

IJF UNDERGRADUATE CERTIFICATE AS JUDO INSTRUCTOR

Hello judoka, I recently graduated with the IJF UNDERGRADUATE CERTIFICATE AS JUDO INSTRUCTOR course. I am really proud to achieve this as the first person representing the Irish Judo community. In order to may make your journey a lot easier compared to my adventure as I did not have anyone here to share what the journey was like I am here to share the path with you in case you also want to face this amazing qualification journey.

The IJF UNDERGRADUATE CERTIFICATE AS JUDO INSTRUCTOR is Level 5 of the Malta Qualifications Framework (MQF) and of the European Qualifications Framework (EQF) for Lifelong Learning with a solid foundation for Judo coaches become a confident local coach. I also want to make it clear here that the course is not a substitute for the Irish Judo Association coaching qualification level 1 and level 2.

Here is the link for you find more information about the course:

<https://academy.ijf.org>

How to enrol:

Each student must ask the national federation, the IJA, to refer them to the course. I self-funded the course.

Course structure

Successful students will gain the UCJI – EQF Level 5 qualification when they complete the following phases:

Phase 1: Theoretical online modules for 18 weeks. Here is where our journey begins as we must complete all listed 13 module examinations by a minimum of 60% pass rate. I pretty much felt the same college pressure in learning the online contents and be able to pass the exams. You have a maximum of two attempts only to pass.

Here are the contents of the course:

History of Judo

Classification of Judo – Part 1

Culture of Judo

About the IJF

Classification of Judo – Part 2

Role of the Instructor

Exercise Physiology I

Classification of Judo – Part 3

First Aid and Safety

Classification of Judo – Part 4

LTAD Stages

Nage-no-kata

Refereeing Rules, I

Once you pass this phase with the minimum of 60% you will get the invitation for Phase 2.

Phase 2: Practical session of one week in Budapest where I arrived on Sunday and departed on the next Sunday.

We had 3-hour sessions during the morning and 3-hour sessions during the evening. The examiners told us that we might would need to stay extra hours to benefit or guarantee our skills development.

This is one of the reasons why the course organizers warn us that we must be fit for the Nage Komi sessions that we will have during the week and believe me we all had a lot of them but all of the tasks were possible with hard work.

As Kano Shihan said” if there is effort there is accomplishment”.

The Sessions

The first morning was dedicated to Nage-waza (Basic waza & Te-waza) technical points and the afternoon was dedicated to Nage-no-kata.

The second morning was dedicated to Nage-waza (Koshi waza and Ashi waza) technical points, and the afternoon was dedicated to Nage-no-kata and the beep test. If we could not perform the beep test we could watch the session or participate in it but would need to repeat the whole physical &

technical part next year.

The third morning was dedicated to Nage waza (Sutemi waza and Renzoku/Renraku waza) technical points and the afternoon were dedicated for Katame-waza (Osaekomi waza and Shime waza).

The fourth morning was dedicated to Katame-waza (Kansetsu waza and transition) technical points, and the afternoon was dedicated for Nage-no-kata.

At this point we really benefited from the fitness work we had done where we keep going even though our minds and our bodies say many times that it is enough. With a bit of calm, stretches, sauna and ice we are all good and on track again.

The fifth morning was the decisive one where we would need to first pass our Nage-no-kata exam for only then we go for the final part of our exam. Here is what we had to do:

We had demonstrated our knowledge of the 100 Kodokan judo techniques of which 68 belong to the group of Nage-waza.

The 68 Nage-waza judo techniques were distributed randomly in 16 examination sheets with their Japanese name. Each examination sheet includes 1 basic, 2 Te-waza, 2 Koshi-waza, 2 Ashi-waza, 2 Sutemi-waza techniques. We were asked to demonstrate them right and left side in two different directions.

In addition, we had to use the assigned template and indicate our favourite techniques for two demonstrations (1) Renzoku-waza, (2) Renraku-waza, two Tori to Uke transition and two Uke transitions. We picked blindly one examination sheet from the 16 and demonstrate the listed techniques according to the presented order.

The team of senseis

The sensei and examiner team were a vastly experienced team from past and contemporary Judo where each lesson was like 500 books falling onto your tool kit bag:

- Daniel Lascau, World Champion U78kg in 1991
- Udo Quellmalz, 1996 Olympic Champion, World Champion and bronze Olympic medallist
- Daniela Krukower, 2003 World Champion
- Aurelian Ciprian Fleisz, Kata expert
- Dr. Tibor Kozsla, author, and project manager of several coaching education programmes both full-time and e-learning
- Envic Galea, Chairman of the IJF Academy, Member of the IJF Disciplinary and Appeal and IJF Development Commission

They were extremely professional and fully there to assist us to reach our goal, when the professionalism, commitment, and hard work was needed from our side. The easiest part of it was that as we are all Judoka, we had no problem with that.

The students

There were coaches from 11 countries participating in the respective courses: Italy, Serbia, Ireland, Kazakhstan, Germany, Jordan, Greece, Finland, Hungary, Romania, and Moldova. The opportunity to exchange and learn with other culture is unbelievable.

The venue

IJF again surprised me with their professionalism; I had a transfer that picked me up from the airport (Budapest) to the training centre in Dunavarsany, Hungary. The room, food, staff, and sauna session were fantastic and helped us get the support for the sessions.

The final results

I successfully made it and was approved and was really proud of my achievement and

for sure am looking forward to the next chapter. I was also proud and a bit emotional to see that the IJF Academy team was really happy to see an Irish Judo representative there, one of the team members said that he was glad to see that we had someone representing the Irish Judo and hoped that this was the start of many others. I really wish I could demonstrate how proud I felt not as an individual judoka but as the Irish Judo community member that was there among top quality content.

The reason why I am typing this journey is not to say that I made it. Instead, I wanted to say that you can all represent Ireland and fight for our sport here in Ireland and improve every day, delivering the best of our sport for anyone in this island interested or in need of our sport's benefits.

I have no doubt of the talented people we have here in Ireland, I often hear that here is a small Island but honestly the sky is the limit for any dreamer, and I just wanted to share that if I made it, you can make it too.

If you have any question regarding the course, or you need any help to get there please do not hesitate in contacting me and I will do my best to support you as much as I can. I am sure IJA will do that too as they did not hesitate in facilitating my way to the course.

Remember "Together we are stronger" and you are not alone in the battle to improve our sport.