



BJC Technical Plan 2013: Robin Otani – President

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Over the last year I have issued a number of documents i.e. 'Skilful Judo', 'Uchikomi Awards', 'BJC Academy' and 'BJC Team Objective'.

I would now like everyone to now consider that these all can be bought together to make a 5 Year Technical Plan, which will in turn become part of the BJC 5 year Business Plan.

I am working with Andy Marshall - Team BJC Coach to do the preparatory work and we are initially looking at both Basic and Academic levels of explanation.

When the Academic explanation is in place to a suitable stage we intend to ask those BJC members with Academic experience for their input.

A Basic Explanation

Our focus is initially on improving grass roots judo so both ordinary members and those who wish to pursue competition through Team BJC, can become of much better quality and grow in greater numbers than BJC has ever produced before.

We need to offer 'visual templates' (DVD etc) of posture, breakfalls, skill sets and routines – these will enable us to avoid perception errors and show people exactly the standard expected to allow them to develop and mimic the fundamentals and basic skills. Where possible Team BJC members will be used for demonstrations.

We have already started to build the concept of the BJC Judo Model – the ultimate skilful Judoka, the vision of which will provide an inspiration and aspiration for all our members to one day become an accomplished judoka.

The same model will suit every member, no matter what age, grade, ability or gender and will therefore apply whether they wish to just remain an active/casual club member or whether they also wish to pursue the intensive training needed to become elite World Class Competitor.

The BJC Judo Model will set out in comprehensive detail of what skills and abilities are needed to develop, the amount of effort needed at what stages members should reach which level.

- This Model will also encompass our aims of 'What is BJC Judo'.
- The BJC Judo Model will be formed from the framework of my article 'Skilful Judo'.
- It will be a radical new approach to try and influence BJC clubs in basic training methods.

At club level competition techniques should not normally be used in randori of; mixed gender, age and grade abilities and full competition randori should be set apart for special high ability/grade training sessions.

Some clubs may already feel their club is at this high level and in this case they must be aware and try to separate their beginners and new members from exposure to competition randori. The higher experienced grade should not use competition judo techniques on new beginners who have not developed adequate basic skills.

Our aim and concepts for club should be:

- For Primaries, Juniors and Seniors under green belt a lot more emphasis on skill training 'visual templates' with a reduced amount of randori. Such randori will only use pure judo skill will not allow use of competition tactics/skills.
- Junior green belt up to black tabs and Senior green to 1st Dan; this is where a lot of embedded basic movements should be applied to discover how to throw in randori. At this stage we need an increased amount of randori using pure judo skill coupled with an introduction of a small amount of randori with competition tactics/skills.
- For the higher grades above this level it becomes more difficult to embed basic skills and therefore those skills already acquired need to be honed and polished together with good fitness and stamina. To reflect these higher grades must be able and aware to practice randori with the lower grades using ONLY pure judo skill with NO competition tactics.

If we can make this initiative work it will help us to integrate the aims and objectives of: FPJ Coaching, BJC Club judo and Team BJC - National Squad.

We must consider extending Team BJC into a BJC Academy, where we measure and record, extra requirements for each level of progress. Academy members will then have a Portfolio of progress for the coaches and co-ordinators to plan individual training schedules.

Every 'Visual Template' will also have Academy ratings for the level of skill accomplished.

This will give extra incentive to young students whilst we try to encourage them to greatly improve their skill level rather than developing early serious competition ability or moving too fast through grades.

Randori is still the most enjoyable judo experience for many and so we must maintain an element of competitive randori in every session but reduced and limited to pure judo skills only (no competition tactics).

Therefore to improve the grass root skill level of everyone we need to have a lot more lesson time taken up with Uchikomi (President's Awards), various skilful routine and drills, which we have to identify and develop. This means more technical training in lower grades replacing hard randori and contest training.

These 'Visual Templates' will show skilful routines and drills and here are just a few of my suggestions for consideration:

- Based on the 2010 BJC syllabus requirements and FPJ theology we will build further routines i.e.
 1. Completion of the President's Uchi-komi Awards.
 2. Morote-seoi-nage Uchikomi (L shape) Uke moves in four directions; forward, back, right and left; change to left handed grip making eight attacks in all. Every attack must have 'wrist flick' as President's Uchikomi award'.
 3. Morote-seoi-nage throws done in Nage-no-kata form (Square Shape) Uke moving and thrown in four directions but this time; forward, right, back, and left; change to left handed grip making eight throws in all. Every attack must have FPJ Kuzushi/Tsukuri – pull down/up and open/enter.
 4. Morote-seoi-nage throws done at competition speed (Square Shape) and 'wrist flick'.
 5. Likewise 2, 3 & 4 above for Tsurikomi-goshi, Tai-Otoshi etc.
- More use of kata for all grades, particularly nage no, katame no, kaeshi no.
- Movement routines demonstrating how to 'T' up opponents and throw.
- FPJ Groundwork routines plus develop other similar groundwork routines.
- All routines need a lot of repetition practice to cement and imbed skill as permanent reflex movements.

Home work – for serious students, as part of the Academy set-up I envisage we educated and recruit parents and lay co-ordinators responsible to the Club Coach, to work at home or at a Gym with, their student. These co-ordinators will also provide the link with Student, Club coach and National Squad Coaches.

Accepted and Registered Academy members will have their progress and ability computer recorded, monitored and reviewed as their personal Judo portfolio.

It is my intention that we should also allow access to any BJA or AJA members who can fulfil entry requirement to participate on their own licences. This is a point for further discussion.

I have asked Team BJC to establish and endorse the credibility every 'Visual Template' for BTC and NTC approval and for these to then be made available on BJC Website, DVD and Social networks.

We aim to collect 'Visual Templates' from every possible source from BJC clubs and coaches to routines by International Coaches.

Team BJC and British Judo success will always be dependent on, and relative to, the quality of material coming through from clubs. Initially Team BJC will help and guide clubs to improve basic skill and as this begins to happen their role will move more towards to honing these skills to successful International level.

I know we have BJA support for our approach to improve grass roots judo and if we are successful, we shall be in a position to negotiate an entry route from Team BJC/Academy members into the BJA British Judo Team. This would only happen when Team BJC/Academy feel the time is right. This will likely be when students reach senior ability.

It is recognised that promising judo student can be taken at any time and can successfully be taught to fight in competition using strategies, tactics, coupled with intensive high performance training. However it is now apparent that no matter how good they become they will be ultimately limited by their early basic imbedded judo skills which cannot tangibly be further acquired once they are at elite performance level.

I ask all members to consider this initiative and prepare to support and make a contribution to this way of finding a way to improve BJC and British Judo.