



भारतीय जूडो महासंघ
JUDO FEDERATION OF INDIA

Judo Federation of India

Affiliated To : INDIAN OLYMPIC ASSOCIATION, JUDO UNION OF ASIA,
COMMONWEALTH JUDO ASSOCIATION & INTERNATIONAL JUDO FEDERATION
WZ-114/E, 3rd Floor, Hari Singh Complex, Todapur Main Road, New Delhi-110012
Tel. : 25844333, 25844334 E-mail : jfiindia@gmail.com

Mukesh Kumar
President

Man Mohan Jaiswal
General Secretary

April 2, 2016

JFI/45/2016-17/ 077

To,

**The President / General Secretary,
All Affiliated Member State Associations / Deptt. Units.**

Sub. : National Coaching Camp and Black Belt (BB) Examinations; from 2nd to 7th June 2016
at Jalandhar, Punjab.

Sir,

I am happy to inform you that JFI is conducting the National Coaching Camp and Black Belt Gradation Examination, from 2nd to 7th June 2016 at Govt. Model Senior Secondary School, Ladowali Road, Jalandhar, Punjab.

The schedule of the Coaching Camp and Examination is as under:-

2/6/2016	-	Arrival & Accreditation of participants
3/6/2016	-	National Coaching Camp
4/6/2016	-	National Coaching Camp
5/6/2016	-	National Coaching Camp
6/6/2016	-	Examinations
7/6/2016	-	Examinations & Departure of participants

The following documents are enclosed for your information and necessary action:-

1. Syllabus for Black-Belt Examinations.
2. Entry Forms for National Coaching Camp and Examinations.

Registration:

All participants who are attending the National Coaching Camp and Examinations must be registered on 6th June 2016, however the names of Examinees must be intimated to JFI before 20th May 2016 (jfiindia@gmail.com), through their respective States/Departmental units.

National Coaching Camp:

JFI is conducting a detailed session in Coaching of Judo, for those who wanted to be a Judo Coach. This Camp will be taken by the Judo Experts of JFI, and the minimum qualification is Brown Belt (1st Kyu). After

completing the course and clearing SHO-DAN Examination successfully, JFI will award a Diploma, by giving authorization to teach JUDO at Club and District level.

In addition to the above, the Coaching will cover the syllabus for the Black-Belt Examinations (Sho-dan, Ni-dan & San-dan), which is compulsory for those appearing for BB Gradation Examinations.

Besides the revised contest rules, latest contest techniques and tactics will be taught at the Coaching Camp. Even those Judokas (above 15 years) who do not wish to appear for the Exam., but wish to learn new rules and techniques are allowed to join the Coaching Camp.

Minimum Requirements:

- a) Those appearing for Black Belt Grading, the qualifying age is minimum 15 years.
- b) The existing 1st Kyu Grade should have been awarded by a qualified Black - Belt holder of JFI and certified by the State Association's Secretary/President. An existing Black Belt grade should be one recognized by JFI, and it should be awarded minimum of One year prior to the Examination. The grade awarded by any other institutions is not recognized.
- c) A photocopy of the certificate of the present grade must be attached with the application form/original certificate of the present grade will have to be produced for verification during accreditation (on 6th June 2016).
- d) Those appearing for SHO-DAN Black-Belt must attach the following documents along with application form:-
 - 1] Past contest record (neatly typed): The competitions are divided into three categories for this purpose. i.e. (a) International Championships. (b) National Championships. (c) Other Championships (like University, State, District Level etc.)
 - 2] Photocopies of Competition certificates earned in any of the above Championships. Original Certificates will have to be produced, if required.
 - 3] Photo copy of 1st Kyu / present grade certificate (photocopy) as stated above.
- e) Those appearing NI-DAN / SAN – DAN Instructors grade Black-Belt must attach the following documents along with application:-
 - 1] Detailed note on their teaching experience.
 - 2] The outstanding performance of the players trained by him/her.
 - 3] Present Grade certificate (photocopy) as stated above.

Registration, Coaching Camp & Examination Fee:

1. Registration Fee (JFI):

National Coaching Camp & Black-Belt Examinees - Rs.300/- (Rupees Three hundred only)

2. National Coaching Camp Fee

For Campers / Examinees - Rs.3,000/- (Rupees Three thousand only)

3. Examination Fee

SHO-DAN / NI-DAN / SAN-DAN - Rs.2,500/- (Rupees Two thousand Five hundred only)

Accreditation , Boarding & Lodging:

The accreditation / registration of Examinees will be held 6th June 2016 at Govt. Senior Secondary School, Ladowali Road, Jalandhar, Punjab. All the examinees are requested to report the above place for the accreditation. The nearest Railway Station is Jalandhar, Punjab.

