

LEVEL-I - TRAINER (Assistant Coach)

CERTIFICATION CRITERIA

GRASS-ROOT LEVEL, TRAINER (Assistant Coach),

- ❖ Having aptitude for coaching, knowledge of Kodokan Techniques & Nage-no-kata & Intended to train Judo athletes at Grass root level (District/Club)

ELIGIBILITY:

1. Minimum Age: 20 Years
2. NIS Diploma or any equivalent degree in coaching from University institute (recognized by the Govt of India, Sports Ministry), Judo Federation of India/ International Judo Federation
3. Sho-Dan (First degree black belt) certified by JUDO Federation of India
4. Olympian/ World Championships, Grand Prix, Grand Slam, Asian Games, Commonwealth Games medalists /National Awardees (direct License for Level-1 after interview & registration with JFI). Minimum Academic Qualification 10+2. *Mandatory to attend online classes & 1 week practical Sessions
5. International players (sr./Jr.) of recognized competitions with 1 year Coaching experience
6. Sr. National Medalist/Jr. National medalists with 1 years coaching experience
7. Inter University Medalists/Khelo India Medalists/Senior State medalists & “P.E. TEACHERS” with 2 years coaching experience
8. Academic Qualification: Graduation for all categories exceptions point “4” applicants.
 - ✓ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.



- ✓ 1 week assessment practical session for level-I will be organized by JFI Technical Experts at Common place/Zone/State, followed by theory & practical exam.

Contents for Online Classes

JUDO:

- History
- Judo terms
- Fundamentals
- Principles
- Coaching Philosophy & Principles
- Role of Trainer
- Application of Judo
- Psychology of Sport
- Basics of Training Methodology (Grass root level)
- Motor Abilities
- Judo Competitions
- Refereeing Rules
- Classification of Judo Techniques
- Nage-no-Kata

SPORTS SCIENCE:

- Exercise Physiology
- Nutrition & Hydration
- First Aid & Safety
- Sports Specific Terminology
- Recovery
- Sports Psychology & Mental Training
- Weight Management



1] Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.

2] Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.

3] Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases

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LEVEL-II - COACH (Intermediate)

CERTIFICATION CRITERIA

COACH:

- ❖ Having aptitude for Coaching, intended to train Judo athletes at cadet National Level/ Jr. National Level / / NCOEs / Recognized Academies / JFI Centres etc.

ELIGIBILITY:

- ❖ Should have ability to plan & implement training sessions within the context of yearly plan.
- ❖ Minimum Age: 22 Years
- ❖ Minimum Grade Ni-Dan. Good Knowledge of Katame-no-kata
- ❖ Two Years' experience in Level - I as a trainer
- ❖ Who has achieved minimum 75% in practical exams (Tachi-waza and Katame-waza) in Level -I. If he/she does not score 75% he or she has to wait minimum 1 year to appear again.
- ❖ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.
- ❖ 1 week assessment practical session for level-II will be organized by JFI Technical Experts at Common place/Zone/State, followed by theory & practical exam.

Contents for Online Classes

JUDO:

- Coaching Principles (Teaching Methodology)



- Role of Judo Coach
- Training Methodology
- Periodization – (Basic)
- Sports Organization Rules of Judo
- Refereeing Rules
- Katame-no-kata
- Weight Management

SPORTS SCIENCE:

- Biomechanics of Techniques
- Sports Psychology & Mental Training
- Nutrition & Hydration (With anti-doping component)
- Injury Management
- Safety

1] Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.

2] Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.

3] Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases



LEVEL-III - HIGH PERFORMANCE COACH (Elite Coach)

CERTIFICATION CRITERIA

HIGH PERFORMANCE COACH:

- ❖ Minimum Age: 25 Years
- ❖ Minimum Grade SAN-DAN. Good Knowledge of Katame-no-kata
- ❖ Three Years' experience in Level -II as a Coach
- ❖ Who has achieved minimum 75% in practical exams (Tachi-waza and Katame-waza), in Level-II. If he/she does not score 75% he or she has to wait minimum 2 years to appear again.
- ❖ Presentation on his/her experience and achievements in Level-I & Level-II
- ❖ The Coach should be able to plan & implement a series of appropriate training sessions within the context of a 4 years (Olympics cycle) plan.
- ❖ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.
- ❖ 1 week assessment practical session for level-III will be organized by JFI Technical Experts at Common place followed by theory & practical exam.

Contents for Online Classes

JUDO:

- Role of the High performance (Elite) Coach.
- Culture of Judo
- Leadership & Event Management
- Dual Career & Socialization
- Training Methodology-III
- Long Term Judoka Development



- Performance Analysis
- Periodization
- SOR Rules
- Refereeing Rules
- Talent Identification
- Strategies & Tactics in Judo

SPORTS SCIENCE:

- Exercise Physiology
- Psychological Preparation
- Nutrition & Hydration
- Anti-Doping Components
- Safety

1] Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.

2] Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.

3] Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases .

