

FEBRUARY 2022



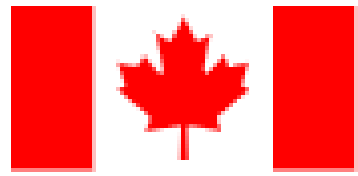
– JUDOKA FOR LIFE –

**CANADIAN JUDO AND JUDOKA LONG
TERM DEVELOPMENT MODEL**

- **Webinar recorded (*available on Dailymotion*)**
- **All participants must register under their real name**
- **All participants will be muted**
- **For questions please use the chat function**
- **Questions asked in the chat should be addressed to everyone**
- **Presentation will be available on the Judo Canada website**



Judo Canada external accountability network



Government
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Sport for Life

**CANADIAN CENTRE
FOR ETHICS IN SPORT**



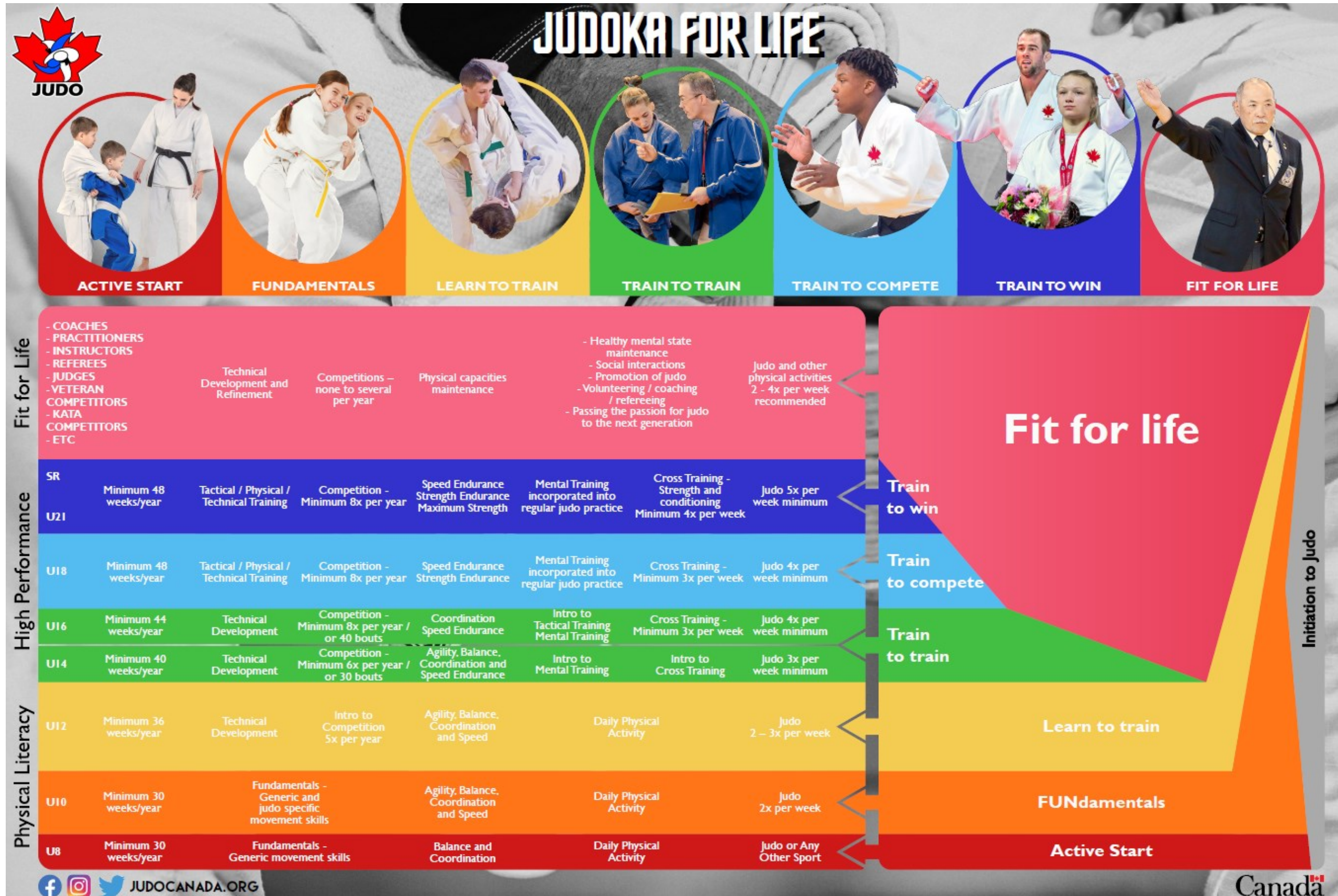
Outline

- INTRODUCTION
- CHAPTER 1 – “GOOD PLACES”
- CHAPTER 2 – “GOOD PROGRAMS”
- CHAPTER 3 – “GOOD PEOPLE”
- CHAPTER 4 – “AREAS OF SPECIAL CONSIDERATIONS”

