



IJF Academy Brochure



FOREWORD

Judo is an educational sport by excellence. In Judo, we always dedicate time and attention to educating and this is one of our main activities.

Within the International Judo Federation, we created the IJF Academy, with the aim of educating coaches, help former judokas continue their path in our sport as coaches. The Academy is an important tool that helps us spread the knowledge and values of judo all over the world, including countries with less tradition and experience in our sport, but with a great potential and desire to develop judo.

Started in 2013, the IJF Academy had an excellent progress and very good results. One third of our members are using the courses of the Academy, some countries even organizing their own national courses or teaming up with other countries for regional courses. The current number of graduates is close to 400 and it continues increasing.

With its customized curriculum and state-of-the-art on-line theory courses, available in more and more languages, the Academy has become a real instrument, a benefit for the IJF as well as for the National Federations and our sport in general. For the financial support of these courses we partnered up with Olympic Solidarity and the National Olympic Committees, securing a maximum and optimal participation of all the students.

I would like to urge all the IJF Member National Federations to continue or start using the IJF Academy in order to educate a healthy and high-level generation of coaches, that will contribute later to the development of our sport from grass-roots to elite level, at a standard and generally accepted, correct level. The IJF Academy is one of the most successful IJF projects that contributes continuously to the consolidation of the international Judo Family.

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 over 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





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 12 weeks. During this period the students will study the 14 modules. They will be able to test their knowledge through a maximum of 5 attempts in Trial Tests and 3 attempts in Weekly Tests.

The one-week practical session for Level 1 is organised in collaboration with National Federations and National Olympic Committees 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
14. Nage no Kata

ENTRY REQUIREMENTS

- Minimum 18 years of age
- Minimum 1st Dan
- Good knowledge of Kodokan techniques and Nage no Kata

COSTS PER PERSON

- 12 Weeks online course
- 1 week practical course
- 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 achieved minimum 75% in both practical Judo tests in Level 1 (Tachi and Ne Waza). In case the student does not achieve 75% in both tests he or she has to wait minimum 2 years and send a short report of his or her activity on judo in these 2 years and how he or she has utilised the knowledge acquired in Level 1. The student might also be tested on his or her knowledge of the judo techniques before the start the Level 2 course. In the meanwhile they should also have gained enough experience 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 subjects, 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
14. Katame no Kata

ENTRY REQUIREMENTS

- Minimum 20 years of age
- Minimum 2nd Dan
- Good knowledge of Katame no Kata

COSTS PER PERSON

- 12 Weeks online course
- 1 week assessment practical course
- 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 achieved minimum 75% in both practical Judo tests in Level 2 (Tachi and Ne Waza). The applicants are also required to send a short CV on what they had been doing on a national or international basis to merit to register for this high performance course of Level 3.

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 subjects 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
- Experience in Coaching (CV for national or international coaching experience)

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
- 9-days seminars and workshops in a specialised centre with 8-nights accommodation and full board
- US \$ 2,600 (Flights not included)



IJF
ACADEMY



MULTILINGUAL

The IJF Academy Level 1 Instructor course is currently run in 9 languages.



The IJF Academy Level 2 Coach course is currently run in 5 languages. Additional languages are in progress in both courses.

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.





SPECIAL OLYMPIC SOLIDARITY SUPPORT

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 advisable that this coordinator would have already qualified in either Level 1 and preferable also in Level 2, so that he can understand better the organisation and requirements in his country.

Final Examination/Assessment practice: the Assessment Part is run by IJF tutors, accompanied by interpreters, in the venue provided 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.

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.





JUDO ADMINISTRATOR

ADMINISTRATION OF JUDO CLUBS AND CENTRES

It is estimated that over 20 Million judoka practice Judo around the world and a very small percentage go for competition. The large majority frequent Judo clubs and Judo centres. These clubs and centres require professional administration. The IJF Academy is therefore providing a new sector to help these administrators run professionally these clubs and centres.

To provide sport managers with access to a management course of international significance, to contribute towards the improvement and the management of their judo clubs and national judo federations.

The programme is available to all IJF National Federations and candidates nominated by them.

DESCRIPTION

The course is run entirely on-line through the IJF Academy website.

The course is divided into 12 weekly modules and within each module there are a number of generic sections:

- there is a comprehensive section that gives the relevant information in an easy to read written form
- activities are also found in this section where you may be required to think a little deeper about some of the information that has been presented
- in some modules there are links to websites, reading and the like to further emphasise specific points and to give a deeper understanding by way of examples;
- there are a range of lectures with narrated slides that examine aspects of the material presented that week;

- there is a judo specific case study in every module that attempts to either bring the material together to facilitate your understanding of it or concentrates on a particular part of the presented information;
- for those who wish to take their learning even deeper there are further resources presented in each module; and
- at the end of the 12 weeks study, there is a final online examination, which includes random questions from all modules;
- if the student achieves a minimum pass mark of 70% or higher, the student will be invited to submit an assignment of 5.000 words in English, within 60 days; the final evaluation is based on the final online exam and this assignment;
- more details will be available about this assignment on the course platform;
- unless all these conditions are fulfilled, only a Certificate of Participation is issued;
- those who pass the online final exam and submit a satisfactory assignment are issued with a Diploma in Judo Manager.

