

## **BJC Judo - A Guideline Code of Conduct to Coaches, Visitors and Guests.**

**To BJC Coaches, invited Guest Instructors, Students and Visitors:**

We respectfully ask all those who are invited to Coach or attend any BJC run event, from Club to National level, to respect and observe the following BJC protocols and ethos of our promotion of judo.

### **In General the coach and students shall:**

1. Observe good Health and Safety awareness in the dojo, at all times. This includes the personal hygiene of all those on the mat.
2. Encourage a good standard of traditional judo etiquette. Students to bow correctly at all appropriate times.
3. Observe BJC Judo dress and etiquette;
  - a) Wear clean white judogi, no coloured suits, no shoulder stripes. No excessive adornments - only a limited use of badges and/or markings is permitted on the judogi suit and belt.
  - b) Wear Zori (split-toe sandals) to mat-side - no trainers - no outdoor shoes.
  - c) Do not step off the mat or walk about the dojo in bare feet.
  - d) Do not swear or use inappropriate language in the Dojo.
  - e) Be aware of avoiding; racial, sexual and religious discrimination.
  - f) Judo belts to be tied in a proper reef knot.
  - g) Do not dress or undress in the Dojo including removal of judogi jacket top.
  - h) For females a plain white T shirts is required but males are not permitted to wear any 'under-jacket' garments unless prior permission is agreed.
4. Encourage only true sportsmanship; teach only judo-legal techniques.

### **Coaching specific:**

5. For beginner to orange belt the BJC policy is to teach only core judo skills. In standing; should focus on good upright posture, using basic throws including combinations and counters - but only from a continual sleeve and lapel grip. No one-handed throws (e.g. Ogoshi, Ippon Seoi Nage), no sacrifice throws, no knee-drop throws, no leg grabs, no grip fighting, and no tactical competition judo techniques. Note: O-goshi is not a requirement of the 2010 BJC syllabus.
6. No Osto-gari for grades below green belt.
7. This means that for green belt and above the Coach can forego restrictions in clauses 5 & 6 above and will decide the appropriate level of Instruction up to top International competition standard.
8. Specifically to BJC Club, Area and National Coaches: It is strongly recommended that the two groundwork sequences from FPJ1 should be taught and practiced as part of a routine. These sequences are the basis of the beginners grading syllabus.
  - Sequence 1. Starts with high press-up position pulling uke's arm through then tori and uke use alternating holds and escapes.
  - Sequence 2. Starts with tori attacking to get past opponents legs and then tori moving round the body whilst keeping osaekomi control.