



Course Details

- COURSE:** Saturday 4th and Sunday 5th February 2012
- VENUE:** Heathgate Community Centre
Heathgate
Norwich
NR3 1PQ
- APPLY BY:** Monday 16th January 2012
Numbers are limited and you are advised to apply early to secure a place.
- TIMES:** Saturday 8.30am to 6.00pm
Sunday 8.45am to 2.00pm
- COURSE FEE:** £50.00
This includes the cost of all resources but does not include accommodation or meals.
- INFORMATION:** A detailed programme can be found with this application form and will also be sent to applicants nearer to the course date.
- TUTOR:** Your course tutors will be;
Dave Southby & Dave Horton-Jones – British Judo Association (BJA) Technical Officers
Dave Southby tel: 07967 781 646 Dave Horton-Jones tel: 07977 688 491
email: dave.southby@britishjudo.org.uk email: dave.hortonjones@britishjudo.org.uk
- COURSE APPLICATION:** To apply complete and return the application form and make payment of £50.00. Your application will be acknowledged approximately two weeks prior to the start of the course. You can also apply and pay online at www.onlineentries.co.uk/technical
- If your application has been unsuccessful you will be notified as soon as possible.
- AWARD CRITERIA:** To qualify for the BJA Instructor Award the applicant must be;
- ✓ A current senior member of the BJA
 - ✓ At least 17 years of age
 - ✓ Hold a minimum BJA Grade of 1st Kyu
 - ✓ Hold a BJA Criminal Record Bureau (CRB) Disclosure
 - ✓ Have a Safeguarding and Protecting Children Certificate (this MUST be sports specific)
 - ✓ Have a First Aid Certificate that is Health and Safety Executive (HSE) approved

Further information is available on the BJA website:
www.britishjudo.org.uk/technical/coaching_home.php



Course Programme

DAY 1 - 8:30AM	
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	
DAY 2 - 8:45AM	
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

Course Date	Saturday 4th and Sunday 5th February 2012
Course Venue	Norwich
Name	
Address	
Post Code	
Club	
Email Address	
BJA Membership Number	
Grade	
Date Awarded	
Signed	
Today's date	

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.