



JUDO BLACK BELT ASSOCIATION COACH EDUCATION PROGRAM

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*Create Opportunities. Raise Expectations.
Improve Lives Through Judo.*

JUDO BLACK BELT COACH EDUCATION PROGRAM

SENIOR COACH LEVEL

Purpose: The development of ethically focused and fundamentally sound principles of teaching judo.

The Judo Black Belt Association is a judo education organization and is not the national governing body of judo or a legal entity with the authority to grant licenses. The JBBA Coach Education program is not a certification, accreditation or license to teach judo. The JBBA Coach Education Program is focused entirely on the educational development of individuals who wish to teach Kodokan Judo.

The JBBA Coach Education Program has three levels of coach education and development: 1-Instructor Level (minimum JBBA rank of Sankyu). 2-Coach Level (minimum JBBA rank of Shodan). 3-Senior Coach Level (minimum JBBA rank of Sandan).

Requirements for the JBBA Coach Education Program: 1-Member in good standing with the Judo Black Belt Association and actively teach judo as well as actively support the JBBA. 2-Minimum judo rank of Sankyu (as issued by the JBBA). 3-Member in good standing (as a non-competitive member) of the Amateur Athletic Union and successfully undergo the background check. 4-The successful completion of the basic level of the AAU's Positive Coaching Alliance coach education program. 5-Successfully complete and possess a current CPR credential from an accredited organization. 6-Successfully complete the following Senior Coach Education Program examination. Minimum rank requirement (issued by Judo Black Belt Association) for JBBA Instructor Level: Sankyu. Minimum rank requirement for JBBA Coach Level: Shodan. Minimum rank requirement for JBBA Senior Coach Level: Sandan.

Upon successful completion of all requirements and the following examination, the coach will receive a diploma of graduation. This diploma indicates that the person possessing the diploma has successfully completed the course of study at this level of education and development. The JBBA provides an on-going coach education program using videos and other media on the JBBA's social media outlets on YouTube and Facebook. It is highly recommended that all judo coaches take advantage of these social media resources for on-going coach education.

JBBA SENIOR COACH EDUCATION EXAMINATION AND REFERENCE MATERIAL

The JBBA Senior Coach Education Examination consists of numerous topics. To successfully complete this examination, a score of 80% is required. This examination relies on one textbook as reference material: "On the Mat" available from the JBBA. Once an applicant has fulfilled all the requirements as well as completed the JBBA Senior Coach Education Examination, the applicant should print out the workbook and his or her answers to all the questions and mail in to: JBBA, 8000 Jefferson Street, Kansas City, Missouri 64114. Enclose a check (payable to Steve Scott) for \$20.00. If paying by PayPal, pay to bionicbecky@yahoo.com.

(When answering many of the following questions for all of the topics in this examination, you will need to use a separate page or pages of paper. Please be sure to specify the topic and question number.)

TOPIC 1: SEQUENTIAL TEACHING, SCIENCE AND ART OF TEACHING JUDO AND DRILL TRAINING

(Reference: Topics 2, 4 and 6 in "On the Mat.")

- 1-Give a description of sequential teaching. What does "adding layers" mean?
- 2-Describe what is meant by "mastery" of a technical skill.
- 3-Explain why it is advantageous to "adapt" a technique to a student.

- 5-It is said that “coaching is an art based on science.” Why?
- 6-What is an instructional goal?
- 7-What are some things to keep in mind when developing instructional goals?
- 8-What is a performance goal and how does it mirror an instructional goal?
- 9-Explain what is meant by “progression of skill.” What is a lead-up skill and how is it used in sequential learning?
- 10-Describe the definition of drill training.
- 11-What is an automatic response?
- 12-How is an automatic response developed?
- 15-How does drill training benefit a judo practice or workout? Give some examples.
- 16-What is a closed-ended drill?
- 17-What is an open-ended drill?
- 18-What is a skill drill?
- 19-What is a situational drill?
- 20-What is a fitness drill?
- 21-It’s said that “any situation that takes place can be turned into a drill.” Explain what this means.
- 22-A coach must possess; a-high judo rank ____ b-a fundamentally sound understanding of why and how a technical skill works ____ c-national and international championship credentials ____ d-an advanced education in physical education ____.
- 23-It is the responsibility of the coach to make sure that every practice is; a-safe ____ b-difficult ____ c-focused only on the current contest rules ____ d-easy for the public to understand ____.
- 24-An effective practice must be appropriate to the _____ level, maturity and _____ abilities of the students or athletes.
- 25-What is meant by “Bread and Butter Judo” and why is it important?