Introduction

- Judoka for life (Canadian Sport for Life – CS4L & Sport Canada)
 - Offer program promoting a healthy lifestyle
 - Leading to greater sporting success of Canadian athletes at world stage
- Why a review?
 - Shifts in the sport system
 - Participants in Canada
- Key principles for the 2021 LTD update toward the “Judoka for life”:
 - Optimal structure
 - Quality is key
 - Inclusion is non-negotiable
 - Safe sport
 - Judo for development

Judoka for life



CHAPTER 1 – “GOOD PLACES”

Overview



- National Sport Organizations (NSO)
- Provincial/Territorial Judo Associations (P/T's)
- Clubs
- National and Regional Training Centre's

CHAPTER 2 – “GOOD PROGRAMS”

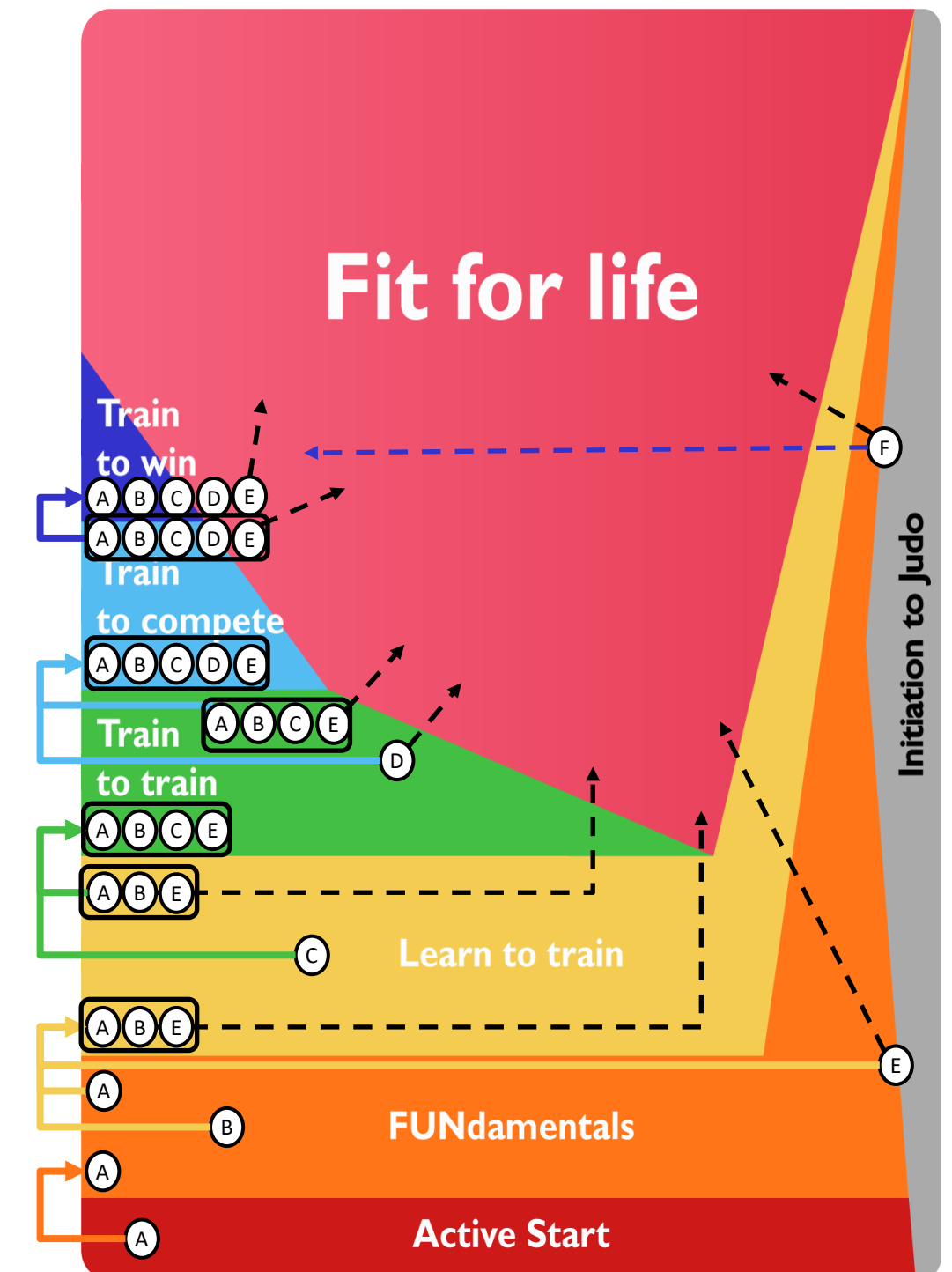
Introduction



– START – STAY – SUCCEED

– Guiding principles:

- Offer a safe and optimal training environment and that respect those general principles:
- Many pathways for a judoka
- Optimal programming
- Inclusion is non-negotiable
- Staying up to date with physical literacy
- Focused on the adolescent participants needs
- Focused on the adult and golden age participant needs
- Adapted to stage of development instead of age of participants



CHAPTER 2 – “GOOD PROGRAMS”

Physical literacy



- Pre-Specialization
 - Approximately 80% do (did) not progress beyond this stage.
 - Main gap that this LTDM review identified and hopes to address.

Active Start	FUNDamentals	Learn to Train (L2T)
U8 Minimum 30 weeks/year	U10 Minimum 30 weeks/year	U12 Minimum 36 weeks/year
Fundamentals - Generic movement skills	Fundamentals - Generic and judo specific movement skills	Technical Development
Balance and coordination	Introduction to Competition 4x year	Introduction to Competition 5x year
Daily physical activity	Agility, Balance, Coordination and Speed	Agility, Balance, Coordination and Speed
Judo or any other sport	Daily physical activity	Daily physical activity
	Judo 2x per week	Judo 2-3x per week

CHAPTER 2 – “GOOD PROGRAMS”

High Performance



