

SENIOR CLUB INSTRUCTOR

You must be at least Senior Blue Belt (2nd KYU)

Minimum Assessment Tasks for completion before being considered for SCI status		Date
ETIQUETTE, HYGIENE AND BULLYING		
	Explain and take Mokuso [#]	
	Explain how to tell judoka they have BO, bad breathe, need to wash GI, feet etc, or explain to girls why they should wear high necked tee-shirts [#]	
	Supported at most club events even if not participating (2 dates to be signed off)	
FIRST AID, SAFETY AND NUTRITION		
	Explain or show how you would work with Juniors who are uncooperative or in other ways 'acting up' [#]	
	Essay 'When can pain be ignored?'	
TRAINING TECHNIQUES/ KATA/RANDORI		
	Take warm-ups and cool-downs, explaining good technique	
	Teach small groups of judoka techniques of own choice.	
	Act as Uki for either	3 sets of Nage-No-Kata (preferred) (or) 3 sets Katame-No-Kata
	Teach 4 techniques from 3 rd , 4 th or 5 th kyu syllabus	
	(2 of your choice, 2 of Sensei's choice)	
	Explain acceptable variations and how students techniques would be scored at grading	
REFEREE/SUPERVISION RANDORI		
	Explain 4 banned techniques or actions [#]	
	Acted as TMK or recorder at competitions	
	Referee junior shiai within the club	
	Corner judge for senior shiai	
MISCELLANEOUS		
	* Essay , 'Discuss the Blackwater JC grading system'	
	Candidates for SCI must have assisted at Club gradings	

*This Essay must be completed before assessment can commence

These subjects can either be just discussed or students may like to submit a written document first

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Notes and suggestions for your guidance:

Essays

***'Discuss the Blackwater JC grading system'**

- How are BJC gradings organised?
- What is the purpose of gradings? Consider Technical knowledge, shiai, kata's, Attitude?
- What is being measured by using a ranking system of Coloured belts?
- Why Merit badges – awarded for what?
- Why are the under 8's graded differently to over 8's.
- Is the difference between a yellow belt grading and a black belt grading just a matter of the number of techniques that have to be learnt?
- Should a grading officer approach a senior judoka's first grading in a different way to an under 8's first grading. If yes, why?

'When can pain be ignored?'

- ❖ What is the purpose of pain?
- ❖ Can/should it 'be trained through'?
- ❖ Should students who are carrying acute/chronic injuries be allowed to train?
- ❖ How do you know if a student is faking to avoid doing an activity or working with a particular partner?
- ❖ Students' pain thresholds will be different. Some people complain a lot about a small knock, others put on a brave face over a serious injury.
- ❖ What do you do about a junior (or senior) who appears to be constantly covered in bruises and frequently asks to sit out from training because s/he is hurt?
- ❖ What advice should a coach give to a judoka who hurts him/her self during training?

When taking 'the exercises'

The candidate should explain the purpose of some exercises, correcting any bad habits by demonstrating and explaining 'the correct way'

Teaching small groups of judoka techniques of both sensei's and candidates' choice

- Since this forms a large part of mat work, an instructor must appear comfortable and competent with this aspect.
- Candidates will be expected to show they understand the difference between the pure grading forms of a technique and how it might be adapted as a fighting technique by individuals.
- Should explain how techniques are scored for the purpose of grading.

Corner judges and their hand signals

- Corner judges act as extra eyes for Referee, but the referee still has overall control and responsibility.
- Should find out and be able to demonstrate the basic corner judge's signals eg indicating if a throw was in or out

Banned or dangerous actions –

- Explain what penalties are, how they are awarded (show the appropriate referee signals) and how they are scored.
- Candidates should be able to explain at least 4 actions or techniques that would result in a penalty,
- And explain why an action is considered dangerous and what would be an appropriate penalty.

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