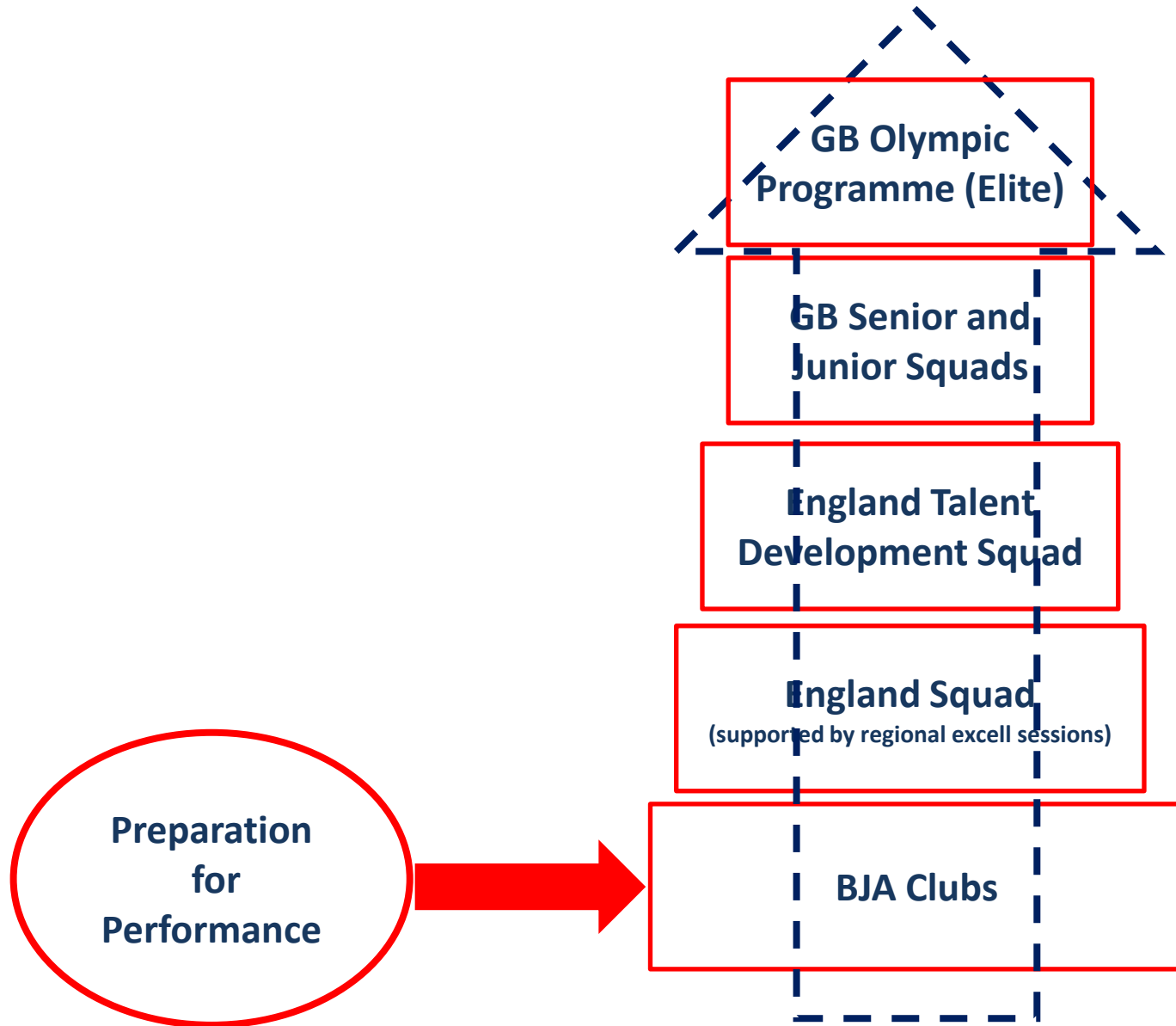
## Main Programme Objective

*Helping clubs/coaches better prepare young players for entry into to the BJA Performance Pathway.*

## Other Programme Objectives

- increase youth participation
- Increase female participation
- raise technical standards
- improve fitness levels
- engage with young players earlier
- contribute to high performance goals

# British Judo: England Performance Pathway



## Session Organisation

- Four blocks annually in each Region
- Technical Officers and coaches from region
- Coach materials
- Player session content and materials