Arrangements for the Lodging and Boarding have been made for 150 Examinees and the allotment will be made on confirmation. The rates for boarding & lodging (Break-fast, Lunch, Dinner & accommodation) per person is Rs.300/- (Three hundred only) per day including bedding. FIVE (5) days Boarding & Lodging charges are to be paid by the individual, to the Organisers, i. e Punjab Judo Association.

You are requested to inform the name of the participants those who are attending the above National Coaching Camp, and Examinations to the Secretary, Punjab Judo Association, at the below address, with a copy to JFI, before 20TH May 2016, for the smooth conduct of the event.

Punjab Judo Association:

Mr. Dev Singh Dhaliwal
Hony. Secretary,
Punjab Judo Association,
No.19367, Gali No.3-A, Bibi Wala Road,
Bhatinda – 151001 (Punjab)
Mobile: 0 9872814219
Email : pjabt@yahoo.com

JFI Office :



Judo Federation of India,
WZ-114-E, Todapur, Hari Singh Complex,
Todapur Main Road, New Delhi -110012.

Tel : 011- 25844334
Fax : 011- 25844333
Email:jfiindia@gmail.com

Alternate Contact person:

Mr. Surinder Singh : Mobile No. 0 9872131164
Email : surinderjudo@yahoo.com

Yours sincerely,


(Mukesh Kumar)
President
2/4/2016


Judo Federation of India

National Gradding Syllabus

SHO-DAN :- L.G.S. + Yoko-Tomoe- Nage, Sumi- Gaeshi, Hiki komi-
Gaeshi, Koshi- jime, Sank- Kaku- Jime (Veriation). Waki- gatame.
Combination : Tomoe- Nage- to- Juji- gatame, Kame- Shio- gatame-
to- Juji- gatame.
Counters :- Ko-Soto- gari- by- Uchi- mata. To demonstrate Nage-
No- Kata (Three Set)

- Attacking Uke when Tori is on Back to mat position.
- Ways of extricating leg caught by opponent in Newaza.
- Knowledge of Warming up & cooling door.
- Importance of stretching exercises.
- Knowledge of Speed, Strength, Agility, Flexibility, Co-ordinative ability & Endurance.
- Basic knowledge of I.J.F. Rules.

NI-DAN :- L.G.S. + Seoi - Nage (variation) Tai- otoshi (veriation) ,
Uchi- mata (variation) Utsuri- goshi, Hiza- guruma, Yoko-
gake, Yoko-guruma Yoko- sankaku- jime(veriation), Hara-
gatame, Uki-gatame Escape from osae-waza.

Combination : Tai-otoshi-to-Uchi-mata, Ko-Uchi-gari- to-
Uchi-mata, Osoto-gari-to-Sasai-Tsuri-komi-Ashi, Koshi-jime-
to-Tate-Shiho-gatame.

Counters :- Koshi-waza-by-Utsuri-goshi, Yoko-shiho-gatame-
by-yoko-sankaku-jime okuri-eri-jime-by-ushiro-kesa-gatame.

Attacking uke :- when uke in on face to mat position.

(Flat or Turtle)

Nage- no-kata (All five sets) & Katame-no-kata(first set)

- Importance of ice in sports.
- Importance of supplementary food knowledge of futique & its symptoms.
- Prevention of injury.



SAN-DAN

:- L.G.S. + Obi-Tori-Gaeshi, Obi-Otoshi, Yoko-otoshi, yoko-wakare, Hara-gatame, Methods of improvement of skill (seoi-nage, Tai-otoshi –Uchi-mata.)

Combination :- Obi-Tori-Gaeshi- to- O-Uchi-gari, Obi- Tori-Gaeshi-to-Harai-goshi, Hara-gatame-to-Jigoku-jime, Sankaku-jime-to-Juji-gatme, Yoko-sankaku jime- to- kame- shiho-gatame.

Counters :- O-soto-gari- By -Ura-Nage, Obi-Tori-Gaeshi- By -O-Uchi-gari.

- Demonstration of Nage-No-kata of Katame-No-kata.
- Explanation of Circuit training, Inteval training, Polymetric training, Fartlek traning.
- Importance of sports physiology.
- Importance of Massage
- Main points of Training plan.

