



**IJF Academy**  
Brochure 2016



## FOREWORD

The IJF Academy is one of the most important projects of the International Judo Federation, launched in 2013.

Given the necessity of training and professional integration of former judo athletes, I considered that the Academy offers unlimited perspectives and, at the same time, the chance to remain close to their consecrated sport for all those who want to continue their judo path, upon finishing their competition career.

I hope that the IJF Academy will remain one of the important legacies for the future generations, inspire and motivate in the mission to educate children and youth in the spirit of judo's principles and values.

I thank all those who trusted this project, all those who worked for it with dedication and, especially, the managerial and technical staff who contributes to the success of these projects.

*Marius L. Vizer IJF President*





## PARTNERSHIP WITH UNIVERSITY OF PHYSICAL EDUCATION



The Academy is partnered with the University of Physical Education, Budapest, which is the largest, the most comprehensive and the oldest center for education and training in sport and physical activity in Hungary with 90 years of history.

## IDEAL LEARNING SYSTEM FOR THE WORKING COACH

The courses are delivered in a “blended” system, with all the theoretical lessons taught online and the practical lessons in 1-2 weeks long residential practices. During the Practical Sessions, the students are assessed on their Theoretical and Practical Knowledge.

The advantages of this system:

- The subjects are designed to meet the different demands that are entailed within an online learning community.
- The students are free to study at their own pace, so they have the opportunity to complete their chosen course in their own rhythm.

## THE IJF COACHING LEVELS

1	• Level 1 Instructor Certificate
2	• Level 2 Coach Certificate
3	• Level 3 Pro License Diploma



# INSTRUCTOR LEVEL 1 CERTIFICATE

The Instructor course is intended to train coaches for effective work with youth and beginner athletes, mainly at national level. The Instructor syllabus encompasses theoretical subjects and the practical skills of coaching. At the same time, the Instructor course provides a theoretical base which is sufficient to allow Instructors to continue learning, either through their own efforts or within the structure of the Academy. To make the most efficient use of resources, the Instructor Theoretical Courses are conducted online over a period of 11 weeks. During this period the students will study the 13 modules. They will be able to test their knowledge through a maximum of 4 attempts in Trial Tests and 3 attempts in Weekly Tests.

The one-week practical session for Level 1 is held in Hungary. The IJF Academy has also started the collaboration with National Federations and National Olympic Committees to organize practical sessions in different locations according to the needs.

The contents delivered online for the three levels are in the following three areas:

## **SOCIAL SCIENCE BLOCK**

1. Coaching Principles I (Growth and Development)
2. Psychology of Sport
3. Application of Judo
4. Culture of Judo I
5. History of Judo I
6. Role of the Instructor

## **LIFE SCIENCE BLOCK**

7. Exercise Physiology I
8. Nutrition and Hydration I
9. First Aid and Safety I

## **COACHING BLOCK**

10. Training Methodology I
11. Judo Organizations I
12. Refereeing Rules I
13. Classification of Judo

## **ENTRY REQUIREMENTS**

- Minimum 18 years of age
- Minimum 1st Dan
- Good knowledge of Go Kyo and Nage no Kata

## **COSTS PER PERSON**

- 11 Weeks online course
- 1 week practical course in Hungary with 7 nights accommodation and full board
- US \$ 1,500 (Flights not included)





# COACH LEVEL 2 CERTIFICATE

The Coach Level 2 course was designed to be an introduction to performance coaching for coaches who have performed well at the Level 1 Instructor course and have gained enough level of coaching specialization at club level.

With this specialization students can begin to meet their country's need for high level coaches. It is anticipated that the majority of Level 2 students will continue to Level 3. In addition to elements specific to the age groups, the Level 2 syllabus contains core elements, which are common to all sectors.

Upon completion of the Level 2 course a coach should be able to identify and coach the basic competition model at national and regional level. The coach should also be able to plan and implement a series of appropriate training sessions within the context of an annual training plan.

