





**Course Programme**

<b>DAY 1 - 8:30AM</b>	
ARRIVAL & CHECK-IN	
M1. WELCOME & INTRODUCTION DAY 1 • Introduction / housekeeping • Outcomes / course modules	• Course resources • Group activity (learning task 1)
M2. JUDO FUNDAMENTALS I • Basic principles of katame-waza (osae-komi-waza / shime-waza / kansetsu-waza)	• Supplementary techniques • Technical sequences (real world judo)
BREAK	
M3. THE JUDO SESSION • Session planning (learning task 2) • Main components of a club judo session	
M4. TECHNICAL INSTRUCTION • Class control and organisation • Basic instruction method	• Planning technical content (learning task 3)
M5. PUTTING IT INTO PRACTICE • Delivering the technical components of a session	
LUNCH	
M6. JUDO FUNDAMENTALS II • Basic principles of nage-waza (tachi-waza / sutemi-waza / kaeshi-waza / renraku-waza / renzoku-waza)	• Transition to ne-waza • Technical sequences (real world judo)
BREAK	
M7. KEEPING SAFE • Health and safety • Emergency procedures • Injury prevention and management	• Supervision and class control • Safeguarding and protecting children
M8. PUTTING IT INTO PRACTICE • Delivering the technical components of a judo session	
SUMMARY OF DAY 1 AND INFORMATION FOR DAY 2	
DEPARTURE -APPROX 6:00PM	
<b>DAY 2 - 8:45AM</b>	
ARRIVAL	
WELCOME BACK & INTRODUCTION DAY 2	
M9. JUDO FUNDAMENTALS III • Skill development model	• Sequence of skill development • Uchi-komi / nage-komi / randori
BREAK	
M10. THE NOVICE PLAYER • Principles for working with the novice player • Ukemi and the introduction to judo techniques	
M11. COACH EDUCATION • CPD (continuous personal development) • coach education pathway	• Widening the Market Initiatives • revalidation events / master classes etc. • competition judo / contest rules
LUNCH	
M12. START WELL - FINISH WELL • warming up / cooling down	
COURSE SUMMARY AND FINAL INFORMATION.	
DEPARTURE - APPROX 2:00PM	



**Course Application Form**

<b>Course Date</b>	<b>Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> February 2012</b>
<b>Course Venue</b>	<b>Llanelli</b>
<b>Name</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>Club</b>	
<b>Email Address</b>	
<b>BJA Membership Number</b>	
<b>Grade</b>	
<b>Date Awarded</b>	
<b>Signed</b>	
<b>Today's date</b>	

Send this completed application form to;

**Technical Team, British Judo Association, Suite B, Technology Centre, Epinal Way, Loughborough LE11 3GE**

Payment of £50.00 is accepted by either;

- ✓ Cheque payable to British Judo Association sent with this form.
- ✓ Card payment via telephone on 01509 631 670 option 3. We do not accept American Express.

**PLEASE DO NOT SEND CASH.**