- Optimal window to enter specialization programs
- Gold Medal Profile according to 4 categories:
 - Psychological
 - Technical
 - Tactical
 - Physical
- Talent identification
 - Factors
 - U18 testing protocol
- Different factors to consider

TRAIN TO TRAIN T2T		TRAIN TO COMPETE T2C	TRAIN TO WIN T2W	
U14 Minimum 40 weeks/year	U16 Minimum 44 weeks/year	U18 Minimum 48 weeks/year	U21 Minimum 48 weeks/year	SENIOR Minimum 48 weeks/year
Technical Development	Technical Development	Tactical / Physical / Technical Training	Tactical / Physical / Technical Training	Tactical / Physical / Technical Training
Competition - Minimum 6x per year / or 30 bouts	Competition - Minimum 8x per year / or 40 bouts	Competition - Minimum 8x per year	Competition - Minimum 8x per year	Competition - Minimum 8x per year
Agility, Balance, Coordination and Speed Endurance	Coordination Speed Endurance	Speed Endurance Strength Endurance	Speed Endurance Strength Endurance Maximum Strength	Speed Endurance Strength Endurance Maximum Strength
Intro to Mental Training	Intro to Tactical Training Mental Training	Mental Training incorporated into regular judo practice	Mental Training incorporated into regular judo practice	Mental Training incorporated into regular judo practice
Intro to Cross Training	Cross Training - Minimum 3x per week	Cross Training - Minimum 3x per week	Cross Training - Strength&conditioning Minimum 4x week	Cross Training - Strength&conditioning Minimum 4x week
Judo 3x per week minimum	Judo 4x per week minimum	Judo 4x per week minimum	Judo 5x per week minimum	Judo 5x per week minimum

CHAPTER 2 – “GOOD PROGRAMS”

High Performance – T2T



– Guiding Principles & General Objectives:

- U14:
 - Biological maturity is PHV dependent + children’s biological maturity and not chronological age
 - Optimal window of training ability for skill training:
- U16:
 - Health and wellbeing of athletes take precedence over any other objective
 - Overtraining
 - Understanding “setbacks”
 - Proper nutritional habits