## **SOCIAL SCIENCE BLOCK**

1. Coaching Principles II  
(Teaching Methodology)
2. Culture of Judo II
3. History of Judo II
4. Role of the Judo Coach

## **LIFE SCIENCE BLOCK**

5. Biomechanics I
6. Nutrition and Hydration II  
(with anti-doping component)
7. Injury Management
8. Safety II

## **COACHING BLOCK**

9. Training Methodology II
10. Periodization I
11. Sport Organization  
Rules of Judo I
12. Judo Organizations II
13. Refereeing Rules II

## **ENTRY REQUIREMENTS**

- Minimum 20 years of age
- Minimum 2nd Dan
- Good knowledge of Go Kyo, Nage no Kata and Katame no Kata

## **COSTS PER PERSON**

- 11 Weeks online course
- 1 week practical course in Hungary with 7 nights accommodation and full board
- US \$ 1,600 (Flights not included)





# PRO LICENCE LEVEL 3 DIPLOMA

The Pro Licence Level 3 course is designed to be an introduction to performance coaching for coaches who have performed well at Level 2 and have gained a level of coaching specialization in national and regional activities.

With this specialization they begin to meet their country's need for high level coaches.

In addition to elements specific to the different types of competitions, the Pro Licence syllabus contains core elements which are common to all sectors of high performance judo.

On completion of a Level 3 course a coach should be able to identify and coach the basic competition model for International Competitions.

The coach should also be able to plan and implement a series of appropriate training sessions within the context of a 4-year training plan.

## **SOCIAL SCIENCE BLOCK**

1. Dual Career and Social Inclusion
2. Leadership and Event Management
3. Role of the Judo Advanced Coach
4. History of Judo III
5. Culture of Judo III

## **LIFE SCIENCE BLOCK**

6. Biomechanics II
7. Exercise Physiology II
8. Nutrition and Hydration III  
(with anti-doping component)
9. Safety III

## **COACHING BLOCK**

10. Training Methodology III
11. Long-term Athlete Development

12. Long-term Judoka Development
13. Performance Analysis
14. Periodization II
15. Sport Organization Rules of Judo II
16. Judo Organizations III
17. Refereeing Rules III
18. Talent Identification
19. Strategies and Tactics in Judo





### ENTRY REQUIREMENTS

- Minimum 22 years of age
- Minimum 3rd Dan
- Good knowledge of Go Kyo, Nage no Kata and Katame no Kata
- Experience in Coaching

\*(Level 3 Pro Licence will start in Semester 1 of 2017)

### COURSE LANGUAGES

As this course is for coaches who are working at international level, it will be organized ONLY in the official languages of IJF (English, French and Spanish).

### COSTS PER PERSON

- 19 Weeks online course
- 2 weeks practical course in Hungary with 14 nights accommodation and full board
- US \$ 2,600 (Flights not included)



# MULTILINGUAL COURSES IN DIFFERENT COUNTRIES

The new IJF Academy platform is able to handle more than one language. In 2016 the courses are run in 6 languages (English, French, Georgian, Italian, Spanish and Turkish). Additional languages are planned for 2016.



This system was developed in order to respond to the requirements of National Federations who wish to adopt the IJF Academy structure as their national coach qualification system.

National Federation who wish follow this procedure, should contact the IJF Academy and request the English language modules that the National Federations translate into their language.

Then, the IJF Academy will upload the translated documents to the platform and all students can follow the modules in their language including all available languages at any moment. Even the Trial and Weekly Tests will be translated.

**From the very beginning, the National Federation in collaboration with the IJF Academy will appoint a coordinator for the theoretical part in the given country and all communication is forwarded to him/her by email. It is advised that this coordinator have already followed the course in English.**

Final Examination/Residential practice: the Practical Part is run by IJF tutors, accompanied by interpreters, in the venue chosen by the National Federation.

This national course can be organized on a regional basis, by inviting neighbouring countries as well.

The IJF can support a part of these costs, Students and National Federations can request support from the International Olympic Committee – through Olympic Solidarity -, but only through their National Olympic Committee. For further information on possibilities to finance your course, do not hesitate to contact us at [academy@ijf.org](mailto:academy@ijf.org).

## **COURSE DATES**

Dates are established upon agreement with the National Federation and the IJF Academy, in accordance with the IJF Academy schedule and the availability of the tutors.

