



A VISIBLE DIFFERENCE THROUGH SPORT

# Visually Impaired Friendly Judo

**A Guide for Supporting Visually  
Impaired Adults and Children in  
a Judo Environment**





# A Visible Difference Through Sport

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Welcome to the Visually Impaired Friendly Judo resource. This resource has been produced by British Blind Sport in partnership with the British Judo Association.

At British Blind Sport, we believe every person with sight loss has the right to participate in the sport of their choice. However, we understand there are many barriers to overcome to ensure every visually impaired (VI) person has the same opportunities as their sighted peers. This resource has been created to assist those delivering judo activities by providing support, ideas and guidance on how to include people with a visual impairment.

This resource aims to help mainstream judo providers become VI friendly through their provision of training, resources and support. These include:

- Judo clubs
- Participation programmes and initiatives
- Judo facilities

This resource will enable coaches, teachers and parents to:

- Have a better understanding of the needs of people with a visual impairment.
- Apply their knowledge to meet the needs of people with a visual impairment.
- Use basic communication skills to support the needs of people with a visual impairment.
- Identify where you can obtain further support to ensure your group is accessible and inclusive.

You will be able to include people with a visual impairment by making small and simple changes to your coaching methods. Much of the advice in this resource will help all of your participants, not just visually impaired people.



“British Blind Sport is committed to providing sport and recreational opportunities for all blind and partially sighted adults and children across Great Britain from grassroots to elite level. Sport is often the

springboard to developing new opportunities, health benefits, new friendships and renewed confidence. The positive effects of participation in sport for a visually impaired person cannot be underestimated and we are aware that skilled coaches and teachers make all the difference to helping others achieve their goals. This resource is a fantastic tool for those who are committed to making a visible difference through sport.”

**Alaina MacGregor**  
Chief Executive Officer, British Blind Sport



“Judo is an incredible sport for improving the physical and psychological aspects of a blind or partially sighted athlete. The great thing about judo is that it can be participated in across all levels from

grassroots to the Paralympic Games no matter how severe the impairment. “Being the only combat sport within the Paralympic games, judo offers a unique chance for athletes who are blind or partially sighted to gain maximum independence. With our uniquely integrated Olympic and Paralympic programme we offer the same opportunities to learn, develop and compete in judo. It is hoped by supporting the development of this resource, and better educating the judo workforce, that more people who are blind or partially sighted can enjoy the sport of judo and reach their maximum potential.”

**Nigel Donohue**  
Performance Director, British Judo Association



“This guide will enable coaches, teachers and parents to have a better understanding of the skills needed to provide coaching for people with a visual impairment at grassroots level. “It provides simple and useful guidance on

how to prepare and deliver training sessions and highlights the importance of good communication skills. It also points you in the right direction to obtain further information and support. I thoroughly recommend this guide.”

**Ben Quilter**  
Patron, British Blind Sport  
World and European Judo Champion and London 2012 Paralympic Bronze Medalist



“Whether you join in sport recreationally or compete to represent your country, the positive experience of participating in sport starts with a knowledgeable coach or teacher. British Blind Sport have recognised

the need for coaches and teachers across the UK to understand how to adapt sport and activities to be fully inclusive for visually impaired children and adults. These fantastic resources help to break down barriers to participation as well as assist and provide tips on how to make each sporting experience enjoyable for every visually impaired person regardless of their ability. We know sport can be the springboard for so many things for a visually impaired person such as increasing confidence, developing spatial awareness, growing a social network and providing a sense of accomplishment. With this in mind, I wholeheartedly support this educational programme as I recognise British Blind Sport’s ambition to make a visible difference through sport.”

**Rt Hon David Blunkett MP**  
Member of Parliament for Sheffield Brightside and Hillsborough









# Section One

## Understanding Visual Impairment

There are two terms regularly used to refer to people with a sight loss condition. These are severely sight impaired (blind) and sight impaired (partially sighted). British Blind Sport uses the term 'visual impairment' to refer to all levels of sight loss.

Throughout this resource a person with a visual impairment (either adult or child) is referred to as a 'VI judoka'.

### 1.1. What Is Visual Impairment?

Visual impairments can be broadly defined as 'a limitation in one or more functions of the eye or visual system' (Source: RIDBC).

It can be congenital (someone born with the impairment) or acquired later in life. Visual impairments are a broad spectrum, ranging from:



Sight level is classified on more than one measure. The main measures are visual acuity and visual field.

#### Visual acuity

A person's ability to see fine detail. For example, reading text is often tested by reading down an eye chart.