1. Introduction to the Sport Management Environment

General information; introduction and context of sport management.

2. Introduction to Governance

The sport organisation, good governance and the constitution.

3. Governance (2)

Governance and the law; policy and process and conflict of interest.

4. Personal Brand

Creating and managing your personal brand and personal brand and organisational culture.

5. Management Functions in Judo Organisations

Management functions, planning, leading, organising, controlling and decision-making.

6. A Closer Look at Boards and Committees

Starting a judo club, vision, mission, values, roles and responsibilities and board/committee composition.

7. Introduction to Sport Marketing

Marketing, the 4Ps of marketing and the marketing mix and sport marketing.

8. Sport Marketing (2)

Segmentation, communication and media and public relations.

9. Fundraising and Sponsorship

Fundraising, donations, sponsorship and writing proposals.

10. Event Management

The event industry, event impacts, financial management and event marketing.

11. Facility Management

Facility management in context, issues, facility marketing and facility management.

12. Bring it all Together

Revision of all materials presented as part of the course.

Participation fee:

The IJF sponsors the cost of participants, nominated by the all affiliated National Judo Federations.

Entry requirement:

Nomination by IJF National Federation, English language knowledge, minimum 18 years of age, motivation letter, access to internet.

Follow up and control:

National Federations are encouraged to closely monitor the progress of their nominees/ students participation during the course. While the students are obliged to provide their National Federations with regular updates on the status of their participation.



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) and have to be signed and stamped by the representative of the National Federations, then sent to IJF Academy (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	AGE	ADDRESS	DATE

Step 4

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



The image shows a 'SIGN UP' form for the IJF Academy. The form includes the following fields: Email, Password, Confirm password, Position (dropdown), First name, Middle name, Last name, Profile picture (with a 'Take...' button and 'click to upload file' text), Passport picture (with a 'Take...' button and 'click to upload file' text), Gender (dropdown), and Birth Date. There is a 'Sign up' button at the bottom right.

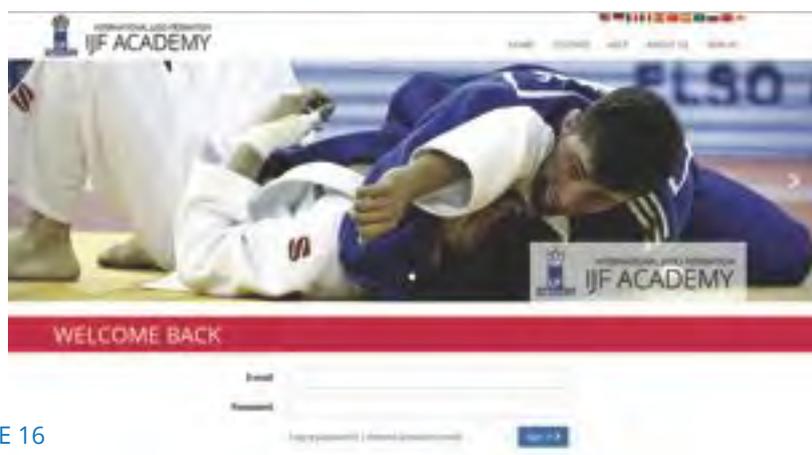
Step 5

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.

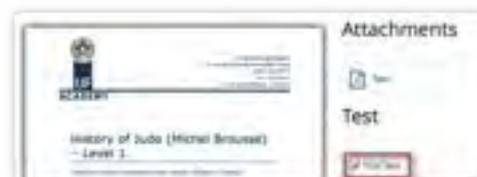


VIDEO files are also uploaded to show the judo and Kata techniques for the students:



Test System - Trial Test

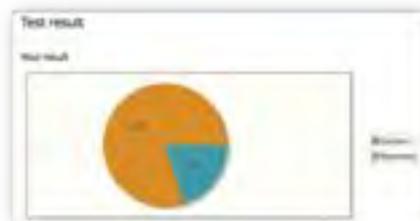
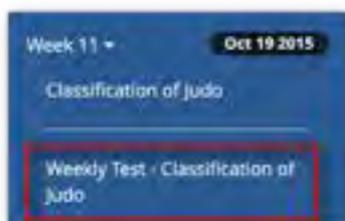
Helping the students to prepare for the Weekly Test the platform provides the five Trial Test possibilities. This can be used to measure the knowledge acquired from the study material.



