



भारतीय जूडो महासंघ JUDO FEDERATION OF INDIA

Affiliated To : INDIAN OLYMPIC ASSOCIATION, JUDO UNION OF ASIA,
COMMONWEALTH JUDO ASSOCIATION & INTERNATIONAL JUDO FEDERATION
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Partap Singh Bajwa
Member of Parliament (Rajya Sabha)
President

Man Mohan Jaiswal
General Secretary

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Treasurer

March 2, 2020

JFI/NCESC/2019-20/074

To,

The President/Hony. Secretary
All the affiliated State Judo Associations &
In-charge, Departmental Units

**Sub.: National Coaches Education Seminar & Clinic for
National Diploma In Coaching (NDIC) - Level Course - NS NIS, Patiala**

Sir,

Judo Federation of India (JFI) is introducing National Diploma in Coaching (NDIC) to educate and grading the Indian Judo Coaches from grass-root level to International level. As the introductory programme of the NDIC, JFI is holding a National level Coaches Education Seminar and Clinic from 25th to 30th March 2020 at Sports Authority of India, Netaji Subhas National Institute of Sports, Moti Bagh, Patiala, Punjab.

Mr. Idris Boussetoua, IJF Expert and Mr. Miyazaki REN, Japanese Coach will be leading the Coaches Education Seminar and Clinic with Senior Indian Judo Experts at Patiala.

This Diploma Course will definitely helps to promote standard of the Indian Judo Coaches who are working in Government Sectors, Sports Academies, Clubs, Institutions, Colleges, Schools and who wants to become a Judo Coach. This course will also to set up uniformity across India in Judo Training.

All the interested Judokas/Coaches falling in the following criteria are requested to attend this introductory programme for their further gradation in Judo Coaching - NDIC.

The eligibility criteria and mandatory requirements are as under:

- ❖ Grade: Sho-Dan
- ❖ Judo Experience: Should be an Active coach with below mentioned eligibility:

- * As Players: Diploma/Degree holders in Judo: From NIS/International or from any other recognized University/Institutes.
- * Olympian/Asian Games/CW Games medalists and participants with 1 year coaching experience.
- * International players of recognized competitions with 2 years experience.
- * Sr. National Medalist with five years coaching experience
- * Jr. National Medalists/State medalists with 10 years coaching experience

- ❖ Education qualification: Minimum Graduation with proficiency in English
- ❖ Age: 20 years (Men & Women)
- ❖ The NDIC application form (attached) must be signed by the President /Secretary /Deptt. Head of the State Association / Deptt. to which the candidate belongs is mandatory.
- ❖ The application Forms must be received by JFI through email BEFORE 15th March 2020 (late entries , individual's direct entries will not be entertained). JFI : jfiindia@gmail.com

All applicants also to submit ONLINE Entry with this link
<https://forms.gle/JdZWHPJwvosguKxo7> before 15th March 2020.

- ❖ An amount of Rs.8,000/- (Rupees Eight thousand only) is to be paid to the Judo Federation of India (towards B&L, Sports Kit, Study materials, Stationary & Registration Fee), for this Seminar and Clinic
- ❖ TOPICS to be covered during the Coaching Seminar are as under:

Practical/Theoretical Sessions:

1. Training for 8-10 years & 10- under 15 years Judoka: Means & Methods (techniques/exercises) for overall development of an Judoka
2. Techniques (Tachi-waza & Katame-waza) Practice methods
3. Specific Strength Training recommendations for Judo for different age groups and seniors.
4. Latest Rules

Theory/Discussion:

1. Periodization/Planning of training
2. Coaching trends/ Styles of Judo developed countries and India
3. Role of Sports bodies in Judo developed countries & India
4. Training aids/ equipment
5. Injury prevention and management
6. Psychological preparation of coach while dealing with sports bodies, athletes, parents etc.
7. Over training vs smart training (how much trying and what kind of training is good in a session, in a day, in a week, in a month)
8. Weight management
9. Recovery means and methods
10. Doping & Supplements?
11. Latest Judo rules and Behavior of coaches on and off the mats, during competitions.

