

BRITISH JUDO ASSOCIATION

INSTRUCTOR AWARD



The British Judo Association (BJA) Coach Education Programme was introduced in 1960. In 1967 and in 1983 it underwent major overhauls and several new sections were included. There were three broad levels of performance defined within the Programme with awards at each level.

Recently, with the introduction of the United Kingdom Coaching Certificate (UKCC), the Programme has been radically overhauled and updated to meet the coaching demands of modern judo.

However, the BJA recognises that many high grade judoka have the maturity and technical background which would allow them to supervise judo training sessions and provide some basic instruction. The BJA Instructor Award has been introduced to provide an opportunity for such judoka to allow them to gain some coaching experience prior to them taking the first step onto the BJA Coach Education Pathway.

A high-grade qualification is required for the Instructor Award to ensure that all prospective Instructors have been actively participating in the sport for several years, have the technical knowledge and the ability to demonstrate techniques to a minimum standard.

The Instructor Award is not a coaching qualification per se and holders of the Award will only be qualified as “mat supervisors” able to organise and supervise judo training sessions. Holders of the Instructor Award are not qualified to run clubs, to coach at competitions or conduct gradings. Holders of the Instructor Award are actively encouraged to undertake a UK Coaching Certificate as soon as possible after attaining the Award.

It may be necessary for prospective Instructors to undertake further study. For example, the contest rules and basic first aid are areas that are covered only briefly during the course and further study is usually necessary to ensure a good working knowledge of these important aspects.

The BJA Judo Instructor Award is an official qualification of the British Judo Association the United Kingdom National Governing Body for Judo.

For further details of the BJA Instructor Award and details of Courses that are available in your area check the calendar of events posted on the BJA website (www.britishjudo.org.uk) or contact the BJA at address below.

AWARD REQUIREMENTS

To qualify for the BJA Instructor Award the player must be a current senior member of the BJA, be at least 17 years of age and hold a minimum BJA grade of 1st Kyu.

INSTRUCTOR AWARD COURSE

To qualify for the BJA Instructor Award the player must complete a BJA Instructor Award Course. These courses, organised locally in the various Areas of the BJA, may vary in length depending on the situation but are approximately 12 hours in duration.

Courses are modular in nature and may be delivered over a week-end or as a series of separate modules over an extended period.

All candidates must complete the full course.

The BJA Instructor Award Course objectives are: -

- to make candidates aware of safety considerations
- to ensure candidates technical knowledge
- to provide candidates with basic instruction methods
- to provide candidates with basic class organisation skills
- to instruct candidates in the basic of the Contest Rules and BJA Technical Programmes
- to inform candidates of 'best practice'

The content of the BJA Instructor Award is largely based on traditional judo training methods that are used successfully world-wide. The use of Japanese terminology is used exclusively and the traditional judo etiquette and values are emphasised.

COURSE INSTRUCTORS

BJA Instructor Award courses will be staffed by BJA appointed instructors and BJA Staff members. Only officially appointed personnel will be able conduct courses. For a list of approved personnel contact the BJA at the address above.

COURSE PROGRAMME

The sample programme on the following page provides an overview of a typical BJA Instructor Award Course.

Please note that the course content is being continually updated and the course modules are subject to change.

Note: The information detailed in this document became effective on the 1st August 2010.

BJA INSTRUCTOR AWARD COURSE — DAY 1	
8.40am — 9.20am	ARRIVAL & CHECK-IN
9.30am — 9.35am	WELCOME & INTRODUCTION DAY 1
9.35am — 10.00am	ICE BREAKER <ul style="list-style-type: none"> • Fun activity
10.00am — 10.15am	BJA INSTRUCTOR AWARD <ul style="list-style-type: none"> • Background/Roles and Responsibilities of a BJA Instructor
10.15am — 11.00am	GETTING STARTED - THE JUDO SESSION <ul style="list-style-type: none"> • Formal Opening/ Warming Up/Cooling Down
11.00am — 11.20am	BREAK
11.20pm — 12.00pm	TECHNICAL INSTRUCTION I <ul style="list-style-type: none"> • Class Control and Organisation/Technical Demonstrations
12.00 pm — 1.15pm	PUTTING IT INTO PRACTICE I <ul style="list-style-type: none"> • Putting what you've been shown into practice.
1.15pm — 2.00pm	LUNCH
2.00pm — 2.15pm	SAFETY FIRST <ul style="list-style-type: none"> • Health, Safety and Emergency Procedures
2.15pm — 2.30pm	KEEPING SAFE <ul style="list-style-type: none"> • Guidelines for Instructors/Code of Conduct
2.30pm — 3.00pm	UCHI-KOMI & NAGE-KOMI <ul style="list-style-type: none"> • Why do Uchi-komi/Nage-komi?
3.00pm — 4.00pm	JUDO FUNDAMENTALS PART I <ul style="list-style-type: none"> • Katame-waza, Shime-waza & Kansetsu-waza - basic principles
4.00pm — 4.15pm	BREAK
4.15pm — 5.45pm	PUTTING IT INTO PRACTICE II <ul style="list-style-type: none"> • Putting what you've been shown into practice.
5.45pm — 6.00pm (approx.)	SUMMARY OF DAY 1 AND PREPARATION FOR DAY 2

BJA INSTRUCTOR AWARD COURSE — DAY 2	
9.30am — 9.35am	WELCOME BACK & INTRODUCTION DAY 2
9.35am — 10.30pm	JUDO FUNDAMENTALS PART III <ul style="list-style-type: none"> • Tachi-waza – basic principles
10.30am — 11.30pm	RANDORI <ul style="list-style-type: none"> • Why do Randori?
11.30am — 11.50am	BREAK
11.50am — 12.10pm	BJA TECHNICAL GRADINGS <ul style="list-style-type: none"> • Why technical gradings?
12.10pm — 12.50pm	RECRUITMENT & RETENTION <ul style="list-style-type: none"> • Working with the novice player
12.50pm — 1.00pm	COURSE SUMMARY AND FINAL INFORMATION
1.00pm — 2.00pm	LUNCH & FINAL ADMINISTRATION
2.00pm (approx.)	DEPARTURE

The times are for guidance only and may be subject to change depending on the availability of facilities at the venue etc.