

A guide to Primary Assessments for Coaches – Adaptive Judo

To ensure that the Adaptive judoka have a meaningful competition experience, this document aims to give coaches, parents and supporting carers, a guide to understand their judoka's Judo Ability (JA).

British Judo implements a 5 JA system which will be transferable to European Judo Union (EJU) Countries, providing opportunities for judoka with additional requirements to compete internationally.

Dr Wolfgang Janko (GER) devised the primary testing process for the German Judo Federation, to identify ability levels. The primary assessments can be done within your dojo with minimal equipment.

Additional assessments WILL be required utilising judo specific skills and movement patterns, which will be assessed at National & Adaptive Training days, British Adaptive & VI Open Championships and identified competitions, where experienced members of the Adaptive Working Group can support the identification of their JA.

Please be aware that the judoka's level may change depending on their disability from event to event, however annual assessments can be used for the long-term activity.

Structure of the skill assessment

The assessments consist of 5 tasks, with a maximum of 20 points for each task, therefore a total score of 100 is possible:

100 – 76 = Judo Ability level 1

75 – 50 = Judo Ability level 2

Less than 50 = Judo Ability level 3

Less than 40 = Judo Ability level 4/5 with considerations to their disability, the skill test may not be required.

Primary testing cannot be decisive for the competition ability level; therefore, the final competition level will be defined after consultation with coaches and Adaptive Working Group members and or experienced coaches.

BRITISH JUDO ASSOCIATION

Walsall Campus, University of Wolverhampton, Gorway Road, Walsall, West Midlands, WS1 3BD

T 0121 728 6920 **E** bj@britishjudo.org.uk **W** britishjudo.org.uk

RESPECT | MODESTY | FRIENDSHIP | COURAGE | COURTESY | HONOUR | HONESTY | SELF-CONTROL



**LOTTERY
FUNDED**





CIMAC
EST. 1975



howden

Skill assessments for British Judo Ability Levels

<p>Task 1</p>	<p style="text-align: center;">Balance</p> <p>Equipment - school type bench (if available). Alternative use a judo belt – full foot must stay on belt to achieve outcome.</p> <p>Task: To walk backwards on the bench which is placed upside down x 2 attempts Place feet one behind the other. One point per step.</p> <p>Maximum 10 points per attempt. Total maximum 20 points Walking backwards x 2 attempts only</p>	
<p>Task 2</p>	<p style="text-align: center;">Jumping</p> <p>Equipment – Judo belt</p> <p>Task: Jump over belt – side jumping Left/Right, two feet take off, two feet land.</p> <p>Time: 15 seconds 1 point per jump. Repeat. half the score. Maximum points 20</p>	
<p>Task 3</p>	<p style="text-align: center;">Hopping</p> <p>Equipment – marked out area, using judo mat lines, 20 mtrs. Can be straight or contest area.</p> <p>Task: One legged hopping left & right without putting foot down.</p> <p>2mtr = 1 point Repeat for left and/or right leg hopping. Half the score. Maximum 20 points</p>	

<p>Task 4</p>	<p style="text-align: center;">Coordination</p> <p>Equipment – none, only space</p> <p>Task: Press up, lay flat, hands to clap/touch behind back before returning to press-up.</p> <p>Time: 40 seconds</p> <p>1 point per press-up.</p> <p>Maximum 20 points</p>	
<p>Task 5</p>	<p style="text-align: center;">Balance, Coordination, Thought Processing</p> <p>Equipment – rubber spot/tile x 2</p> <p>Task: Using both hands, pick up tile/spot, move to the side, stand on and move previous tile to the next position and repeat.</p> <p>Time: 40 seconds</p> <p>Score: 1 point per change</p> <p>Maximum 20 points.</p>	

Judo Ability Levels: (JA)

JA 1: (Most Able Athlete) An athlete who can train and compete with mainstream athletes within a club. Has a good understanding of the meaning and goal of the competition. Capable of taking part in mainstream events at national level.

Movement & Cognitive Skills – Good Standard

JA 2: (More Able Athlete) An athlete who can train and take part in light competition (randori) with mainstream athletes. Understands the meaning and goal of competition. Capable of taking part in mainstream local championships and tournaments

Movement & Cognitive Skills – Average standard. Impaired decision making

JA3: (Medium Able Athlete) An athlete who can take part in training with mainstream, but only competes in Adaptive Competitions with athletes of the same judo ability. Understands most of the rules, meaning and goal of the competition.

Movement & Cognitive Skills – Below average. Single movement applications. Reinforced repeated commands.

JA4: (Medium / Less able athlete) An athlete who is only capable of taking part in adaptive training and competitions. This athlete may need guiding during competition.

Movement & Cognitive Skills – Emotional and or physical disabilities are limited to perform judo techniques to completion. Slow movement skills

JA5: (Less able athlete) An athlete who is only capable of taking part in adaptive training and competitions with specialist support. This athlete requires increased guidance during competition/activity. The competition may require adjustment to the competitor. Due to the well-being and safety of the athlete, their activity will be conducted in Ne-waza.

Movement & Cognitive Skills – limited to their disability.

Acknowledgements:

Weinheim 1969

Kiphard/Schilliing: Body coordination test for children

Weinheim 1974

Janko: A short history of ID-Judo

The Budoka January/February 2021

Janko: Judo – The development of a sport..

In Movement Therapy and Health Concept 2017



Marking sheet for skills assessment – Adaptive Judo

5 Judo skill assessments; Maximum of 20 points per assessment

NOTE: This assessment cannot measure all variants of their judo specific competencies. A secondary judo skill and contest assessment will be conducted to support their athlete's judo ability level.

DATE OF ASSESSMENT: _____

NAME OF ATHLETE: _____

JUDGES/ASSESSORS: _____

JUDGES/ASSESSORS: _____

Task	Description	Points awarded
1	2 x walking backwards on bench or belt One step = 1 point 2 Attempts only. Max points 20	
2	Jumping side to side over judo belt. Left/Right. Two feet take off, two feet land. 15 seconds One point per jump. 2 attempts, half the score. Max points 20	
3	Hopping x 2. One left leg attempt, one right leg attempt 20 meters in length 1 point per 2 metres. Half the total of both attempts. Max points 20	
4	Press-Up Press-up, lay flat, hands touch in small of back, back to Press-up and repeat. 40 seconds 1 point per full press up routine. Max 20 points	

5	Moving spot/tile Using both hands at same time, pick up and move tile/spot to side. Step on, pick up 1 st tile and repeat. 40 seconds 1 point per full change. Max 20 points	
	Total score	
	Provisional Judo Ability Classification	

Copy to be sent to Adaptive Working Group. adaptive@britishjudo.org.uk,
andy.cornwall.judo@gmail.com

Original to be kept by athlete/parent for reference.