



BRITISH JUDO ASSOCIATION

# DEVELOPMENT PROGRAMME

FOR PLAYERS 5, 6 & 7 YEARS OF AGE

## Introduction

The British Judo Association value all of their members, given this, we recognise the need for a development programme focuses specifically on the 5 – 7 year age group. Many clubs are working with young players in this age group, therefore, it is an ideal opportunity to develop these players both generically and sports specifically to deal with the immediate and future physical, technical and psychological demands of the sport.

Although the Programme provides for recognition of progress and achievement using coloured belts, this is not the objective. The Programme is aimed at creating an environment that focuses on competency, confidence, connection and character is important in developing our players to be well-rounded individuals who are prepared for a life time in the sport. Where a player decides to move to other sports or activity, their experiences in judo should help make those transitions successfully.

## Guidelines

This programme is aimed at 5 – 7 year olds to prepare them for moving smoothly into the Mon grading scheme on reaching 8 years of age. Coaches can choose whether to hold an awards day, or possibly more manageable, mark the young person up as they achieve each activity contained within their level of award. Although the main judo techniques come every three awards it is envisaged that the coach will work towards them as the player is progressing through the previous two awards.

Where you have a young person aged 7 years that is progressing fast and you want them to be considered for 4<sup>th</sup> Mon on reaching 8 years, please discuss this with the BJA National Promotions and Gradings Examiner.

### ***Who is qualified to deliver the programme?***

All currently valid BJA qualified coaches Level 1, 2, 3 and 4 are qualified and authorised to deliver programme.

### ***How often can the young player be assessed?***

Every individual can be assessed up to 3 times per year at 3-4 monthly intervals. Where the young person starts at 6 or 7 years of age they can be assessed 4\* times in the first year. Where an individual starts half way through the year then assessment can be adjusted to reflect this (e.g. 1 – 2 awards in 6 month period). Please see Table 1 below for more detail.

Starting Year	Age (Years)	Award Parameters (Shō)
1	5	1 – 3 Shō
2	6	4 – 6 Shō
3	7	7 – 9 Shō
1	6	1 – 4 Shō
2	7	5 – 8 Shō
1	7	1 – 4 Shō

### ***What happens when the player turns 8 years of age?***

On turning 8 years of age the young player will be awarded a Mon grade to reflect their Shō award, however, the ultimate decision as to which grade the player should transfer to will be made by the coach. An example would be a player who holds 3<sup>rd</sup> or 4<sup>th</sup> Shō will transfer to 1st Mon, see Table 2 below for the transfer details.

Shō	Mon
1 <sup>st</sup> & 2 <sup>nd</sup> Shō	Novice
3 <sup>rd</sup> & 4 <sup>th</sup> Shō	1 <sup>st</sup> Mon
5 <sup>th</sup> , 6 <sup>th</sup> & 7 <sup>th</sup> Shō	2 <sup>nd</sup> Mon
8 <sup>th</sup> & 9 <sup>th</sup> Shō	3 <sup>rd</sup> Mon

### What will this cost the players?





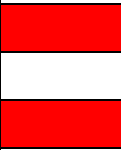
Participants in the programme will be required to purchase **BJA Membership** at a cost of **£20.00** which is renewable annually and will entitle the participant to take up to three awards per year.

If you require any additional information or have a specific question please contact Joyce Heron at - Telephone 07967 773 813 Email: [joyce.heron@britishjudo.org.uk](mailto:joyce.heron@britishjudo.org.uk) .

**Note:** This is an award scheme used to measure young people against specific targets, however, it is not a complete guide to what the coach should be doing with their players. Coaches would be expected to expand and develop young players above and beyond this where possible. Young people in the 5-7 year age group, are at a stage in their development where they should be exposed to as many movement situations as possible to prepare for more advanced technique later.

