



Dojo Instructor (Level 2)

OVERVIEW

INTEGRATED THEORY AND TECHNICAL COURSE

The DI training requires completion of the professional development modules required for the Dojo Assistant training, plus the following three Professional development modules:

- Module # 3 - Lesson and Season Planning and basic nutrition – in class/on-line 8 h.
- Module # 4 - U8/U10 Active Start and Fundamentals Judo Programs – 10 h. module on tatami
- Module # 5 - U12/U14 – Learn to Train – 10 h. module on tatami

These three modules may be delivered in one 24 hours long course

The “Instructor” course provides the participant with knowledge to instruct technical, physical, and mental aspects of judo and, via completion of an ON-LINE learning module, basic nutrition. The course prepares the participant to be a club instructor responsible for providing judokas with the basic physical literacy skills with emphasis on children under the age of 14; and judo skills as described in the Judo Canada syllabus; and to introduce young judoka to competition.

PRE-REQUISITES

- Minimum age of 18.
- Minimum rank of Brown belt with a working knowledge of the judo techniques included in the Judo Canada Kyu syllabus.
- Complete the on-line “Nutrition for Judo Coaches” E-learning module.
- A letter of recommendation from the sensei stating that the participant meets the technical requirements.
- Trained Dojo Assistant

For Course Dates & Pricing Please View the Judo Ontario Events Calendar
www.judoontario.ca/events