#### Visual field

The boundaries of what a person can see in one instant; the entire area which can be seen without moving the eyes.

#### Visual impairment categories

##### Severely sight impaired (blind)

People in this category may or may not be able to see print.

- People in this category will often use braille to access text.
- They will not be able to see a demonstration.
- They will need to orientate themselves correctly (to ensure they are facing the correct direction) before taking part in an activity.
- They may not know when they are standing too close to a fellow participant.
- They may become disorientated part way through an activity and need your voice to find the correct direction.

##### Sight impaired (partially sighted)

- People in this category may or may not be able to see print.
- They may not be able to recognise you from a distance when you greet them at the start of the session.
- They may not be able to see a demonstration due to light conditions or their position in relation to you.

Visual impairments are on a broad spectrum and sight will vary greatly depending on the cause of the impairment and where it occurs in the eyes or brain. Visual impairments can range from the total loss of sight to a disturbance within the field of vision. The age or stage of onset that the visual impairment occurs will have an effect on the individual's physical, psychological and emotional development.

### 1.2. Understanding Common Visual Impairment Conditions

The common conditions below are all types of ocular visual impairments. This means the condition has affected a part of the eye. There are also cortical visual impairments, which occur when the processing of information received from the eye is at fault, and not the eye itself.

#### Albinism

This condition occurs due to a lack of pigmentation in the skin or eyes causing a reduced visual acuity. Bright light will cause discomfort to people with this condition. This is important to consider when holding a session in a brightly lit venue or in direct sunlight. If sunlight or strong lights are shining into an environment, it may alter a person's vision.

#### Nystagmus

Nystagmus is the involuntary movement of the eye, with the person's eyes appearing to shake or oscillate. This condition is often a factor in other visual impairments such as albinism. People with nystagmus may find it difficult to follow a moving object, due to the movement of the eye. There may also be an angle of sight that the nystagmus affects the least. This means that the visually impaired participant may look indirectly at the point of interest.

#### Retinitis Pigmentosa (RP)

This condition affects both the visual acuity and visual field, often resulting in tunnel vision. It will take time for a participant to adjust to new light levels when transitioning from poorly-lit to well-lit environments. If the change is very significant, it may leave the participant temporarily blind. Some forms of RP are progressive and may result in individuals losing all their sight over time.

#### Retinoblastoma

Retinoblastoma is cancer of the eye. The resulting visual impairment will vary depending on the size and location of the tumour and whether it affects one or both eyes.

#### Colour confusion

##### (also known as colour blindness)

Colour confusion is not generally identified as a visual impairment, but can have a significant impact on sporting participation. Those with this condition see colour differently as they are unable to identify colour variance.

You may become aware of a participant with colour confusion when you describe tasks with colour terms such as "run to the red cone". To resolve this situation, ask the participant to name the colour of the cone, and use that colour when describing the activity to them.

#### Conclusion

There are some sight loss conditions that occur as part of a syndrome. These conditions affect more than one part of the body. For example, Usher's Syndrome affects both hearing and sight.

There are many different eye conditions that result in sight loss. If you need to know about specific eye conditions, please visit the RNIB website:

- RNIB eye conditions: [bit.ly/eyeconditions](https://bit.ly/eyeconditions)



## Case Study: Chris Skelley



Chris' biggest achievement to date is gaining Gold at the Junior Visually Impaired World Championships. His dream is firmly fixed on becoming a Paralympic athlete and securing a medal at the games.

Chris started to participate in the sport of judo at the age of 5 as a fully sighted athlete. Then he developed an eye condition called ocular albinism. Having been a child that participated in many sports, after developing the condition, Chris started to concentrate on judo more than the other sports he participated in.

Chris was on the England team when his eyes were starting to deteriorate. He had the full and excellent support from the England Judo Team staff as they guided him along the judo pathway and onto the visually impaired team. This coaching support was invaluable to Chris for his transition and development within the sport.

"Understandably my eye condition has changed my life because I cannot see a lot on the mat these days. Over time, my eyes enabled me just to see blurry images and I also would see double so it's very hard to locate my opponent on the mat. The opportunity to continue in the sport of judo and fight under visually impaired rules has helped me continue to be active and healthy.

"My life beyond judo is aimed at finding a career for the future once I have achieved my Paralympic dream. The confidence I have gained from participating in visually impaired sport has certainly aided the desire and ambition I have to create a successful career once I have finished competing at the elite level."