TOPIC 2: TIME MANAGEMENT, ESTABLISHING GOALS, CLASS ORGANIZATION AND A SUCCESSFUL PROGRAM

(Reference: Topics 7, 15, 17 and 18 in “On the Mat.”)

- 1-What is the primary purpose of time management? a-keeping students busy ____ b-ability to make a profit for the club ____ c-punish students who are late ____ d-control as much of any process as humanly possible ____.
- 2-Why is showing up on time for a coach important? Check all the answers that apply. a-if the coach doesn’t have the discipline to show up on time, his students won’t either ____ b-showing up late is rude ____ c-it isn’t that important ____ d-the coach must arrive before the students do ____.
- 3-The reference book quotes John Wooden by saying “small things make big things happen.” Explain what this means and why is it important for a coach?
- 4-Explain in your own words why communication is important for a coach.

- 5-Explain why a coach's organizational ability is important for success.
- 6-Describe the purpose of a class outline. On a separate page, prepare a class outline for a group of beginning junior students.
- 7-Describe the purpose of a lesson plan. On a separate page, prepare a lesson plan for a group of intermediate to advanced adult students.
- 9-It is said that "personality goes a long way." Explain what this means.
- 11-It's said that the atmosphere of the dojo, gym or club is important. Describe some factors that determine the club's atmosphere and why they are important.
- 12-Explain why a coach must possess good moral character.
- 13-It's been said that "marketing and publicizing your club or program are essential." Explain why.
- 14-Explain in your own words how and why personal discipline is essential for success as a coach.
- 15-Explain why it is important for a coach to have a good knowledge of judo.
- 16-Explain what empathy is and why it's important for a coach to have.
- 17-Explain why a good work ethic is important for a coach to have.
- 18-It's said that "humility is the most important trait" in coaching. Explain why.
- 19-Every coach has his or her own "style" of coaching. A coach's style is a reflection of his or her (choose only one); a-personality ___ b-credentials ___ c-judo rank ___ d-ability to speak well ___.
- 20-Explain why the job of a club coach is important.

TOPIC 3: JUDO AS PHYSICAL EDUCATION

(Reference: Topics 5 and 10 in "On the Mat.")

- 1-Why should students refer to the instructor as "coach" or "sensei?"
- 2-Explain in your own words why the training provided in judo serves as a method of physical education.
- 3-It's said that "coaches should ensure that programs and classes are available for a variety of students." Explain why.
- 4-Judo's roots are deeply embedded in; a-tradition ___ b-physical education ___ c-Japanese culture ___ d-warrior spirit ___.
- 5-It's said that instructors and coaches should ensure that programs and classes are made available for a variety of students. Describe why.

TOPIC 4: LEGAL CONSIDERATIONS AND EMERGENCIES

(Reference: Topics 15 and 16 in "On the Mat.")

- 1- It's been said that one should "never coach or teach without insurance." Explain why.
- 2-It's said that "liability waivers are an important tool but be wary of them." Explain why.

- 3-Explain why it is important to keep attendance records.
- 4-Explain why simply being a black belt in judo does not qualify you as a coach.
- 5-Explain why it is important to provide “safe facilities” or “safe equipment.” What does that mean?
- 6-Explain what is meant by “failure to provide adequate instruction.”
- 7-Explain what is meant by “failure to supervise.” Explain what this means and why it’s important.
- 8-Explain what is meant by “failure to post.” Explain what this means and why it’s important.
- 9-Explain why it is important to comply with local laws and to provide security.
- 10-Based on your training in Cardio-Pulmonary Resuscitation (CPR), why is learning these skills important for you as a coach?
- 11-When performing Cardio-Pulmonary Resuscitation (CPR) by yourself on an adult, what is the compression-to-breath count? a-15 to 1 ___ b- 30 to 1 ___ c-50 to 2 ___ d-30 to 2 ___.
- 12-Explain why a detailed accident report is important.
- 13-Explain why it is important to maintain safety rules and procedures.
- 14-It’s said that “programs and instruction should be based on progression of skill in the activity in accord with human development.” Why?
- 15-Why does matching students of different physical size, maturity or experience pose a safety risk? Explain in your own words.

TOPIC 5: THE THREE ELEMENTS OF TRAINING, THE BUILDING BLOCKS OF SKILL AND THE TSURIKOMI ACTION

(Reference: Topics 14, 20 and 21 in “On the Mat.”)

