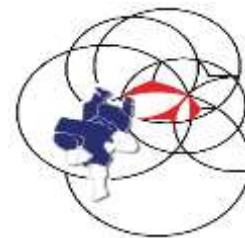


# National Sport School **Judo** Assessment Criteria



Date of Assessment:-----

Assessing coaches: -----

Student's name: -----

Date of Birth: -----

	Student's Mark	Maximum Marks
<b>TACTICAL ~ 25%</b>		
Movement (ayumi ashi, tsugi ashi, tai sabaki, ushio sabaki, mai sabaki)		5
Posture (shizentai, jigotai)		5
Motor Skills		5
Judo history and Judo etiquette		5
Rules and Regulations		5
<b>TECHNICAL ~ 40%</b> <b>Technique and skill of the sport</b>		
Ukemis		5
Nage – waza (no shimewaza, no drop seoinage) throws from yellow to green belt. Pay particular attention to bilateral development		5
Ne-waza (basic variations of oseakomi waza)		5
Counter Techniques		5
Using and creating opportunities		5
Accuracy and timing (technical perfection paying particular attention to foot work and biomechanics)		5
Kata – parts of the first set		5
Randori showing attacking spirit.		5
<b>PHYSIOLOGICAL ~35%</b> <b>Relevant Physiological Attributes</b>		
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		10
Flexibility (suppleness)		10
<b>TOTAL</b>		<b>100</b>