

NSS MALTA JUDO FEDERATION

Venue: _____

Assessors: _____

Name of Student: _____

Age: _____

Assessment Criteria	Student Mark	Maximum Points
TACTICAL Insight knowledge, understanding of the sport, game intelligence, decision-making, movement concepts		
Movement (ayumi ashi, tsugi ashi, tai sabaki, ushiro sabaki, mai sabaki)		5
Posture (shizentai, jigotai)		5
Motor Skills		5
Judo history and Judo etiquette		5
Rules and Regulations		5
TECHNICAL Technique and skill of the sport		
Ukemis		3
Nage-waza (no shimewaza, no drop seoinage) throws from yellow to green belt. Pay particular attention to bilateral development.		3
Ne-Waza (basic variations of oseakomi waza)		3
Counter Techniques		3
Using and Creating opportunities		3

Accuracy and Timing (technical perfection paying particular attention to foot work and biomechanics)		3
Kata – parts of the first set		3
Randori showing attacking spirit.		4
PHYSIOLOGICAL Relevant Physiological Attributes		
Balance and Coordination		5
Speed and Agility especially change of direction		5
Endurance through relays		5
Strength and Power using own body weight, medicine balls, Swiss balls		5
Flexibility (suppleness)		5
PSHYCOLOGICAL/PERSONALITY		
Ethical behaviour		5
Determination		5
Positive Attitude		5
Confidence/Self-belief		5
Concentration/Focus/Relaxation		5
TOTAL		100

Assessor's Signature

Coordinator's Signature