## **COST**

	Level 1	Level 2	Level 3
Theory (per group of max 25 students)	\$ 3, 860	\$ 3,920	\$ 7,320
University certificate fee per student	\$ 200	\$ 300	\$ 400
Translation Fees	In charge of NF		n.a.
Accommodation of IJF Experts	In charge of NF		
Flights of IJF Experts	IJF support		
Fee of Experts	IJF support		

The following costs are added to the administration costs above: accommodation for the students of the course during the residential practice.

For Level 1, the students need to have a First Aid Certificate from the the local Red Cross or equivalent organization.



# APPLICATION PROCEDURE

## Step 1

The selection of the potential students is the sole responsibility of the National Federations affiliated to IJF. The Application forms are available on the IJF website ([www.ijf.org](http://www.ijf.org)) and have to be signed and stamped by the representative of the National Federations, then sent to IJF Academy ([academy@ijf.org](mailto:academy@ijf.org)).

## Step 2

The IJF reviews the applications and sends its approval to the National Federations.

## Step 3

The nominated students must have a personal email address that will be used as an access to the platform during their study period. NO email address of National Federations is accepted; it is highly recommended to set up a GMAIL address for this course (<https://accounts.google.com/signup>).

## Step 4

The IJF Academy will send an electronic invitation using the personal email address of the students to sign up:

NAME (S)	NAME	SURNAME	EMAIL ADDRESS
1	Jose	Garcia	jgarcia@gmail.com
1	Adrian	Gonzalez	adrian@ijf.com
1	Juan	Suarez	juan@ijf.com

## Step 4

The students have to fill in the online form and sign up:

# SIGN UP

<b>E-mail*</b>	<input type="text" value="E-mail*"/>
<b>Password*</b>	<input type="password" value="Password*"/>
<b>Confirm password*</b>	<input type="password" value="Confirm password*"/>
<b>Prefix*</b>	<input type="text"/>
<b>First name*</b>	<input type="text" value="First name*"/>
<b>Middle name</b>	<input type="text" value="Middle name"/>
<b>Last name*</b>	<input type="text" value="Last name*"/>

[Sign In](#) [Sign up >](#)

## Step 5

After the students signed up, they will receive an email again to confirm their email address:



## Step 6

Using the email address and the selected password (in Step 4) students sign in to the platform and start the course.





# IJF ACADEMY STRUCTURE

## THEORETICAL SESSION Study Documents

The text documents and PowerPoint presentations are uploaded to the platform in PDF format. These documents can be downloaded so the students can study even when they are off-line.

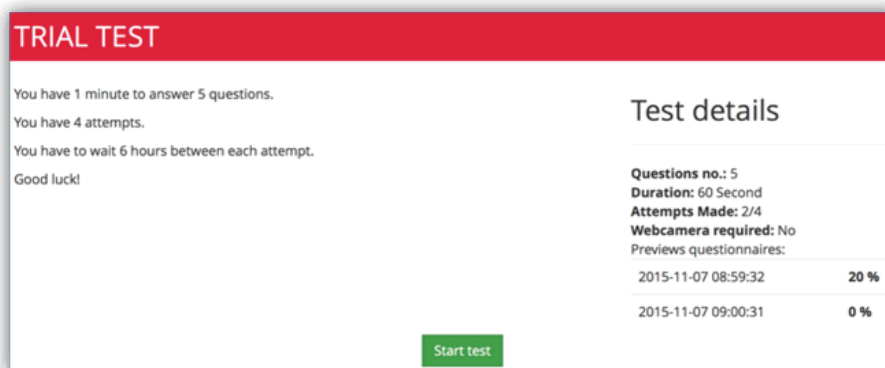


**VIDEO** files are also uploaded to show the Gokyo and Kata techniques for the students:



## Test System – Trial Test

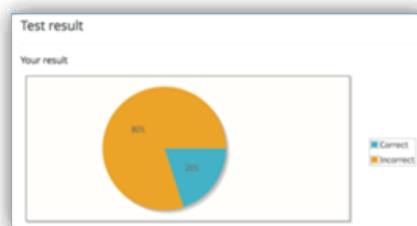
Helping the students to prepare for the Weekly Test the platform provides the five Trial Test possibilities. This can be used to measure the knowledge acquired from the study material.



