



SPORT CAREER DEVELOPMENT PROGRAMME

JUDO ASSESSMENT

1	4 x 8m Shuttle run	
2	Seoinage throws right and left	Forward rolls 2 x 8m
3	Rope climbing 3.3m using arms only	Rope pulling another athlete along 10m
4	10 escapes from Kesa gatame	Ladder drills
5	10 side to side jumps over bench (15cm Height)	
6	Ouchigari throws right and left	Slalom side walking
7	25 sit ups	
8	Escapes from yoko-shiho gatame	Cone drill hand and foot touch / box drills
9	20 push ups	
10	8 throws – right and left favourite technique	Fast feet numbers 1-15