

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

To BJC Coaches, invited Guest Instructors:

The BJC is about more than 'on the mat' Judo. We see ourselves as modelled upon the vision of Jigoro Kano where Judo is about achieving the best in everything we do. This includes personal discipline and the observing of etiquette, which may well have no apparent benefit to improving one's Judo ability. Because of this, we take a stricter view of standards of dress, deportment and etiquette than that which may be common elsewhere.

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. Whilst you may or may not agree with these points, we ask it because as a senior grade, you are setting the example to our younger and less senior members of what is to be expected.

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.
 - a) Finger and toenails should be short and clean.
 - b) Hair should be clean and if long, tied back with non-metal bands.
 - c) No piecing or other forms of metal to be seen at any time on the mat or whilst in a Judogi.
2. Please ensure that at no time do any children see you smoke or consume any form of alcohol. Nor should your breath smell of the same. It is important that we show a positive example to the younger generation even if some of us have vices.
3. Encourage a good standard of traditional judo etiquette. Students are to bow correctly at all appropriate times. This applies for every time they leave or enter the Tatami and before and after each change of opponent.
4. 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.
5. Encourage only true sportsmanship; teach only judo-legal techniques.

Coaching specific:

6. 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.
7. No Osto-gari for grades below green belt.
8. 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.
9. 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 a routine. These sequences are the basis of the beginners grading syllabus.

Sequence 1. Starts with high press-up position. Tori pulling uke arm through then tori and uke use alternating holds and escapes.

Sequence 2. Starts with tori attacking to get past opponents legs. Tori then moves around the body whilst keeping osaekomi, thereby demonstrating control.