**The Trial Test opens on every Wednesday midnight (Central European Time - CET).**

The results are for information only and are not part of the compulsory tests to be taken before the Final Examination.

## Test System – Weekly Test



The theoretical study program takes 11 weeks. At the end of every week a Weekly Test must be completed. The result of every Weekly Test (13 test in total, each three attempts per test) should reach a minimum of 60% in order to **qualify for the Final Examination**.

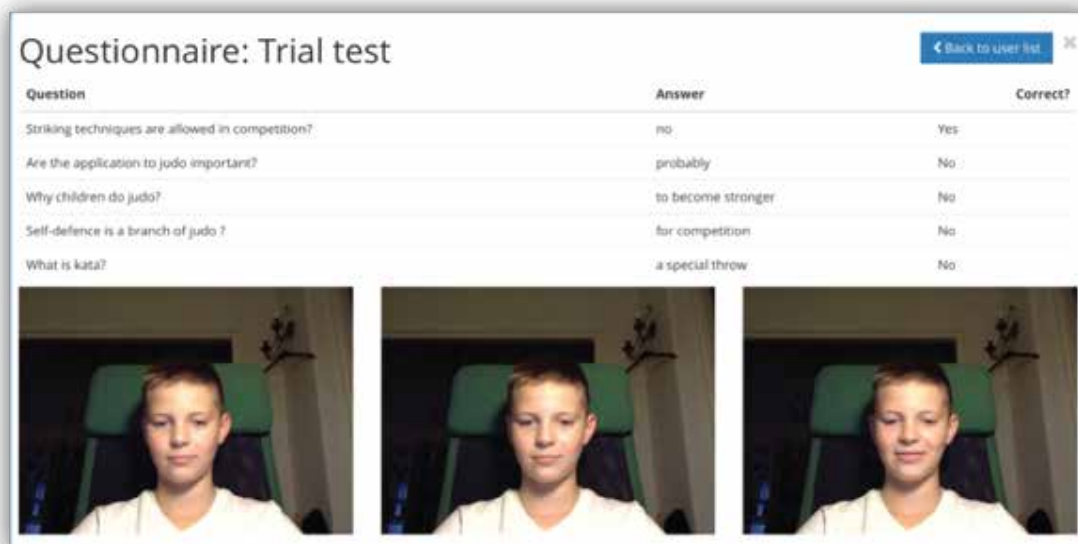
**The Weekly Test opens on every Saturday midnight (CET).**

Both, the Trial Tests and Weekly Tests are open from their opening date until the end of the Semester. Therefore, they can be completed during this period.



## Test System – Camera Test

The **Camera Tests** are used to identify the students completing the Weekly Test. During the test the camera of the student’s electronic device will take pictures from the person sitting in front of it and will show three random pictures at the end after the test has been submitted.



## Timetable

The IJF Academy courses follow a timetable whereby the students can schedule their time for the study within their daily activities.

TIMETABLE

Month	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August-September	10	11	12	13	14	15	16
	History of Judo Culture of Judo	History of Judo Culture of Judo	History of Judo Culture of Judo	History of Judo Culture of Judo	History of Judo Culture of Judo	Exam - History of Judo Exam - Culture of Judo	
	17	18	19	20	21	22	23
	Exercise Physiology	Exercise Physiology	Exercise Physiology	Exercise Physiology	Exercise Physiology	NO EXAMINATION	
	24	25	26	27	28	29	30
	Exercise Physiology	Exercise Physiology	Exercise Physiology	Exercise Physiology	Exercise Physiology	Exam - Exercise Physiology	

The students receive one (1) extra week at the end of the semester (after the 11 weeks) to repeat their missing Weekly Tests before the semester closes down.