### Award Criteria

Belt	Award	Physical	Technical
Maximum 3 awards per year.			
	1 <sup>st</sup> Shō Belt: White & Red Bunny Badge	Forward double footed Jumps – 5 m Backward double footed jumps – 5 m Bunny Jumps forward (hands) – 10 m Bunny Jumps backward (hands) – 10 m	Assisted Ushiro-ukemi (partner) Unassisted Ushiro-ukemi
Theory: rei; matte; ha-jime; hygiene and safety			
	2 <sup>nd</sup> Shō Belt: White and Yellow Bear Badge	Balance on one leg – 5 sec (right and left) Bear crawl forward – 10 m Bear crawl backward – 10 m	Assisted Yoko-ukemi (partner) Unassisted Yoko-ukemi
Theory: ippon; judogi; zoris; respect			
	3 <sup>rd</sup> Shō Belt: White and Orange Spider Badge	Side double footed jumps – 5 rep (right & left) Forward, row-the-boat – 10 m Backward, row-the-boat – 10 m	O-soto-otoshi and Kesa-gatame Hug rolls Kesa-gatame position – 5 rep (right & left) Kesa-gatame position – catch leg to escape (5 right & left)
Theory: Technique names; fair play			
	4 <sup>th</sup> Shō Belt White & Green Monkey Badge	Shadow reaction side steps – 15 sec Monkey crawl side (left & right) – 10 m Bunny hops – side over bench or partner (5 right & left)	Assisted Mae-yoko-ukemi (Partner) Arm-roll Mae-yoko-ukemi (Partner) Ushiro-ukemi with backward roll
Theory: Shido (fair play (punching etc.); not gripping; dropping; leg grab); Waza-ari			

Belt	Award	Physical	Technical
	5 <sup>th</sup> Shō Belt: White and Blue Flamingo Badge	Cross hops (various directions) – 1 x right & left Frog hop with high hold – 5 rep	Ankle touches backward/forward – De-ashi-barai position (5 right & left) Bridge and turn (5 right and left)
Theory: Yuko; toketa; osaekomi			
	6 <sup>th</sup> Shō Belt: White and Purple Shrimp Badge	Forward shrimp – 10 m Backward shrimp – 10 m Wall walk handstand - 5 rep	De-ashi-bari and Mune-gatame Mune-gatame position – bridge and roll to escape (5 right & left) Mune-gatame position – stay with partner 20 sec
Theory: Technique names			
Belt	Award	Physical	Technical
	7 <sup>th</sup> Shō Belt: White & Brown Crocodile Badge	T-drills – Run and down-ups Crouched rollover partners back – 5 rep (right and left) Spin around partners back – 5 rep (right and left)	Mae-mawari-ukemi Double Lapel Roll – side Step-turn-across (stepping pattern)
Theory: Technique names			
	8 <sup>th</sup> Shō Belt: White and Black Ox Badge	Press-ups (knees allowed) – 5rep Belt-pull (on back pulling self) – 10 m Abdominal – 10 rep Roll and sit through x 5 (right and left)	Forward and backward T-shape fencing travel – 5 rep (right & left) Side T-shape fencing travel – 5 rep (right & left) Partner Push-pulls – 5 rep
Theory: Previous Technique Recap – coaches choice			
	9 <sup>th</sup> Shō Belt: White and Red Stripe Lion Badge	Squat – 10 rep Plank – 20 sec Seated spin x 5 (right and left)	Uki-gosh Kuzure-kesa-gatame Kuzure-kesa-gatame escape Uki-goshi avoidance (partner) – 5 (right and left) Uki-goshi hip block (partner) – 5 (right and left)
Theory: Technique names			

### Terminology

The table below converts judo Japanese terminology to the English translation or description linked to grades.

Grading Criteria Translations and/or Descriptions		
Grade (Shō)	Japanese	English
1 Shō	Rei	Bow
	Matte	Stop
	Hajime	Begin
	Ushiro-ukemi	Rear breakfall
2 Shō	Judogi	Judo suit
	Zoris	Judo slippers
	Ippon	Score – partner fully on back
	Yoko-ukemi	Side breakfall
3 Shō	O-soto-otoshi	Major outer body drop
	Kesa-gatame	Scarf hold
4 Shō	Mae-yoko-ukemi	Forward side breakfall
	Waza-ari	Score – partner mostly on back
	Shido	Penalty
5 Shō	Osaekomi	Holding
	Toketa	Hold broken
	Yuko	Score – partner mostly on side
6 Shō	De-ashi-barai	Advanced foot sweep
	Mune-gatame	Chest hold
7 Shō	Mae-mawari-ukemi	Forward rolling breakfall
8 Shō	Previous Technique Recap – coaches choice	None (learning theory for 9 <sup>th</sup> Shō)
9 Shō	Uki-goshi	Single hip throw
	Yoko-shiho-gatame	Side four quarters hold