- 1-Explain in detail what Kuzushi is.
- 2-Explain in detail what Tsukuri is.
- 4-Explain in detail what Kake is.
- 5-Explain in detail what Kime is.
- 5-What is the difference between a throw, a takedown and a transition? Explain in detail.
- 6-Fill in the blanks to answer this question. Tsurikomi is the _____ action that is essential in transferring _____ from the attacker to the defender.
- 7-Explain what the hikite is and what it does.
- 8-Explain what the tsurite is and what it does.
- 9-Kata is a _____ activity designed to _____ performance.
- 10-It’s said that all sports have some kind of kata. Explain what this means.
- 11-Randori is; a-free practice ___ b-a mock tournament ___ c-not necessary ___ d-fighting ___.
- 12-Shiai is the _____ of oneself.

TOPIC 6: WARM-UPS, COOL-DOWNS, WATER BREAKS AND ACTIVE REST

(Reference: Topic 19 in “On the Mat.”)

- 1-Explain why a warm-up is important in a judo practice, class or workout.
- 2-Explain why a cool-down is important in a judo practice, class or workout.
- 3-What is meant by the term “functionally stretched?”
- 4-Explain what ROM means.
- 5-Explain what “active rest” is.

TOPIC 7: JUDO RANK

(Reference: Topic 23 in “On the Mat.”)

- 1-It’s said that “belt rank in judo serves four realistic and functional purposes.” Describe what these four purposes are.
- 2-What is meant by “education-based rank.?”
- 3-Promotions in rank must be based on (choose only one); a-competitive success ___ b-merit and achievement ___ c-membership in a national judo organization ___ d-proper judo etiquette ___.

TOPIC 8: JUDO’S THREE CULTURE PRINCIPLE AND JUDO TERMINOLOGY

(Reference: Topics 28 and 29 in “On the Mat.”)

- 1-Explain what Seiryoku zen’yo means.
- 2-Explain the principle of “ju.”
- 3-It’s said that by giving something a name, we assign importance to it. Explain what this means.
- 4-The foundational basis of Kodokan Judo is; a-self-esteem ___ b-tradition ___ c-success as a judo athlete ___ d- physical education ___.
- 4-Why is Japanese terminology in judo? Check the correct answer to the the question; 1-it’s tradition in judo to use Japanese terminology ___ 2-Japanese is the “international language” of judo ___ c-it’s required for promotions ___ d-it helps make the instructor look authentic ___.
- 5-Describe the 3 parts to judo’s Three Culture Principle using both the Japanese and English terminology.
- 6-Explain what Kyogi Judo is.
- 7-Explain what Kogi Judo is.

TOPIC 9: CLASSIFICATION OF TECHNIQUES AND JUDO HISTORY

(Reference: Topics 25 and 29 in “On the Mat.”)

- 1-What is Nage Waza?
- 2-What is Katame Waza?

3-What is Atemi Waza?

4-What is the original standard syllabus of throwing techniques called and when was it established? a-Nage no Kata in 1886 ___ b-Gokyo no Waza in 1895 ___ c-Shinmeisho no Waza in 1882 ___ d-Nage Waza in 1911 ___.

5-What is Osaekomi Waza?

6-What is Shime Waza?

7-What is Kansetsu Waza?

8-What is Tachi Waza?

9-What is Sutemi Waza?

10-What is Ma Sutemi Waza?

11-What is Yoko Sutemi Waza?

8-What year was the Kodokan formally established?

9-What year and where was the first World Judo Championships for men held?

10-What year and where was the first World Judo Championships for women held?

11-What year and where did judo first appear as a demonstration sport in the Olympics for men?

12-What year and where did judo first appear as a demonstration sport in the Olympics for women?

TOPIC 10: COACH BURNOUT AND A COACH'S LIBRARY

(Reference: Topics 24 and 26 in "On the Mat.")

1-Explain what is meant by the term "shelf life" for coaches.

2-What are some signs or indicators of "coaching fatigue" or "coach burnout?"

3-Coaching fatigue or burnout is a direct result of; a-obsessive compulsive behavior ___ b-laziness ___ c-excessive tiredness ___ d-stress ___.

4-Explain some ways to help relieve or overcome coach fatigue or burnout.

5-A coach's library should include book on a variety of subjects, not just judo. Why?

7-Reading is not a _____ activity. Books stimulate _____ and _____.

8-Explain how using videos on social media can help a coach.

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IMPORTANT: IF YOU ARE A GRADUATE OF THE JBBA'S RENJUKU ACADEMY, YOU ARE ELIGIBLE TO RECEIVE THE JBBA SENIOR COACH EDUCATION GRADUATION DIPLOMA WITHOUT TAKING THIS EXAMINATION AS LONG AS YOU MEET THE ABOVE-LISTED REQUIREMENTS FOR CURRENT CPR CERTIFICATION AND AAU MEMBERSHIP AND BACKGROUND CHECK.

