

JUDOs International Coaching Seminar 2025 (Outline)

1 Objectives

This seminar is designed for judo practitioners with a strong desire for personal growth through judo, who proactively engage in learning instructional methods while immersing themselves in Japanese culture, where judo originated.

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 ability to communicate the techniques and appeal of judo to a wide audience.
- 2) To develop individuals who are capable of demonstrating leadership in their respective environments, in order to further promote and expand judo.
- 3) To cultivate individuals who can contribute to society and world peace through judo, based on the principles of *Seiryoku-Zenyo* (maximum efficient use of energy) and *Jita-Kyoei* (mutual prosperity for self and others), while overcoming differences in race, nationality, religion, politics, and culture.

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

5 Support Tokai University, Japanese Ministry of Foreign Affairs, All Japan Judo Federation, Kodokan, various high schools and local dojos and others

6 Dates Tuesday, October 7, 2025 - Monday, November 3rd, 2025

7 Location Japan/ Tokai university shonan campus, Kodokan, local dojos, high school judo clubs, Hiroshima/Kyoto, Chiba Port Arena etc.

8 Documents Required for Application

- 1) **Personal Information** (via [Google forms](#))
- 2) **Passport Data** (photo identification page)
- 3) **Letter of recommendation** (issued by National Federation or affiliated club)
- 4) **Photograph** (preferably wearing a judo gi)
* Please send items 2)–4) by email to: info@judos.jp

9 Participation Fee

JPY 484,400 (USD 3460)

including the Hiroshima & Kyoto Study Trip (JPY 90,000)

JPY 394,400 (USD 2820)

for those who do not join the Hiroshima & Kyoto Study Trip

* Further details will be provided separately.

10 Arrival & Departure

Arrival: Tuesday, October 7, 2025 (JST), at Narita Airport

*Morning arrival is preferred.

Departure: Monday, November 3, 2025 (JST), from Narita Airport

*The departure date can be adjusted upon request.

11 Application Deadline

Friday, August 22, 2025

* The required document 3) Letter of Recommendation may be submitted after the initial application.

12 Certificate of Completion

Participants who complete the full seminar program and meet the designated requirements will receive a Certificate of Completion issued by JUDO's.

13 Notification of Acceptance

Based on the submitted application documents, selected participants will receive an official notification of acceptance by August 31, 2025.

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 8th 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.) Has provided judo instruction in approximately 20 countries worldwide. Since 2011, has served as the lead instructor of the International Coaching Seminar, bringing a global perspective and extensive field experience to the program.



Other Instructors

Kosei Inoue

President of JUDO's; Professor, School of Physical Education, Tokai University; Gold medalist in the men's 100kg category at the Sydney Olympics; Former Head Coach of the All-Japan Men's Judo Team; Sport Director of the International Judo Federation; Board Member of the All Japan Judo Federation.

Kenichiro Agemizu

Board Member of JUDO's; Professor, School of Physical Education, Tokai University; Chair of the International Committee, All Japan Judo Federation; Head of the Strengthening Committee, Japan Blind Judo Federation. Appointed Head Coach of the Tokai University

Men's Judo Team in 2008, leading the team to seven consecutive victories in the All-Japan University Championships (2008–2014).

Yuko Fujii

Board member of JUDO's. Served as coach of the British Judo Team, then led the Brazilian National Team at the Rio 2016 Olympics, coaching Rafaela Silva to a gold medal.

From 2018 to 2021, served as the first Japanese woman to head the Brazilian Men's National Judo Team.

Riki Nakaya

Assistant Head Coach of the Tokai University Men's Judo Team; Lecturer, School of Physical Education, Tokai University; Coach for ALSOK Judo Team. Silver medalist in the men's 73kg category at the London Olympics; World Champion in 2011 and 2014.

Yuko Imai

Acting Head Coach of the Tokai University Women's Judo Team; Lecturer, School of Physical Education, Tokai University. Served as the personal coach of Natsumi Tsunoda at the Paris 2024 Olympics, where Tsunoda won a gold medal.

Daigo Kagawa

Assistant Coach of the Tokai University Men's Judo Team. Winner of the 2025 All-Japan Judo Championship.

2 International Refereeing Regulations

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 / Yahashira Cemetery

Visit to Eshoji Temple, the birthplace of Kodokan Judo, where Master Jigoro Kano first began practicing judo.

Also includes a visit to Yahashira Cemetery, the resting place of Master Kano, to pay respects at his grave.

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 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

Learn about the Japanese rules and practices for refereeing youth judo matches.

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 Mamezou K2TOP Holdings Corporation. 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.

● **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, 3rd place at the high school nationals 'Kuroshio-ki'.

● **Simo Judo Club**

A dojo that welcomes individuals with various disabilities. Instruction is also provided in sign language for children with hearing impairments.

Not Specifically judo related

1 Rehabilitation

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

2 Sports Taping

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

3 Sports Mental Training

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

4 Sports Massage Methods

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

5 Judo Therapy Method

Participants will learn about the Judo Therapy Method, which is officially recognized as a national qualification in Japan. With the cooperation of Egaodo Souken Global, hands-on training will be conducted at an actual clinic.

6 National Training Centre / Japan Olympic Association

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

7 Kendo / Aikido Lessons

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

8 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.

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.

In this seminar, a "Backyard Tour" will be conducted to explore the behind-the-scenes operations of the Kodokan Cup, including its organizational structure, division of roles, and practical workflow.

Accommodation details

1 Kodokan

<https://kdkjd.org/kodokan-hostel/>

Address: 1-16-30 Kasuga, Bunkyo-ku, Tokyo 112-0003

To stay at the Kodokan Hostel, enrollment in the Kodokan is required.

An enrollment fee of JPY 8,000 applies.

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.

A single room or a bunk bed room for single use
(Kitchenette, toilet and shower room)

The Yukokaikan 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 Narita

APA Hotel Keisei Narita Ekimae

286-0033 Chiba, Narita, Hanasakicho 906, Japan