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 12 weeks. At the end of every week a Weekly Test must be completed. The result of every Weekly Test (14 tests 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.





FINAL EXAMINATION AND ASSESSMENT

QUALIFICATION

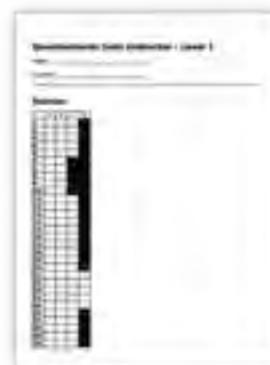
Once the students have covered the Theoretical Session modules successfully and achieved at least 60% mark in all the modules, they qualify for the Final Examination.

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 14 modules that the students studied in the past 12 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 Kodokan techniques; 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).

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 techniques in videos.

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 techniques in videos.

CERTIFICATION

The National Federation will receive the IJF Certificate for Level 1 Instructor or Level 2 Coach. The certificates issued are by the University and the IJF. The University Transcript is also included.

Sample - Level 1 Certificates





PARTICIPATION RULES AND CONDITIONS IN THE IJF ACADEMY

Coaching Certification

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. First Aid certificate is required before the final certificate for Level 1 is issued as explained earlier.
4. In case you need to change your email address which you are using, contact academy@ijf.org to reset your email address.
5. 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.
6. The Level 3 – Pro Licence course will only be available in the three IJF official languages: English, French and Spanish.
7. 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.
8. The students must upload a passport type photo and a scanned copy of their national ID or passport when signing up to the platform.

- 9. Students can follow the study material on the platform or this can be downloaded. No material is sent in any other way.**
10. Trial Tests open on every Wednesday midnight (Central European Time) and offer maximum 5 attempts for testing knowledge and preparation for the Weekly Test. These Trial Tests are for practicing purposes only! Their results will not effect the final result of the student.
 11. Weekly Tests open on every Saturday midnight (Central European Time) and will remain open until the last day of the semester. The student is allowed a maximum of 3 attempts. Every student should achieve minimum 60% grade in any of the 3 attempts.
 12. A student will not be invited for the Final Examination and Assessment unless he or she reaches 60% in all 14 modules.
 13. Students can monitor their progress and results by downloading their status by clicking on the "Online Results" button in the section of "Your Courses" on the platform.
 14. The IJF Academy management will not notify the students about their progress and missing Weekly Tests, as this must be managed by the students.
 15. The semester closes at the end of Week 12. The last week is reserved for the missing Weekly Tests.
 16. Students who for valid reasons (confirmed by the National Federation) do not manage to obtain 60% in all modules will be able to complete the missing modules only in the following semester to qualify for the Final Examination and Assessment.
 17. Applications to attend the Final Examination and Assessment must be endorsed by the student's National Federation.
 18. In case the student, for valid reasons, cannot achieve 60% in all 14 theoretical modules, the IJF Academy has the facility to organise this exam remotely after the student satisfies this requirement.
 19. In case a student cannot successfully complete a part of the Final Examination and Assessment due to valid reasons, their National Federation can ask for permission from the IJF Academy for the student to be invited again in the next Final Examination and Assessment to complete the missing part.
 20. In case of situations arising not covered in these rules, the IJF Academy Management and the IJF reserves the right to take appropriate decisions and actions they deem suitable.



STUDENTS IN 78 FEDERATIONS

 Albania	 Greece	 Niger
 Angola	 Guam	 Nigeria
 Argentina	 Guatemala	 Norway
 Armenia	 Guinea	 Pakistan
 Aruba	 Haiti	 Palestine
 Australia	 Honduras	 Panama
 Azerbaijan	 Hungary	 Paraguay
 Bahamas	 India	 Peru
 Benin	 Iran	 Puerto Rico
 Bolivia	 Italy	 Republic of Lithuania
 Bosnia and Herzegovina	 Ivory Coast	 Republic of Moldova
 Botswana	 Kenya	 Senegal
 Brazil	 Kosovo	 Seychelles
 Cameroon	 Kyrgyzstan	 Sierra Leone
 Chile	 Latvia	 Slovenia
 Croatia	 Lebanon	 South Africa
 Cuba	 Libya	 Suriname
 Dominican Republic	 Malawi	 Swaziland
 Ecuador	 Mauritius	 Switzerland
 El Salvador	 Mexico	 Taiwan
 Estonia	 Mongolia	 Trinidad
 Ethiopia	 Morocco	 Turkey
 Fiji	 Mozambique	 United States
 Finland	 Namibia	 Uruguay
 Georgia	 Nauru	 Zambia
 Germany	 Nepal	 Zimbabwe



IJF ACADEMY



INTERNATIONAL JUDO FEDERATION
IJF ACADEMY