# FINAL EXAMINATION AND ASSESSMENT

## QUALIFICATION

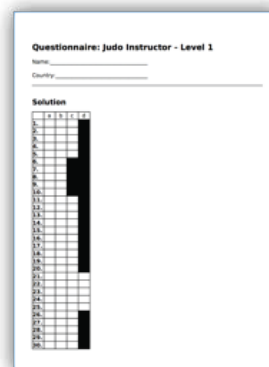
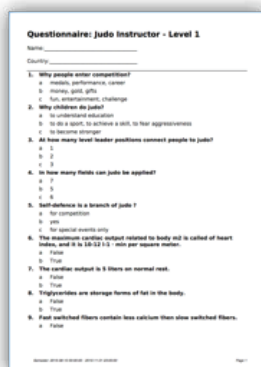
Once the students have covered the Theoretical Session modules successfully and achieved at least 60% mark in all the modules, they qualify for the Final Examination.

The Final Examination and Assessment are held over one week for Level 1 Instructor and Level 2 Coach Certificate and two weeks for Level 3 Pro Licence Diploma.

## THEORY PAPER TEST ASSESSMENT

All the 13 modules that the students studied in the past 11 weeks are tested in the form of random multiple choice exam with the duration of 90 minutes. This exam is held on the first day of the Practical Sessions; the students will be in one room under supervision.

The pass mark is 60% overall that will be presented in the final grading of the students.



## PRACTICAL SESSIONS

During the Practical Sessions the students have to demonstrate that they know the Gokyo; the grammar of Judo, both in the standing (Tachi-Waza) and the groundwork (Ne-Waza) sections.

## FIRST AID CERTIFICATE

The Level 1 Instructor Certification requires that the candidates are in possession of a valid first aid national certification (country of origin). The first aid certificate must be presented at the beginning of the Practical Session.

Tachi Waza	Tachi Waza cont...	Ne Waza
ukemi:	sode-tsurikomi-goshi	renzoku-waza
stances:	utsuri-goshi	renraku-waza
tai-sabaki:	ushiro-goshi	transition ton-tori:
happo no kuzushi:	morote-seoi-nage	transition uke-tori:
kuzushi, tsukuri, kake (explanation)	ippon-seoi-nage	kesa-gatame
ouchi-gari	tai-otoshi	kuzure-kesa-gatame
kouchi-gari	seoi-otoshi	kami-shiho-gatame
osoto-gari	uki-otoshi	kuzure-kami-shiho-gatame
osoto-otoshi	sumi-otoshi	kata-gatame
kosoto-gari	uchimata-sukashi	yoko-shiho-gatame
kosoto-gake	kouchi-gaeshi	tate-shiho-gatame
deashi-harai	kata-guruma	nami-juji-jime
okuriashi-harai	sukui-nage	gyaku-juji-jime
tsubame-gaeshi	morote-gari	kata-juji-jime
sasae-tsurikomi-ashi	kuchiki-taoshi	hadaka-jime
hiza-guruma	kibisu-gaeshi	okuri-eri-jime
harai-tsurikomi-ashi	tomoe-nage	katata-jime
uchimata	ura-nage	katate-jime
uchimata-gaeshi	sumi-gaeshi	sode-guruma-jime
harai-goshi-gaeshi	hikkomi-gaeshi	tsukomi-jime
hane-goshi-gaeshi	tawara-gaeshi	sankaku-jime
koshi-guruma	tani-otoshi	ude-garami
ogoshi	yoko-otoshi	juji-gatame
uki-goshi	yoko-guruma	ude-gatame
tsuri-goshi	yoko-gake	hiza-gatame
harai-goshi	soto-makikomi	ashi-gatame
hane-goshi	uchimata-makikomi	sankaku-gatame
tsunikomi-goshi	harai-makikomi	
	hane-makikomi	

## NAGE NO KATA

At Level 1 Instructor students have to demonstrate their competence in Nage no Kata. On the Platform you can follow the correct Kodokan technique in a video.

## KATAME NO KATA

At Level 2 Coach students have to demonstrate their competence in Katame no Kata. On the Platform you can follow the correct Kodokan technique in a video.

## CERTIFICATION

The National Federations will receive the IJF Certificate for "Instructor" and the Certificate from the University, as well as the transcript of results of the students.