Tentative Schedule of the National Coaches Education Seminar is as under:

Date	Time	Event
25 th March 2020	12:00 ~ 18:00	Accreditation of Participants
26 th March 2020	09:00 ~ 12:00	Coaches Education Seminar & Clinic
	14:00 ~ 17:00	Coaches Education Seminar & Clinic
27 th March 2020	09:00 ~ 12:00	Coaches Education Seminar & Clinic
	14:00 ~ 17:00	Coaches Education Seminar & Clinic
28 th March 2020	09:00 ~ 12:00	Coaches Education Seminar & Clinic
	14:00 ~ 17:00	Coaches Education Seminar & Clinic
29 th March 2020	09:00 ~ 12:00	Coaches Education Seminar & Clinic
	14:00 ~ 17:00	Coaches Education Seminar & Clinic
30 th March 2020	00:00 ~ 12:00	Departure of all Participants

PART - 2 : National Diploma In Coaching (NDIC) - Level Course :

After the above launching programme of the NDIC, the identified Coaches to appear for the following gradation examinations, which will be conducted in cycle wise and the successful Coaches, will be awarded Diploma:

- Grade : Level 1 (Grass-root Coach)
- Level 2 (State Coach)
- Level 3 (National /Pro Coach)

Text materials will be mailed to the candidates who enroll in the course for the preparation of above level gradations.

Faculty Heads for NDIC:

1. Mr. Jeewan Sharma :
Dronachary Awardee, NIS qualified, Ex National Coach
Coaching experience of more than 25 years.
2. Mr. Satish Pahade :
NIS qualified, Ex National Coach
Coaching experience of more than 25 years.

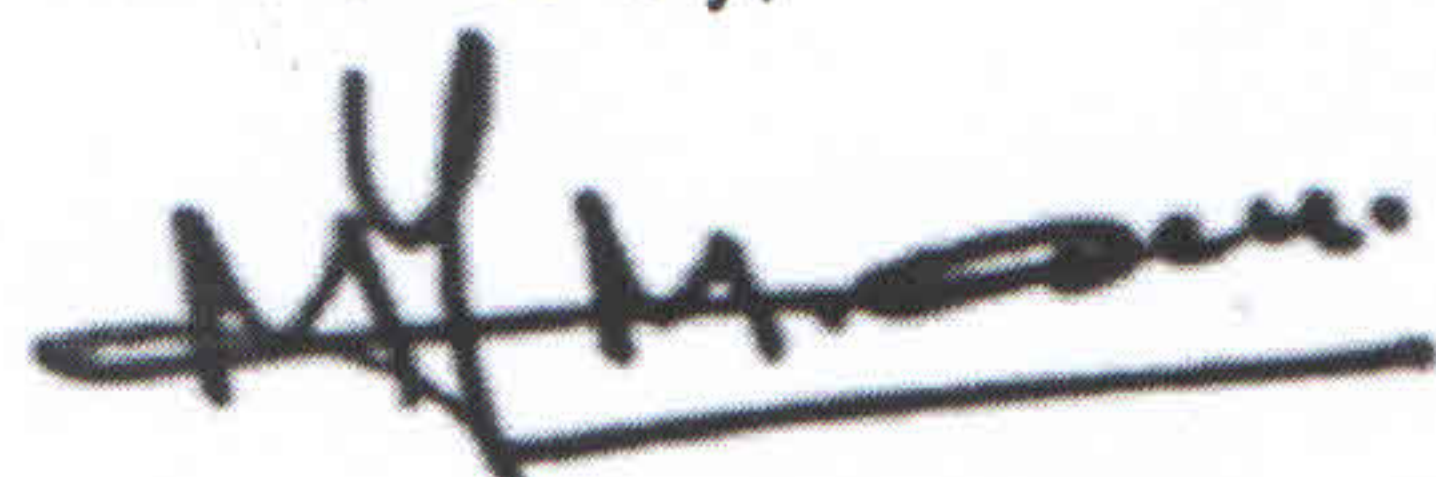
JFI will identify the Coaches from this Seminar and Clinic for the following Coaching Diploma considering their skills and merit, which will be conducted in tern:

- A] Level 1 - Grassroot level/Base level.
Fee will be Rs.6,000/-
- B] Level 2- State level (ability to prepare a state team for the nationals)
Fee will be Rs.8,000/-
- C] Level 3 - National level / Pro level (competent to be a National Coach and lead a team
Fee will be Rs.10,000/- for high performance results)

The Diploma Course will be conducted as per the Curriculum/Syllabus prepared for the above levels. The Coaches will have to undergo the above courses as per their current merits and appear for the exams. Those who will be declared successful they will be certified and awarded certificates / licenses. JFI will also appoint the Coaches for various Camps, Trainings etc., on the basis of their ranking in the coming years as well as for the IJF Coaches Diploma Courses.

You are therefore, requested to send the active Coaches having the above Criteria from your State / Department for this National Coaches Education Seminar and Clinic, at NS NIS Patiala. The maximum seats are available for this Seminar and Clinic is 60 Nos., therefore, you are requested to ensure your seats well in advance.

Yours sincerely,



(Man Mohan Jaiswal)
General Secretary