

# JUDOs Coaching Seminar 2024 (Outline)

## 1 Objectives

This seminar is intended for people who are motivated to better themselves through judo, who want to learn judo teaching methods independently about Japanese culture here in Japan where judo was founded.

The seminar will provide an opportunity to learn about judo through grassroots exchange together with peers from all over the world, confirming our solidarity as a judo family.

## 2 Applicants

Applications are open to anyone who is willing to take what they have learned and share it, building bridges through judo activities around the world. Preference will be given to applicants with a recommendation from the National Judo Federation, their affiliated club / team or a person recognized by JUDOs.

## 3 Aims of the seminar

- 1) To acquire expertise in judo instruction and foster the development of human resources able to communicate the techniques and appeal of judo to a wide audience.
- 2) To develop human resources able to demonstrate leadership in their respective environments in order to further expand and develop judo.
- 3) To develop human resources capable of contributing to society and world peace through judo, based on the principles of "[Seiryoku-Zenyo](#)" and "[Jita-Kyoei](#)" overcoming any differences in race, nationality, religion, politics or culture.

**4 Organizing body** JUDOs Certified NPO (Hiratsuka Kanagawa, Japan)

**5 Support** Tokai University, Japanese Ministry of Foreign Affairs,  
All Japan Judo Federation, Kodokan

**6 Dates** Thursday, October 3<sup>rd</sup> - Monday, November 4<sup>th</sup> 2024

**7 Location** Japan/ Tokai University Shonan Campus, Kodokan, Local Dojos, Judo Clubs,  
Hiroshima/Kyoto etc.

## 8 Required Documents

- 1) **Personal Details** (as stipulated by JUDOs)
- 2) **Passport Data** (copy of photo page)
- 3) **Letter of recommendation** (issued by National Federation or affiliated club)
- 4) **CV** ([Google forms](#))

## 9 Expenses

- 1) **Return airfares** (TBA by applicant)  
ARRIVE - JST Thursday October 3rd 2024, Narita Airport, Japan  
DEPART- JST Monday, November 4th 2024, Narita airport, Japan
  - 2) **Travel Insurance** (TBA by applicant)  
Full period cover, from departure to return to the home country.
  - 3) **JUDO's International Coaching Seminar**  
**¥395,953** \*See attachment for further details.
    - Training fee
    - Accommodation
    - Transportation
    - Study Trips to Kyoto and Hiroshima
- 10 **Diploma** JUDO's will provide a "Certificate of Completion" to all who have attended the coaching seminar, completed the entire process and met the prescribed conditions.
- 11 **Deadline** August 15<sup>th</sup> 2024 - Documents 8-3) may arrive at a later date.
- 12 We will review the submitted resumes and send acceptance notifications to those eligible for the program by the end of August

Coaching Seminar Planned schedule

## Curriculum

### 1 Judo Coaching- Approx 15 days

Judo teaching techniques, from children to adults, beginners to advanced.



Instructor **Mitsumoto Kenji**

JUDO's International Exchange Master,  
Tokai University Judo Club Shihan,  
Kodokan 8<sup>th</sup> Dan

#### - Judo Coaching Experience -

*1978 to 1979* Swiss National Men's Team Coach

(Producing a gold medalist at the Moscow Olympics)

*1984 to 1991* Employed at Tokai University's Takanawa High School  
(Winning team at national high school tournament 'Kinshu-ki'. High results at other High School Tournaments)

*1991 to 1994* Danish National Team Coach

*2007 to 2010* Chinese National Team Coach

*2014 to present* Tokai University Judo Club Shihan

Experienced international exchange coach with Tokai University, The All Japan Judo Federation, Solidarity of Judo Education, (founded by Yamashita Yasuhiro activities ended in 2019.)

Additional Instructors : Tokai University

Inoue Kosei, Agemizu Kenichiro, Maki Tsukada, Nakaya Riki

### 2 International Refereeing Regulations (All Japan Judo Federation)

Learn about international judo refereeing regulations. Taught by staff from the international division of the All Japan Judo Federation.

### **3 Jigoro Kano and the History of the Kodokan (Kodokan)**

Learn about Jigoro Kano and the history of the Kodokan from Kodokan staff

### **4 Eshoji Temple**

Tour of the college at Eshoji where Kodokan Master Kano Jigoro first started judo.

### **5 Specialized Judo Training at Tokai University**

Learn instruction techniques alongside Japan's top-level university students.

### **6 Technical Instruction by Olympic Medallists**

Lecture by Olympic medallists on how to teach your specialist techniques.

### **7 Nage no Kata**

Gain an understanding of the rationale behind throwing and the appropriate positions for correct learning. Learn about ukemi and the logic behind the moves and techniques which form the basis of judo.

