

An introduction to BKA coaching requirements

The Level 1 Course.

The L1 course is aimed at those wishing to step up to the role of assistant coach and Dojo Leader.

It focuses on the Roles and Qualities these persons play in the Dojo It reinforces the ideals of correct practice, Health and Safety, Equity in coaching and duty of care.

It also lays out the minimum requirements for you to fulfil these positions with a view to Risk assessment, must haves for Coaches, Dojo Administration and begins to focus on the importance of how teaching happens and how you go about teaching others, including warming up and cooling down.

A Familiarity with the delegate notes (available from the CDO prior to each course and after booking) is required along with an improvised Kata for the teaching element of the day

You will be required to bring your Gi and Hakama with you on the day but you are not required to wear it for the teaching exercise.

There is also a Dojo command quiz where you will be required to make a list of commands used in the Dojo (in Romanised Japanese)

Pre course requirements:-

A 20-hour, Teaching/Coaching Log to include class numbers and Teaching content.

Example:- Date */*/*

Group size 7 – Ikkyu/Sandan – Focus on Footwork, balance and movement.

Date */*/*

Group size 4 – Shodan/Nidan – Concepts of the Kata, Distance and timing.

Mobility exercises/Warm up/cool down

Describe in simple terms the stretches you carry out before main practice to ensure everyone is warmed up and prepared. Long leg stretches, jogging on the spot, arm and wrist flex etc.

These need to be completed and forwarded to the Coach developments Officer/Course Tutors no later than two weeks prior to the course.

YOU ARE REQUIRED TO HAVE A SET OF THE DELEGATE NOTES ON THE DAY THIS MAY BE IN HARD COPY OR ON AN ELECTRONIC DEVICE BUT MUST BE READILY ACCESSIBLE ON THE DAY.

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The L2 Course Iaido/Jodo specific

The L2 course is aimed at existing level one coaches wishing to further their knowledge and gain a greater understanding of how to enhance their coaching style.

The tag line “Training athletes” is there to impress upon the delegates their responsibility in training students for grading and competition and to impress on them the importance of technical input for their students and gain an understanding of different approaches to getting the information to the student.

As stated in the delegate notes Please bring video equipment as you see/think necessary and any equipment needed for your presentation.

The L2 course has an amount of pre-course work that should be completed and forwarded to the Coach Program officer a minimum of two weeks prior to the course as set out in IJC2-11 of the delegate's notes.

Exercise

Before attendance at the level 2 course you are to complete the following headline tasks:

1. Have a completed 26 hour coaching log to include class numbers, session content, and student progression
2. Carry out a Specific Risk Assessment for your Dojo
3. Create a Safe System of Practice document
4. Create two Usable documents:
 - a. A “Welcome to the Dojo” letter to new members
 - b. A Dojo “MOT” document
5. Design and create an accident reporting log

Exercises 1, and 2 should be brought with you on the day of the Level 2 course

Exercises 3, 4 and 5 should be emailed to the Course Coordinator/Coach Program Officer **at least 2 weeks** prior to the course.