



Referee & coach seminar 2023

A thick red line starts from the top left, curves down and right, loops back to the left, and then continues to curve down and right towards the top right corner of the slide.

20 groups

223 videos

selection of 96



Flexible with timing after a good topic

A thick red line starts from the top left, curves down and right, loops back to the left, and then continues to curve up and right towards the top right corner of the slide.

Topic

- **explanation**
- **videos**
- **questions**



Diving situations

= using the head to throw

- **protect the children**
- **if there is a hand/knee/arm**
- **doubts: use care-system**
 - can we pause/freeze the video?
- **mixed action: no HM**



DIVING

Video



Head defense - bridge - nothing



HEAD DEFENSE - BRIDGE

- **How is Uke defending?**
 - **using the head to defense (no bridge) = HM**
 - **bridge (1 or 2 feet on the mat & no back on the mat) = ippon**
- **close call: ippon better**



HEAD DEFENSE - BRIDGE

Video



Breaking grips

BREAKING GRIPS

- separation is key
 - 1 or 2 hands is ok : no separation
- Tori takes risk to break KK
- no hand in the sleeve
- gesture?
- breaking with the leg: really breaking

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BREAKING GRIPS

Video



Pushing vs stepping



PUSHING OUT vs STEPPING OUT

- **push out: like push out a car**
- **attention for false attack at the border** (~escaping attack)
- **one hand push**

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PUSHING OUT vs STEPPING OUT

Video



HSK or not



HSK or NO HSK

- **Difference between kata-sankaku and tawara gaeshi**
- **What is ok and what not**
- **kata-sankaku and pressure on the spine (2 legs)**

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HSK or NO HSK

Video



Kaeshi waza



KAESHI WAZA

- a valid counter = no use of the back on the mat
- direct new attack or counterattack
(can the referee say mate)



KAESHI WAZA

Video



False attack



FALSE ATTACK

score-almost score-bad attack-false attack

- no kuzushi
- no reaction from uke
- no kumikata
- 1 time on the limit and fast back up



FALSE ATTACK

Video



Illegal joint lock



ILLEGAL JOINT LOCKS

- **control of the wrist**
- **pressure on the elbow**
- **only kansetsu waza: mate + shido**
- **with throw : HM**

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ILLEGAL JOINT LOCKS

Videos

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Bear hug



BEAR HUG

- need 1 grip to do bear hug
- don't say immediately mate, maybe the opponent can score

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BEAR HUG

Videos



Kansetsu from TW



KANSETSU from TW

- Fake attack and kansetsu waza = shido

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KANSETSU from TW

Videos



Osae-komi or not



OSK or NOT

- look for real locking moment: like in katame-no-kata
- during OSK : 90°
- after score yes or not: give OK
- not too fast, if immediately TKT it was too fast
- check the scoreboard/time



OSK or NOT

Videos



NW vs TW

NW vs TW

- **NW =**
 - 1 on 2 knees & 2 elbows
 - 1 flat on the stomach
 - both on 2 knees facing each other
- **NW in half TW = taking a risk (f.e. going to juji)**
- **pressure on shoulder while turning mate (uke on front)**



NW vs TW

Videos



Wazari or Ippon



WAZARI or IPPON

Rolling over the belt : wazari
Rolling above the belt : ippon

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WAZARI or IPPON

Videos



Score vs no score



SCORE vs NO SCORE

**We need a technique
jumping over to end technique: feet in the air**



SCORE vs NO SCORE

Videos



Score vs no score: continuation

SCORE vs NO SCORE: continuation

- we need to identify:
 - if there is continuity in TW or
 - if it's pushing for transition to NW
- we need a continuation of the technique
- steps after a throw
- 2 times tomoe nage is ok



SCORE vs NO SCORE: continuation

Videos



Score vs no score: 90 degrees



SCORE vs NO SCORE: 90°

Only shoulders 90°



SCORE vs NO SCORE: 90°

Videos



Score vs no score: shoulder - upperback



**SCORE vs NO SCORE:
shoulder-upper back**

**Scapula impact
side upperback : not full side**



**SCORE vs NO SCORE:
shoulder-upper back**

Videos



Score vs no score: counter rolling to the back



**SCORE vs NO SCORE:
counter rolling on the back**

- Need kodokan techniques:
uki otoshi - sumi otoshi
uke or tori changes direction**
- No counter action with feet in the air (just jumping over)**



**SCORE vs NO SCORE:
counter rolling on the back**

Videos



Mate



MATE

- **2 meter safety area: TW or NW**
- **Kata sankaku: NW to TW**



MATE

Videos



Mixed : direct videos

IJF topics

- Ushiro sankaku gatame

open the SKK control or mate (pressure on the neck)



- Reverse SN

2 hands hikite side = ok, 2 hands tsurite side = shido

IJF topics

- **Golden score**
ask until 10"
- **Ippon + osaekomi is recommended**
- **Shido**
turn to the athlete (communication)
2 shido's together and already 1 shido on the SB
- **Double o uchi gari**
- **Shime waza with closed & crossed legs = shido**

IJF communications

- **Examinations B- & A-licence:**
 - after OG 2024 all candidates IJF Academy practical module
 - theoretical test (B-licence 60%, A-licence 70%)
 - program:
 - day 1 & 2: refereeing seminar
 - day 3: theoretical test + interviews
 - day 4-5-(6): competition



Questions



Thx