

ASSISTANT JUNIOR INSTRUCTOR (AJ)

You will be a role model for others so always show respect to all judoka and their families, look smart when in the dojo, appear confident (even if you aren't!) and put 100% effort into your judo.

Minimum Tasks to be assessed before being considered for a AJ badge		Date
ETIQUETTE, HYGIENE AND BULLYING		
Show good Mat and dojo etiquette [#] , Turning up on time and regularly		
Supported at most Blackwater JC events - even if not on the mat (2 dates to be entered)		
Essay on 'Forms of Bullying'		
Take mokuso		
FIRST AID, SAFETY AND NUTRITION		
What Items should be kept near the mat area [#]		
Discuss issues relating to Body piercing and judo [#]		
Explain appropriate actions if you see someone injured [#]		
TRAINING TECHNIQUES/ KATA/RANDORI		
Under supervision teach Novices Their Beginners Lesson– Enter Name of One student taught to be entered		
Assist a Senior Instructor to teach groups of White and Yellow Kyu grades .At least two dates to be entered		
Teach 3 techniques from the Junior White, Yellow or Orange belt syllabus. To include		
	At least one Tachi-waza	
	At least one Ne-waza	
	One Counter and one combination	
Acted as uki for three sets of Nage-no-kata		
Acted as uki for at least one set of Katame-no-kata		
REFEREE /SUPERVISION RANDORI		
Explain principles of time keeping [#]		
Acted as time keeper at a competition		
Explained to a beginner the difference between shiai and randori [#]		
Work with a beginner during tachi-waza and ne-waza randori sessions		
MISCELLANEOUS		
Explain the Basic principles of scoring as used in Blackwater Competitions [#]		
* Create a sample advert or a newsletter for the club OR *Give a brief talk to Junior Yellow Belts on Judo History OR *A write a short essay on (between ½ and full A4 sheet)		

Topics marked with a * must before assessment can commence.

Topics marked [#] can be presented in written form or talked through with Sensei. Revised Jan 2017

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Suggestions for Your Guidance:

Judoka must be at least age 14 and have a Junior Blue Belt.

Your Essay or talk can be a traditional style history or a more personal history of judo but must include who the Founder of Kodokan judo was, it's country of origin and at least the decade it started.

OR if designing an Advert/newsletter* consider what information you would like to know before joining Blackwater Judo Club.

Notes on **Mokoso** can be found on the Blackwater Website

Essay/notes on Forms of Bullying; Explain forms of bullying and what you could do if you saw someone acting as a bully or being bullied, consider bullying in the dojo and outside the dojo

All **body piercings** should be removed as **no** jewellery is permitted

Only shoes/zori's should be near the mat, but any personal asthma inhalers, drink containers and spectacles should be conveniently nearby but positioned where they won't be stood on or fell on.

When teaching techniques

- ✓ Students must show and explain the three principles of kuzushi, tsukuri and kake.
- ✓ AND explain how uki should position her/himself to assist Tori's efforts.

Randori or shiai[#]

Randori should be more co-operative – no winner or loser **Shiai** is more competitive,

Blackwater scoring and time keeping[#]

Explain and show an understanding of the principle hand signals used, points awarded and terminologies used during Blackwater competitions. Explain duration of Shiai bouts

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