## Section Two

### Making Judo Accessible for Visually Impaired People

The emotional effect of having a visual impairment cannot be quantified. Judo can develop a number of skills and can also improve self-esteem and provide a safe environment to create enjoyable experiences.

To deliver these great experiences, you need to consider a number of factors when delivering judo sessions to people with a visual impairment.

#### 2.1. Coaching Visually Impaired Judoka

It is important that coaches and volunteers are knowledgeable about working with visually impaired participants. Like any interaction between people, it is about assessing a situation and behaving appropriately.

Remember that we are all different, so each person with a visual impairment will be different too. Their sight levels, personality, ability and fitness levels will vary. It is important not to generalise about visual impairments across participants, but to understand how much the person can see and how to maximise the use of any sight they have.

#### General coaching advice

- Consider what descriptions you use when describing an activity or technique. Some visually impaired judoka may not understand certain descriptions. This is due to gaps in their knowledge or having no reference for that shape or action such as specific techniques.
- When approaching a person or group, always say who you are by name. You may have to do this more than once to allow them to become familiar with the sound of your voice.
- Try and verbalise body language. Some judoka with sight loss may not be able to read facial expressions or make eye contact.

- Address a visually impaired judoka by name or lightly touch them on the side of the arm to indicate you are talking to them. Always ask before touching the judoka.
- Don't be afraid to use everyday language such as "see" or "look."
- Experience sight loss yourself by listening to coaching sessions with your eyes closed. You will be able to identify whether enough information was provided and whether the techniques required were adequately described.
- Clear communication is vital, so provide detailed explanations of drills and rules.
- Physical, manual demonstrations may be necessary when working with a visually impaired judoka. It is vital that you ask the participant if they are happy for you to do this.
- Some visually impaired judoka may require additional support. This may include hands-on support, guiding or assisting with skills repetition.
- Remove obstacles from the activity area.
- Keep equipment in a well-defined area and inform the participants of the area location.
- Verbalise all instructions because hand movements and gestures are not always seen by visually impaired participants.
- Give precise instructions to help visually impaired judoka find their way. For example, use "the equipment is on your left side" instead of "it's over there" and pointing.
- Where possible, share notes with other coaches about the visually impaired judoka including their progress, especially if they are moving up to the next level or group. This is beneficial for all judoka, but particularly useful for sharing tips to coaches working with judoka with a visual impairment.



## Judo specific coaching

- The basic rules of movement do not change so therefore the coaching should remain constant but slightly adapted in delivery, depending on the skill level and impairment.
- When demonstrating to visually impaired Judoka, emphasis should be on articulation and reinforcement of movement. Then encourage individuals to play and feel in order to learn and master the techniques involved in the sport.
- Encourage learning through experimental play and reflection. Ensure you utilise and provide effective verbal feedback to allow individuals to understand the technique. This is vital if you can't visualise it as a participant.

## Orientation and Spatial Awareness issues

- Allow enough time for visually impaired judoka to orientate themselves properly in the environment both prior to the start and during a session or exercise.
- Visually impaired judoka may experience disorientation when being thrown or when throwing.
- Always highlight potential dangers such as doorways or slippery areas to visually impaired judoka. Do this at the start of every event, as changes may occur in the venue from session to session.
- Remove noise distractions as they will have an adverse effect on orientation and communication.
- Every participant will have differing levels of spatial awareness, light perception and hearing. Don't be afraid to ask individuals about the level of their eye condition.



## VI Technical Framework

A technical guide to coaching VI judoka through the British Judo pathway



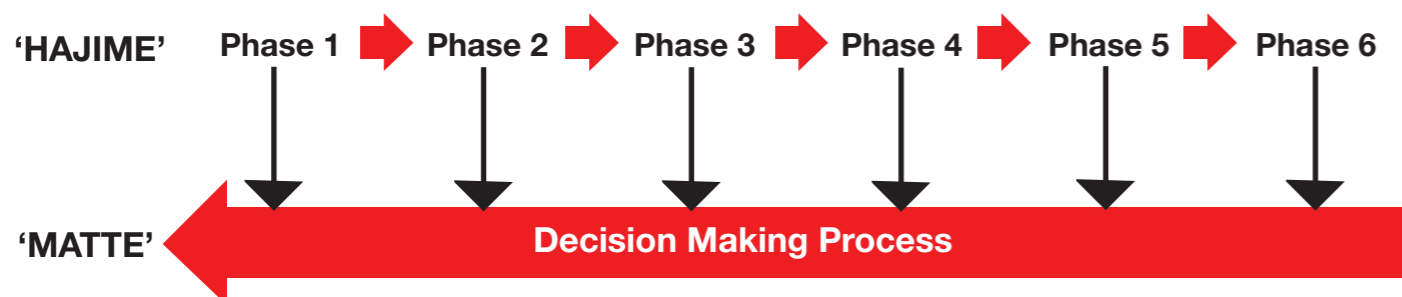
## VI Hajime Matte Model

The VI Hajime Matte Model differs from sighted Hajime Matte Model because a VI contest starts from the grip so this changes the contest phases.

