



MOBERLY STARS

School Judo

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Introduction To Moberly Stars Schools Judo *"The Gentle Way"*

WHAT IS JUDO?

Judo is a modern martial art and Olympic sport created in Japan in 1882 with roots in ancient Samurai traditions. Judo means 'the gentle way', and it is this principle of 'gentleness', which informs all judo techniques. Judo is fun, it is a great sport and its three founding aims remain true to this day: physical education, contest proficiency and mental training. In short Judo is:

- a discipline
- a recreational and social activity
- a fitness programme
- a means of self-defence.

Moberly Stars also sees Judo as a means for individuals to positively express themselves through sport while learning key life and social skills such as self-discipline, behaviour management, respect and building self-esteem, and confidence.



WHY JUDO?

Judo is a very inclusive activity that enables all children regardless of gender, physical attributes or learning ability to engage in anaerobic exercise to enhance balance, strength and co-ordination, as well as an understanding of the art of Judo. This Olympic sport encourages participation, which is rewarded with grades, awards, and a healthy body and mind.

HOW WILL JUDO BENEFIT A SCHOOL COMMUNITY?

We recognise that schools aim to provide children with as many opportunities as possible to help them develop and become the very best that they can be. Moberly Judo club has developed an extra-curricular programme that can be used to support this development and deepen children's experiences.

It is evident that discipline and the sense of achievement children feel when engaging in Judo helps them maintain a focus rarely displayed in the classroom. It is a great benefit to each student as it enhances their learning, social and emotional behaviour, fostering a positive attitude in all they do. This sense of achievement also manifests itself in a deep respect for the sport, which builds self-esteem, self-respect and respect for others.

At Moberly, we pride ourselves on providing a strong anti-bullying philosophy. We believe that Judo enhances social interaction and a feeling of inner strength and self-worth that has a positive effect on the more withdrawn individuals who may attract unwanted attention. Judo helps boisterous children channel their energy, providing a platform to gain confidence and positive recognition. Moberly Stars coaches have inclusive strategies and use these to teach students with special needs including learning difficulties, Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Autistic Spectrum Difficulties (ASD) and visual impairments. Prior to lessons, we take the time to consult with parents and carers to ensure that the approach is effective. Throughout students time with us we encourage and reward positive behaviour. One of our most notable members who had ADHD is current Olympian Ashley McKenzie. Ashley started Judo aged 13 and quickly found that Judo was an ideal outlet and he has now achieved amazing things.

Judo is a platform to success and is of benefit to all members of the school community, parents, pupils and staff alike.

DELIVERY

Moberly Stars aim to deliver term time Judo lessons that can be used as part of an after school programme within the school premises. We will provide hour long sessions, teaching Judo in a fun and challenging way with an emphasis on promoting confidence, while providing a disciplined, safe and secure environment.

Lessons will consist of an energetic warm up using a range of fun activities, teaching specific Judo moves, and controlled sparring sessions. The objective is to improve posture and balance, build and strengthen core muscles, improve co-ordination and increase body awareness, all attributes which align to the national PE curriculum, which is focused on developing the foundation ABCs (Agility, Balance and Coordination).

All coaches are fully qualified under the British Judo Association, enhanced DBS checked, and are First Aid and Safeguarding and Protecting Children certified.

Lessons can be delivered as part of a full term or half term programme. Schools are encouraged to sign up for a minimum of one full term (autumn, spring or summer). Mats will be provided if the school does not have suitable equipment (funding applications can be made on behalf of the school to purchase mats if this is required). The activity can be provided in the school hall. To ease the burden on schools we require only the presence of school support staff to provide access and exit from school grounds. Moberly Stars will also provide letters and publicity material to the school.

We are happy to provide a free demonstration on school premises during assembly or a tailored taster class. We will then develop a package to tailor for individual School needs which can contain any of the following;

- Assessments at the end of each term
- Ongoing Certificates of achievements
- Tailored grading syllabus
- Koka Kids (Judo specific) Magazines
- Medals or trophies for end of term events
- Holiday (including half term) clubs
(Judo Suits or 'Gi' are purchased from £25 each)

Full termly payments must be made in advance and will be determined by the term length.



ABOUT BASIL DAWKINS (LEAD COACH)

I became a Coach in 1990 when my ambitions to become a World and Olympic Champion were severely curtailed by my weight, as I was not heavy enough to make the men's division.



My size meant that I was always competing against heavier and stronger players but my will to win was enhanced by my technical development and my ability to execute my techniques effectively. The determination and drive that was instilled in my early years in Judo helped me to succeed as a Coach after I stopped competing.

My emphasis is on creating an enjoyment of the sport while ensuring students retain the discipline into later life.

I engage with both students and parents to create short, medium and long term goals. My record as a coach includes teaching 28 students to Dan grade (black belt) and having almost 200 National Championship winning

medallists, including participants in junior and senior International competitions.

My aim is to bring Judo to schools and colleges as I believe the discipline and sense of achievement that is instilled by participating in the sport is of great benefit to all members of the school community. It benefits individual children by enhancing their learning, social and emotional behaviour, it helps parents realise alternatives, and by working in partnership with school staff, it helps targets and successes to be shared. Judo can facilitate in making each child become the very best they can be.

Profile Summary

- I am the Senior Judo Club Instructor at Moberly Judo Club
- I am a fully qualified British Judo Association (Level 3) coach
- I am a qualified First Aider and have a current Safeguarding Children and Adults certificate
- I am enhanced DBS (CRB) checked
- I started Judo in 1981 aged 10. I was a very small child (and adult!) but I was able to achieve my black belt at age 17
- I set up Moberly Judo Club in 1997 at the Moberly Sports and Education Centre, London
- Moberly Judo Club is a member club of the British Judo Association; I have a team of fully qualified coaches
- I have members and ex-members competing at senior and junior international level events, including the 2012 London Olympics
- I have a BA in Law with Computing from the University of Wolverhampton and a HND in Public Administration from the Southampton Institute of Higher Education
- I have been awarded the BBC London Unsung Sporting Hero Award
- I have also been awarded the Torch Trophy Trust award from HRH the Duke of Kent
- I was awarded the Westminster Community Coach/ Instructor Award





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