### **8 Self Defence**

Learn about Kodokan Self Defense in a lecture with Tokai university students

### **9 Youth Judo Refereeing Practice**

After studying Japanese junior judo refereeing rules, practice refereeing at the Musashino Junior Judo Championships.

### **10 Local Dojos**

#### **● Asahi Dojo**

Asahi Dojo has produced three Olympians including one medalist and is renowned as one of the most prestigious dojos in the country. Asahi Dai, head of the dojo is a leading instructor for junior judo with over 40 years' experience.

#### **● Mamezo Judo Club**

This dojo is owned and run by Mamezo Holdings Co. Ltd. Students are split into four classes depending on their age and ability, from inexperienced to advanced.

#### **● Matsumae Judo Juku**

Founded in 1976 it is owned and run by Tokai University, Bosei Gakujuku. Classes are held for kindergarteners to junior high and also for the general public. They have a strong focus on international exchange and have established exchanges with a number of countries.

In addition Total Learning Days (TLD) are held where students learn movements different from judo with the aim of improving physical strength and athletic ability.

● **Yokosuka Gakuin Elementary, Junior High, Senior High School**

Private elementary, junior, and senior high schools providing integrated education. One of the top schools in judo taking amongst other titles, 3<sup>rd</sup> place at the high school nationals 'Kuroshio-ki'.

● **Simo Dojo**

Visit to a private dojo for children with various disabilities to learn about the teaching techniques employed.

● **Hiratsuka City Judo Association**

A dojo with over 75 years of history, attended by over 100 children from infants to junior high school students.

**11 Six Zone Theory**

Practical learning about the six zone theory presented by Agemizu Kenichiro, Tokai University's world, top class coach. Offering simply explained strategies in segments based on stature and kumite.

**Not Specifically judo related.**

**12 Rehabilitation**

Learn about medical rehabilitation, athletic rehabilitation, and conditioning during competition.

**13 Sports Taping**

Learn taping techniques for injury prevention, and the prevention of reoccurring injuries, along with taping techniques for first aid.

**14 Sports Mental Training**

Learn techniques to train the mind in order to maximize performance during a match.

**15 Sports Massage Methods**

Learn sports massage methods which play a supporting role in conditioning and improving athletic performance during sport.

**16 Health Management for Female Athletes**

Learn methods for optimising the health and performance of female athletes.

### **17 National Training Centre / Japan Olympic Association**

Visit various facilities to gain an understanding of how athletes train and what kind of support they have.

### **18 Kendo / Aikido Lessons**

Lessons hosted by Tokai University's kendo and aikido teams.

### **19 Hiroshima · Kyoto Study Trips**

Hiroshima : Located in the Chugoku region of Japan, Hiroshima was the first city in the world to come under attack from nuclear weapons during the Second World War. We plan to visit two UNESCO World heritage sites, the Atomic Bomb Dome and Miyajima.

Kyoto : The thriving centre of Japanese culture, it boasts a great number of cultural properties including Kinkakuji and Kiyomizu temple . Visit Butokuden the birthplace of Kosen judo which focuses on ne-waza (ground techniques.) Butokuden is central to martial arts in Japan and has been depicted as 'Kodokan in the East, Butokuden in the west.'

### **20 Kodokan Cup**

The Kodokan Cup All Japan Judo Weight Category Championships is the deciding tournament for the number one judoka in Japan by weight.

Along with the All Japan Selection Judo Championships by weight and the All Japan Judo Championships, open weight, it is one of the biggest title tournaments in Japan. Results at this tournament also determine who will compete internationally.

## **Accommodation details**

### **1 Kodokan**

<http://kodokanjudoinstitute.org/en/others/establishment/stay/>

### **2 Tokai University International Residence (Yukokaikan)**

257-0004 Kanagawa Prefecture, Hadano City Shimootsuki 100-1

The International Residence is set up to accommodate Tokai University foreign members of staff and short-term research fellows. It is approximately a 15-minute walk from the university dojo.

Room with bunk beds, single occupancy.

(Kitchenette toilet and shower room)

The International Friendship Center provides various amenities including washing machines and dryers, Wi-Fi, a basic gym, and a piano.

All are available free of charge.

Curfew: 23:00 / 24hour security

### **3 Hiroshima**

#### **APA Hotel, APA Hotel Hiroshima Station**

732-0828 Hiroshima, Hiroshima, Minami-ku Kyobashicho 2-26, Japan

### **4 Kyoto**

#### **APA Hotel Kyoto-eki Horikawa-Dori**

600-8236 Kyoto, Kyoto, Shimogyo-ku Aburanokoji Shiokoji-nishi Aburanokoji 1, Japan

### **5 Takasaki**

#### **Takasaki Ekimae Plaza Hotel**

370-0053 Gunma, Takasaki, Torimachi 4, Japan

### **6 Narita**

#### **APA Hotel Keisei Narita Ekimae**

286-0033 Chiba, Narita, Hanasakicho 906 , Japan