### Structure and Preparation of Contest Phases

#### 'VI Hajime - Matte' Model Building the Fight

| Phase           | Phase       | Key Components  |
|-----------------|-------------|---|
| Phase 1         | KumiKata    | Know your preferred grip (in or out)-posture/stance/-positive pattern to change to preferred grip for both left and right hand fighters   |
| Phase 2         | Mobility    | Dynamic posture and stance, distance, Tugi-ashi, Tai-sabaki, Ashi-sabakai, Tandoku-renshu (coordination)- manipulate grip and patterns<br><br>Mobility on grip-use weight and distance control-movement to disrupt opponent   |
| Phase 3         | Preparation | Action / Reaction, Direction, Timing / Distance, Ashi-Waza Combinations, Feint Attacks, Kuzushi, Hiki-Dachi   |
| Phase 4         | Nagewaza    | Tai-Sabaki, Speed of Entry, Transfer of Power, Control, Belief, Execution, Commitment to Finish Attack  |
| Phase 5         | Transition  | Mobility / Agility, 'Catch', Positioning, Continuous Control, Dominate, 'Open Up' Opponent  |
| Phase 6         | Newaza      | Mobility, Control, Connection, Defence  |
| Decision Making |             | Tactics, Strategy / Plan, TCUP, Body Language<br><br>Adaptability : communication with coach-interpret tactics and plan -fight management<br><br>Understanding the Scoreboard, (when related to), Defending a Lead, Chasing a Lead, chasing fight, finishing a fight, applying pressure to opponent |



## 2.2. Event literature

### Advertising

- Create and provide information in accessible formats (for example: braille, large print or a suitable electronic version for a screen reader). The English Federation of Disability Sport have produced an inclusive communications guide. It offers guidance in providing information in accessible formats for people with a variety of impairments.
- EFDS inclusive communications guide: [www.bit.ly/efdsguide](http://www.bit.ly/efdsguide)
- Advertise your sessions with local and national VI organisations, such as British Blind Sport, to help spread the message.
- Advertise with British Blind Sport: [www.bit.ly/bbsevent](http://www.bit.ly/bbsevent)
- Use appropriate images of visually impaired judoka in your marketing material.

### Participant information

- Provide a named contact, email and phone number on your event literature.
- Provide information about the nearest public transport options and provide a meet and greet service from there to the venue.
- Encourage participants to contact you in advance to discuss any additional support they need.
- Ask for disability information on pre-activity questionnaires or membership forms. This allows you to be aware of visually impaired participants prior to the session.
- Contact the participant (or their parents or guardians) before a session to identify the level and type of sight loss, whether they have had any sight previously and whether they require any further support or guidance.

## 2.3. Guiding Visually Impaired People

Unfamiliar surroundings can provide challenges for people with a visual impairment. They may require assistance in addition to the judo activity, such as before the session or at a club's social event. Follow these tips when guiding a visually impaired person:

- Identify yourself and ask the visually impaired judoka if they would like some help. Do not just presume that they need your assistance.
- Offer your elbow or shoulder to the visually impaired judoka for them to take hold. Ask which side they prefer to be guided on.
- If guiding a child, they may want to hold your hand instead of your arm.
- Always ask which technique they would prefer.
- Make sure you are always one step in front of the person that you are guiding. Ask if they are happy with the pace.
- Communicate at all times, describing what is around them and explain any changes in ground surface. Make sure the individual is aware of staircases as you approach them.
- When you guide a person to a seat, place their hand on the back of the chair. They will be able to sit down by themselves.
- As you walk through doorways, make sure the visually impaired person is behind you. Be careful and make sure you don't get hit by the door.
- Explain any loud noises if they occur.
- Keep your guiding arm still and relaxed; don't start waving it about.
- Give the visually impaired person adequate room around obstacles.



## 2.4. Health and Safety

There are some health and safety considerations that parents and coaches need to consider when visually impaired participants take part in judo. These should be identified in your risk assessments, with action taken to minimise any potential risk.

