



Western Area Squad 2014

PLANNING

WESTERN AREA SQUAD

2014



Western Area Squad 2014

Area Coaches

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Western Area Squad 2014

- **Selection Criteria**

- **Requirements**
 - B-Bands/ Pre Cadets
 - C- Bands / Cadets
 - D- Bands / Juniors

- **TID**

- **Squad**
 - Results Boys
 - New Squad
 - Results Girls
 - New Squad

- **Calendar**

- **Selection Events 2014**



Western Area Squad 2014

Selection Criteria for Western Area Squad **2014**

1. Generell

- British Passport holder
- BJA license must be registered with the Western Area
- competing at Western Area Open/ Closed compulsory
- if selected competing National Teams compulsory

2. Talent ID

2.1. Technical Requirements

2.2. Physical Requirements (LTPD)



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3. Trainings Attendance

- A Bands (year 2002) 1 monthly Western Area Excell Session every Preperation for Performance Session
- Pre Cadets 1-2 monthly Western Area Excell Session every Preperation for Performance Session
- Cadets 2 x monthly Western Area Excell Session every Prepartion for Performance Session
- Juniors 2-3 monthly Western Area Excell Session

4. Competition Results

- A Bands competing on selcted competetion (last yearof the Age group)
- Pre Cadets 2 x 7th place
- Cadets 1 Medal 1x 5th place
- Juniors 2 Medals

!!minimum one contest won required!!
See selected competitions!



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Requirement for pre cadets

	Content	Comments
Tachi Waza (Basics)	Tandoku Renshu	Static and on the move
	Uchi-Komi	Static and on the move
	Big throw (on one and both legs)	SN, UCM, HRG, OG, UKG
	Ashi Waza	DAB, OAB, OSG, OUG, KUG
	Defence	Moving, Tandem(Block)
	Throwing in 3 directions	One grip
	Combination	
transition	* continuing own attack into ne waza * continuing after Ukes attack	* Tori still Tori * Uke becomes Tori
Ne waza (tori from the top)	* attack Uke on all fours and flat position * escape the leg	* demo of one technique * small resistant from Uke
Developing strategies:	Preparation and continuing your main technique	



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	Content	comments
strength:	Strength and core stability with own body weight	Pay attention on sensitive periods
endurance:	Low intensity endurance, extensive Interval	
speed:	reaction and maximum acyclic speed (judo specific)	Pay attention on sensitive periods
flexibility:	Stretching and dynamic stretching exercise	Pay attention on sensitive periods
coordination:	Dynamic balance, also with Rotation	Pay attention on sensitive periods



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Requirements for Cadets

	Content	COMMENTS
Tachi-Waza (basics)	Tandoku Renshu (Shadow uchi-komi)	Static and on the move
	Uchi-komi	Static and on the move
Throwing	Major throw (On one and both legs)	UCM- ISN(L)- OUG- OSG
	Ashi-Waza (Foot sweeps)	Combine with major throw
	Defense	With movement or block
	Throwing in 4 directions	One grip
	Combinations/ Feints	With your own preferred techniques
Transition	Continuing own attack into Ne-Waza	Tori still Tori
	Continuing after uke's attack	Uke becomes Tori
Ne-Waza	Major techniques	Use in various situations (Tori on top and on their back)
Fight strategy	Start to develop kumi- kata (grip strategies)	Against left/right



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	CONTENT	COMMENTS
Strength	Strength and core stability with own body weight	Pay attention on sensitive periods
Endurance	Low intensity endurance, extensive Intervals	
Speed	reaction and maximum acyclic speed (judo specific)	Pay attention on sensitive periods
Flexibility	Stretching and dynamic stretching exercise	Pay attention on sensitive periods
Coordination	Dynamic balance, also with rotation	Pay attention on sensitive periods

Introduce basics of weight training. Low weight, concentrating on technique.
Educate about nutrition.



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Requirements for Juniors

	Content	COMMENTS
Tachi-Waza (basics)	Tandoku Renshu (Shadow uchi-komi)	Static and on the move
	Uchi-komi	Static and on the move
Throwing	Major throw (On one and both legs)	UCM- ISN(L)- OUG- OSG
	Ashi-Waza (Foot sweeps)	Combine with major throw
	Defense	With movement or block
	Throwing in 4 directions	One grip
	Combinations	With your own preferred techniques
Transition	Continuing own attack into ne-waza	Tori still Tori
	Continuing after Uke's attack	Uke becomes Tori
Ne-Waza	Major techniques	Use in various situations (Tori on top and on their back)
Fight strategy	Develop dominating Kumi-kata (grip strategies)	Against left/right



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PRINCIPLE	CONTENT	COMMENTS
Strength	Strength and core stability with own body weight	Pay attention on sensitive periods
Endurance	Low intensity endurance, extensive Intervals	
Speed	Reaction and maximum acyclic speed (judo specific)	Pay attention on sensitive periods
Flexibility	Stretching and dynamic stretching exercise	Pay attention on sensitive periods
Coordination	Dynamic balance, also with rotation	Pay attention on sensitive periods

Introduce more advanced weight training. Increase weight, still concentrating on technique. Educate about nutrition and strategies for weight control.



