



# England Judo Assessment Protocol

NAME \_\_\_\_\_

R/L

## Assessment Protocol

Nagewaza : 3 x 20s : Tori will complete 1 minute of Nagewaza

Randori : 3 x 3mins : Tori will complete 3 Randori practices with 3 different partners

### England Judoka will be Assessed on the HAJIME - MATTE Model

#### MOBILITY

	1	2	3
1 Dynamic Posture			
2 Stance			
3 Tsugi-ashi / Tai-sabaki movement			

Comments

#### KUMI-KATA

	1	2	3
1 First on the Grip			
2 Know's which grip they need			
3 Gripping Structure			
4 Grip Fight			
5 Ability to Lead/Dictate a Contest			

Comments

#### PREPARATION

	1	2	3
1 Timing and Distance			
2 Action / Reaction			
3 Kuzushi			
4 Feint Attacks			
5 Direction			
6 Combinations			

Comments

#### NAGEWAZA

	1	2	3
1 Speed of Entry			
2 Transfer of Power			
3 Finish			
4 Technique Range			

Comments

#### TRANSITION

	1	2	3
1 Anticipation			
2 Catch			
3 Mobility			
4 Continuous			

Comments

#### NEWAZA

	1	2	3
1 Mobility			
2 Control			
3 Linkage			
4 Technique Range			

Comments

#### DEFENCE

	1	2	3
1 Tachiwaza			
2 Newaza			

Comments

#### OVERALL KEY:

1. 'Not good enough, YET' – Need to put in significant effort to this element in order to GET BETTER
2. 'More or less there' –Need to put effort into this element in order to BUILD
3. 'Good' – Need to continue to put effort into this element in order to MAINTAIN

	Total	Average
Mobility		
Kumi-kata		
Preparation		
Nagewaza		
Transition		
Newaza		

Randori Partner

- 1
- 2
- 3

Coach : \_\_\_\_\_

Date: \_\_\_\_\_