

ASSISTANT CLUB INSTRUCTOR

You must be at least Senior Green Belt (3rd Kyu)

Minimum Tasks for completion before being considered for ACI status		Date
ETIQUETTE, HYGIENE AND BULLYING		
	Show good Mat and dojo etiquette [#] , Turn up on time and regularly	
	Supported at most Blackwater JC events even if not on the mat.(enter 2 dates)	
	Essay 'Forms that bullying and harassment can take and ways to deal with it in the dojo'	
FIRST AID, SAFETY AND NUTRITION		
	Discuss items that can be kept near mat area [#]	
	Discuss issues relating to Body piercing and judo	
	Actions to be taken if someone complains of pain [#]	
	Importance of keeping hydrated. What and when to eat before training [#] ?	
TRAINING TECHNIQUES/ KATA/RANDORI		
	Teach Beginners Lesson - Sensei must see you complete this task – Enter Name of student	
	Take Junior and/or senior warm up and cool down, Explain how they differ? [#]	
	Teach 3 techniques (at Sensei's request from the Junior White and Yellow belt syllabus. Explaining kuzushi,tsukuri,kake:and uke's role.	
To include	At least one Tachi-waza	
	At least one Ne-waza	
	One Counter and one combination	
REFEREE /SUPERVISION RANDORI		
	Organise Junior ne-waza and tachi-waza randori sessions, showing an awareness of safety factors [#]	
	Demonstrate hand signals for scoring and hold-downs in shiai.	
	Explain principles of time keeping [#]	
	Act as a time keeper/recorder at a competition	
	What is the IJF, how its scoring system differs from Blackwater's. [#]	
MISCELLANEOUS		
	Explain Blackwater's grading system with reference to Belt Colours (Consider how you would explain meanings of the different colours e.g. Foundation Red & White belt, Junior White Belt with red or yellow tab or Senior Green to a parent) [#]	
	* Essay 'or brief presentation on 'A History of Judo'	

*This Essay must be completed before assessment can commence

These subjects can simply be discussed or students may like to submitted as a written document

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Some suggestions and notes for your guidance

Essays- *‘History of Judo’ this can be written (at least one page A4, N12) or can be a brief talk to a group of Greens and Orange Belts (juniors or seniors)

This could be pre-1945 or post-1945, your personal story, or of a person important to the story of judo, or an overview of judo organisations but it must include where judo started, who started it and the decade.

Essay - ‘Forms of Bullying and harassment’.

- Either an essay discussion or a list of forms of bullying and possible solutions to discuss.
- Consider as many different forms of bullying as you can both in general terms and where possible some specific examples as it might relate to judo.
- Consider not just bullying between children but also as it might relate to adults where it might be termed harassment.
- If a student complained of being bullied at judo what would you do?
- Coaches must supervise training diligently; when possible making sure a more senior grade works with judoka who are thought to have bullied and/or been a victim to ensure that both learn correct and appropriate ways of training.
- Coaches need to consider why someone might be a victim and think about how to help both the ‘victim’ and the aggressor
- Judoka who are overweight, have poor personal hygiene, are unfit, uncoordinated, etc can all be undesirable uki’s whom nobody wants to work with, how could you help them?
- Coaches need to be careful that by their actions or attitudes they do not inadvertently reinforce people’s prejudices.
- Can you suggest protocols that the club could set up to deal with bullying incidents?

Safety, Piercings and Eating and Drinking with regard to exercise. Consider;

- Can piercings be taped by an instructor? Risks of injury
- Should students be encouraged to drink whenever they request. Disrupts training?
- When should they drink and eat before training- toilet breaks and feeling sick.

Complaints of pain, eg headaches or feeling sick? Consider

- Should all complaints of pain/hurting be taken at face value? Consider bullying or parental pressure.
- Is the judoka saying they have a physical injury that needs medical attention or do they just want attention or to avoid working with someone they know will beat them?
- Should judoka who are carrying an injury be allowed to train?

When teaching a technique - show an awareness of accepted variations and how a technique would be scored for grading

Randori Safety Issues to be considered

- Does everyone know what is expected of them?
- Any injuries?
- Is dojo /mat area safe?
- How long should each pair be allowed to work together before being told to change?
- Is the same person always without a partner?

IJF scoring and time keeping. What does IJF mean and where to find further information

- As a minimum student, how points are scored, names for scores and hand signals for scoring and osae-komi and toketa.. Durations for shiai and osae-komi.

Grading system – take into account Foundation, Junior and Senior Grades

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