Western Area Squad 2014

Talent ID testing



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New Squad

**Selection based on criteria's from
September 12 – December 14**

Will be reviewed every quarter



Western Area Squad 2014

GIRLS PRE-CADET SQUAD 2014 2000 - 2001

Chloe	Gowen	Yate Star
Megan	Robinson	BSJC
Amy	Oram	Yate Star
Rachel	Bennett	Patchway
Ellen	Holder	Cirencester
Libby	Daymond	SouthBrent
Josie	Sparks	Patchway

GIRLS CADET U18 SQUAD 2014 1997 - 1998

Natasha	Percy	Exmouth
Amy	Oram	Devizes
Stephanie	Walker	BSJC
Eleanor	Young	BSJC
Lele	Nairne	Western
Hannah	Pitt	BSJC



Western Area Squad 2014

GIRL JUNIOR SQUAD U21 2014 1994- 1996

Charlotte	Emery	Bath
Chloe	Landricombe	Tora Kai
Jemima	Duxberry	Devizes
Corrine	Foot	Shepton

Girls Transition Squad U23 2014 1992 -1993

Natasha	Maslen	Tora Kai
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BOYS PRE-CADET SQUAD 2014 2000 – 2001

Ark	Kaniewska	Plymouth
Bradley	Barker -Jones	BSJC
Connor	Wilshire	New Star
David	Grey	South Brent
Ewan	Baker	South Brent
Jack	Reeves	BSJC
Joe	Andrews	BSJC
Lewis	Widdicombe	South Brent
Luca	Tremblay	Devizes
Marc	Arsac	BSJC
Mark	Wild	Kingsley School
Sam	Bass	BSJC
Toby	Reed	Shepton
Tom	Smith	South Brent



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BOYS CADET U18 SQUAD 2014 1997 - 1998

Tom	Ingram	South Brent
Adam	Whitfield	South Brent
Chris	Edwards	Kingsley
Eli	Britton	BSJC
Elliott	Burbidge	Devizes
Isaac	Matthews	BSJC
James	Hayes	BSJC
Kye	Orledge	Team Bath
Myles	Nelson	BSJC
Oliver	Mathers	Kingsley
Toby	Attwood	BSJC

BOYS JUNIOR SQUAD U21 2014 1994 – 1996

Ashley	Matthias	Bristol
Ben	Attwood	BSJC
Dominc	Nelson	BSJC
Kern	Foot	Shepton
Michael	Edwards	Kingsley
Pete	Miles	BSJC
Renz	Vallejera	Tora



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BOYS TRANSITION U23 SQUAD 2014 1992- 1993

Jordan	Knight	BSJC
Adam	Conroy	Bath



Western Area Squad 2014

Selection Events 2014 into squad 2015

A Bands (2002)

Peter Murphy
British School championships
National Championships
Area Age bands

Pre Cadets

Selection Event

Midland Aged Banded Championships
Western Area Junior Closed
Championships
Western Area Open Championships
Heart Of England Championships
Devizes Open Championships
British Pre-Cadet Championships



Western Area Squad 2014

Recommended Event

British Schools National Championships
Kent International Open Championships
Somerset Junior Open
Plymouth Open

Cadets

Selection Event

Midland Aged Banded Championships
North West Area Championships
London Open
Western Area Open Championships
Heart Of England Championships
Welsh Open Championships
British Cadet Championships



Western Area Squad 2014

Recommended Event

British Schools National
Championships
Western Area Junior Closed
Kent International Open
Championships
Devizes Open Championships
Plymouth Open

Juniors

Selection Event

All BJA Area Open Championships
Scottish Junior Open
English Junior Open
Northern Ireland Junior Open
Welsh Junior Open
British Junior Championships



Western Area Squad 2014

Recommended Event

Kent International Open
Championships
Heart Of England Championships

Planned funded Area Events

- Ippon Trophy 18. /19. May 2014 -whole Area squad
- October 2014 TBC- whole Area squad
- 1 funded European Cup Croatia Cadets- selected players
- 1 funded European Cup Lithuania - selected players
- 1 funded European Cup U23 TBC- selected players