## Main Focus

- Fundamentals
- Technique
- Gymnastic Ability
- Basic Fitness
- Education



## FUNDAMENTALS

## Fundamentals Examples

- Dynamic Posture
- Tsugi –ashi
- Ashi-sabaki
- Tai-sabaki
- Shadow Uchi-komi



## TECHNIQUE



## GYMNASTIC ABILITY



## BASIC FITNESS



**EDUCATION**

## Gender and Age

Male (years)	Female (Years)
10 – 12	10 – 12
13 – 15	13 – 15

## Judo Benchmarks

- Tachi-waza
- Transition
- Ne-waza
- Judoka's Ability in Standard Ne-waza Positions

**Focus** areas for **Youth** sessions ?



# 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

# 'Hajime – Matte' Model



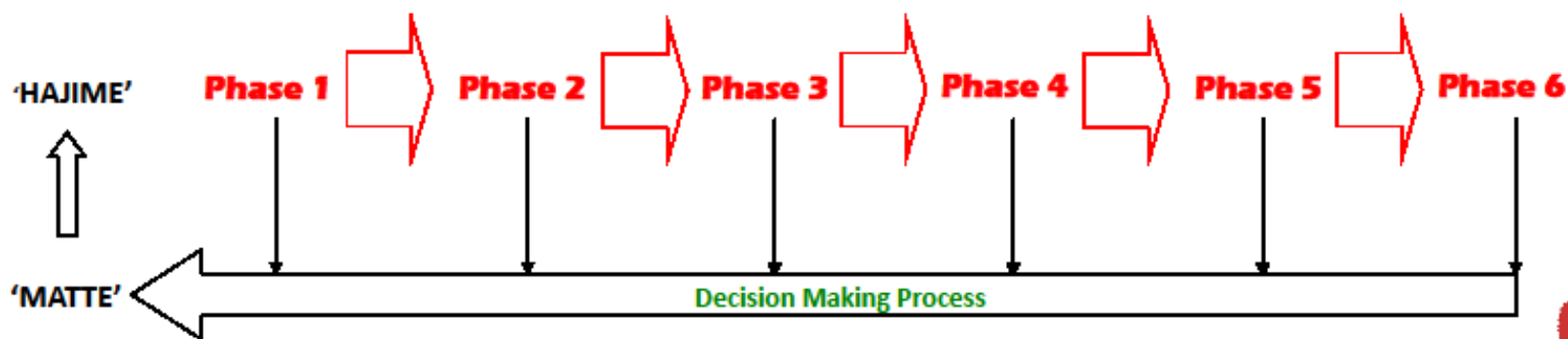
## Structure and Preparation of Contest Phases

### 'Hajime - Matte' Model

Building the Fight

Phase	Key Components
Phase 1	Mobility Dynamic Posture and Stance, Distance, Tsugi-Ashi, Tai-Sabaki, Ashi-Sabakai, Tandoku-Renshu (Coordination)
Phase 2	Kumi-kata Lead Grip / Main Grip , Structure, 'First On' Getting Your Grip, Hiki-Te, Tsuri-Te, Tsugi-Ashi, Ashi-Sabakai
Phase 3	Preparation Action / Reaction, Direction, Timing / Distance, Ashi-Waza Combinations, Feint Attacks, Kuzushi, Hiki-Dachi
Phase 4	Nagewaza Tai-Sabaki, Speed of Entry, Transfer of Power, Control, Belief, Execution, Commitment to Finish Attack
Phase 5	Transition Mobility / Agility, 'Catch', Positioning, Continuous Control, Dominate, 'Open Up' Opponent
Phase 6	Newaza Mobility, Control, Connection, Belief
Decision Making	Tactics, Strategy / Plan, TCUP, Body Language Adaptability : Reading the Scoreboard, Penalty For/Against, Score For/Against, Defending a Lead, Chasing a Lead, Time Wasting, Time Remaining in the Contest

Hajime - Matte Model



## Fitness Benchmarks

- Aerobic
- Upper Body Strength and Strength Endurance
- Lower Body Power
- Flexibility

*Aerobic*  
**Multistage Fitness Test**

## *Strength/Strength Endurance* **Press-up Test Rating System**



## *Lower Body Power* **Standing Jump Test**



## *Flexibility*

### **Sit and Reach Test**





**Thank You**

**Any Questions?**