## Sample - Level 1 Certificates





# PARTICIPATION RULES AND CONDITIONS IN THE IJF ACADEMY

1. Only the International Judo Federation (IJF) and National Federations affiliated with the IJF can nominate students to IJF Academy (procedure described above).
2. Every student must have a personal email address that will be used throughout the entire course period. It is suggested that a new GMAIL account is created for this purpose (<https://accounts.google.com/signup>).
3. The platform is able to handle different languages. The students can select their choice of language at the beginning, but they can switch to the available languages during the course any time.
4. The Level 3 – Pro Licence course will only be available in the three IJF official languages: English, French and Spanish.
5. The students are required to complete their USER PROFILE in the platform immediately after registration to provide all the data in the USER PROFILE section.
6. Students can follow the study material only on the platform. In case they wish to study offline, the material can be downloaded. No material is sent in any other ways.
7. Trail Tests open on every Wednesday midnight (Central European Time) and offer maximum 5 attempts to try their knowledge and prepare for the Weekly Test. These Trial Tests are for practicing purposes only! Their results will not effect the final result of the student.
8. Weekly Tests open on every Saturday midnight (Central European Time) and offer maximum 3 attempts. Every student has to achieve minimum 60% grade using the 3 attempts only.

**9. If a student could not reach the 60% in all modules, he/she cannot attend the Final Examination and Assessment.**

10. Students can monitor their results by downloading their status by clicking on the "Online Results" button in the section of "Your Courses" on the platform. The IJF Academy management will not notify the students to inform them on their progress and missing Weekly Tests, as this has to be managed by the students (Pls. refer to Rule 9).
11. Tests are open until the end of the semester, the students have time to complete the Weekly Tests, which are already open until the end of the semester (Pls. refer to Rule 9).
12. The semester closes one week after the last examination (Week 11). Within this EXTRA week, all missing Weekly Tests have to be completed (Pls. refer to Rule 9).
13. Students who for valid reasons (submitted by the National Federation) do not manage to obtain 60% in all modules (Pls. refer to Rule 8) the student will be able to complete the missing modules only in the following semester to qualify for the Final Examination and Assessment.
14. Students who for valid reasons (endorsed by the National Federation) cannot attend the Final Examination and Assessment after the completion of the theoretical part, they can be registered in the following semester to the Final Examination and Assessment in their geographical area. If they fail to do so, their past results will be cancelled and they would have to start all the procedure from the beginning.
15. The Final Examination and Assessment includes a "paper test" and practical assessments according to the grade. The result of the "paper test" and the "practical assessments" will be the final grade of the student.
16. In case a student cannot successfully complete a part of the Final Examination and Assessment due to valid reasons, their National Federation can ask if the student can be invited again in the following Final Examination and Assessment to complete the missing part.
17. Students who completed the Final Examination and Assessment will receive a joint Certificate from IJF and the University of Physical Education, Budapest (TF), Hungary indicating their qualification (Level 1 – Instructor, Level 2 – Coach, Level 3 – Pro Licence).
18. The informal summary of the study records (Final results) can be downloaded by the students. This can be downloaded by clicking on the "Final result" button in the section "Your Courses" on the platform.



**IJF**  
**ACADEMY**

# IN PICTURES







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# MAP OF STUDENTS



- |  |  |   |
|--|--|---|
|  Armenia            |  Guatemala  |  Pakistan      |
|  Australia          |  Haiti      |  Panama        |
|  Azerbaijan         |  Honduras   |  Puerto Rico   |
|  Bahamas            |  Hungary    |  Seychelles    |
|  Botswana           |  Italy      |  Sierra Leone  |
|  Cameroon           |  Kosovo     |  South Africa  |
|  Chile              |  Lebanon    |  Suriname      |
|  Dominican Republic |  Mauritius  |  Swaziland     |
|  Ecuador            |  Mexico     |  Trinidad      |
|  Estonia            |  Mozambique |  Turkey        |
|  Gabon              |  Namibia    |  United States |
|  Georgia            |  Nepal      |  Uruguay       |
|  Germany            |  Niger      |  Zambia        |
|  Guam               |  Nigeria    |  Zimbabwe      |





# IJF ACADEMY



INTERNATIONAL JUDO FEDERATION  
**IJF ACADEMY**