– Judo-Specific objectives

- Technical development and acquisition of new judo skills as per National Kyu Grading Syllabus
- Value of training and monitor progress rather than results in competition

– Framework

TRAIN TO TRAIN T2T	
U14 Minimum 40 weeks/year	U16 Minimum 44 weeks/year
Technical Development	Technical Development
Competition - Minimum 6x per year / or 30 bouts	Competition - Minimum 8x per year / or 40 bouts
Agility, Balance, Coordination and Speed Endurance	Coordination Speed Endurance
Intro to Mental Training	Intro to Tactical Training Mental Training
Intro to Cross Training	Cross Training - Minimum 3x per week
Judo 3x per week minimum	Judo 4x per week minimum

CHAPTER 2 – “GOOD PROGRAMS”

High Performance – T2C



- Guiding Principles & General Objectives:
 - Attention to athletes whose growth spurt did not end yet
 - Judo Canada U18 physical testing
 - weight management and proper nutrition
- Judo-Specific Objectives
 - High volume of training, including strength training and conditioning
 - Interval training (aerobic power and anaerobic lactic capacity)
 - Refine existing Tachi-waza (offence and defense) and Ne-waza (offence and defense) techniques
- Framework

TRAIN TO COMPETE T2C

U18

Minimum 48 weeks/year

Tactical / Physical /
Technical Training

Competition -
Minimum 8x per year

Speed Endurance
Strength Endurance

Mental Training
incorporated into
regular judo practice

Cross Training -
Minimum 3x per week

Judo 4x per
week minimum

CHAPTER 2 – “GOOD PROGRAMS”

High Performance – T2W



- Guiding Principles & General Objectives:
 - Training highly individualized
 - Athletes set personal performance goals
 - See Strength and Conditioning standards
 - Athletes are educated and trained on how to deal with media
 - Athletes plan for the end of their HP career and for “post-competitive” life
- Judo-Specific Objectives
 - Refine, master, maintain all judo skills effective in competition.
 - Gather intelligence and prepare specific strategies
- Framework

TRAIN TO WIN T2W	
U21 Minimum 48 weeks/year	SENIOR Minimum 48 weeks/year
Tactical / Physical / Technical Training	Tactical / Physical / Technical Training
Competition - Minimum 8x per year	Competition - Minimum 8x per year
Speed Endurance Strength Endurance Maximum Strength	Speed Endurance Strength Endurance Maximum Strength
Mental Training incorporated into regular judo practice	Mental Training incorporated into regular judo practice
Cross Training - Strength&conditioning Minimum 4x week	Cross Training - Strength&conditioning Minimum 4x week
Judo 5x per week minimum	Judo 5x per week minimum

CHAPTER 2 – “GOOD PROGRAMS”

Fit for life



- Target:
 - Age 11 and older
 - Diverse motivation
- Judo recognized as an excellent:
 - Activity for social integration of new Canadians and under-represented populations
 - Learning tool for populations a disability
 - Tool for many fundamental movement and social skills development
- Recreational vs elite competitor-oriented programs:
- Guiding Principles & General Objectives
 - Clear and honest message on the objectives of the program
 - Track and reward progress of each individual participant and not competitive success
 - Respect individual differences and training must be designed to address participant needs
 - Encourage participants to set personal goals
 - Special consideration to keep in mind based on the age of new participant.

FIT FOR LIFE

Technical
Development and
Refinement

Competitions –
none to several
per year

Physical capacities
maintenance

-Healthy mental state
maintenance
- Social interactions
- Promotion of judo
- Volunteering
/coaching/refereeing
- Passing the passion for
judo to the next generation

Judo and other
physical activities
2 - 4x per week
recommended

CHAPTER 3 – “GOOD PEOPLE”



- Promote actions that ensure that only “Good people” are involved in judo programs in Canada.
 - Good leaders
 - Good coaches
 - Good Parents
- Various tools are made available by Judo Canada to ensure that the “Good People” follow the specific policies and protocols.



CODE OF CONDUCT AND ETHICS

December 4, 2020

Judo Canada's programs are sponsored in part by Sport Canada

Canada



CHAPTER 4 – “AREAS OF SPECIAL CONSIDERATIONS”

- Girls and Women in Judo
- Indigenous Canadians in Judo
- Judoka with a disability



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Thank you