



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

#### **To BJC Coaches, Invited Guest Instructors, Students, and Visitors**

All individuals invited to coach, instruct, or attend any British Judo Council (BJC)–run event, from Club to National level, are respectfully requested to observe and uphold BJC protocols, values, and the promotion of traditional BJC Judo.

#### **General Conduct (Coaches and Students)**

##### **1. Health and Safety**

Maintain a high level of health and safety awareness at all times, including appropriate personal hygiene for all participants on the mat.

##### **2. Traditional Etiquette**

Encourage and observe a good standard of traditional Judo etiquette. Students must bow correctly at all appropriate times.

##### **3. Dress Code and Dojo Etiquette**

All participants must observe BJC Judo dress standards and dojo conduct, including:

a) Wearing a clean white judogi only. Coloured suits and shoulder stripes are not permitted. Excessive adornments are prohibited; only limited use of approved badges and/or markings on the judogi and belt is allowed.

b) Wearing zori (split-toe sandals) to mat-side. Trainers and outdoor footwear are not permitted.

c) Not stepping off the mat or walking around the dojo in bare feet.

d) Refraining from swearing or using inappropriate language within the dojo.

e) Acting with awareness and respect to avoid racial, sexual, or religious discrimination.

f) Ensuring Judo belts are tied correctly using a proper reef knot.

g) Not dressing or undressing in the dojo, including the removal of the judogi jacket.

h) For female participants, a plain white T-shirt worn under the judogi is mandatory. This is permitted for all participants.

##### **4. Sportsmanship and Technique**

Encourage true sportsmanship at all times. Only Judo-legal techniques are to be taught and practised.



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#### **Coaching-Specific Guidance**

##### **5. Beginner to Orange Belt**

For beginners up to and including Orange Belt, BJC policy requires coaches to teach only core Judo skills as defined in the BJC grading syllabus.

- Standing techniques must emphasise good upright posture, kuzushi and tsukuri.
- Instruction is limited to basic throws, including combinations and counters, using a continuous sleeve-and-lapel grip.
- The following are not permitted at this level:
  - One-handed throws
  - Sacrifice throws
  - Knee-drop throws
  - Leg grabs
  - Grip fighting
  - Tactical or competition-focused Judo techniques

##### **6. Green Belt and Above**

For Green Belt and above, the Coach shall determine the appropriate level of instruction based on the experience, ability, and safety of the participants.

##### **7. National Courses – FPJ Methodology**

BJC coaches invited to instruct at National Courses are required to follow the structure of the BJC Fundamental Principles of Judo (FPJ) coaching methodology. Instruction should exemplify FPJ coaching, using FPJ principles as the foundation for all techniques, before expanding to advanced or alternative methods where appropriate.