If you follow correct health and safety procedures, people with sight loss will be able to enjoy your sessions. Health and safety must never be a reason to exclude visually impaired participants from judo activities.

### General health and safety considerations

It is vital that you have an excellent awareness of health and safety in all your coaching sessions and events.

- Continually reflect on your health and safety practices.
- Remember to treat participants individually; not everyone is the same.
- Plan and adapt your coaching sessions to work effectively with visually impaired judoka.
- Allow time for players to orientate themselves.
- Regularly check any changes to the environment such as opened doors or new equipment in the playing area.
- Check that the surface is suitable with decent colour contrast.
- For new participants, mobility could be a challenge. This is because their muscles might not be used to vigorous activity.
- Have regular water breaks as some players might have other conditions, such as diabetes.

- Make sure there is a procedure to support visually impaired participants in a fire evacuation. It's important that they understand the procedure, such as who is assigned as their guide during evacuations.
- If other groups are using a nearby activity area, make their participants aware that you are coaching visually impaired people. Remind them to remove obstacles, such as bags, from the playing area.



## Case Study: Ben Quilter



Paralympian, Ben Quilter, boasts an impressive judo career, with over 15 years international competition experience including 8 World and European medals. By becoming Visually Impaired World Champion in 2010, Ben was Britain's first World Champion in 12 years. He proudly represented ParalympicsGB in Beijing

2008 finishing 5th and in London 2012 where he won bronze.

"I started judo at the age of seven and at that point of my life I was the same as all of the other participants within the sport. It was not until I reached the age of ten that I was diagnosed with a rare genetic sight condition called Stargardts disease. The condition left me with a slow degenerative sight loss that affects the macular between the ages of 10 and 25. I am now left with no central vision and can only see peripherally.

"Through my life I have had some fantastic role models and a very supportive and understanding group of friends, not to mention my amazing family. With this support and the nature of the sport of judo, I have developed an attitude that has allowed me to see a positive in every negative.

"There was not an enormous amount of VI judo provision as my condition developed. But with the support of my judo club and the coaches, who played a huge role with my progress in the sport, I was able to achieve highly. Due to this club support, judo continued to be my main sport and as time went on I have gained great benefits, success and experiences.

"I have thoroughly enjoyed the training and competition environment and I have made a number of close friends along the way. The amount of provision for visually impaired judo players continues to grow across the country as sessions and clubs become more accessible with their delivery."





## Section Three: Competitive Judo for Visually Impaired Judoka

### 3.1. Classification

Sight classifications are important as they ensure a fair and equal competition. Success at competitions should be defined by an athlete's skill and ability, not their impairment. The sight classifications should give all athletes the confidence that they are competing against others equally. The classification process groups athletes with similar level of visual impairments together. British Blind Sport records classifications as B1, B2, B3, B4.

Sight classifications are based on the visual acuity and visual field of the athlete. The classification will be based on best correction (such as lenses) in the best eye. To be classified into a category, you either need the required acuity level or the required field level, not both.

Judoka will first obtain a national classification and then, if they show potential and are going to be competing overseas, they will obtain an international classification. Some competitions accept B4 and B4+ classifications for domestic and recreational competitions. International competitions only accept B1, B2 and B3 classifications.

#### Additional information about sight classifications

British Blind Sport is the leading organisation in the UK for sight classifications. We are able to classify domestic and international athletes. More information about the classification process can be found on our website:

- Receive a sight classification: [www.britishblindsport.org.uk/classification](http://www.britishblindsport.org.uk/classification)

International Blind Sports Association (IBSA) Classification Guidelines

IBSA provides the classification criteria and structure for IBSA-governed sports. These include blind and partially sighted judo.

- Classification guidelines: [www.ibsasport.org/classification](http://www.ibsasport.org/classification)

| Classification | Acuity  | or | Field  |
|----------------|---|----|--|
| B1             | From no light perception up to and including hand movements.                          | or | Not applicable.  |
| B2             | From counting fingers at any distance to a visual acuity of up to and including 2/60. | or | A field of 5 degrees or less.                            |
| B3             | From a visual acuity above 2/60 to a visual acuity of up to and including 6/60.       | or | A field of more than 5 degrees and less than 20 degrees. |
| B4             | From a visual acuity above 6/60 to a visual acuity of up to and including 6/24.       | or | Not applicable.  |



## 3.2. IBSA Amendments for Visually Impaired Judo Competition

### IBSA

- IBSA, the International Blind Sports Federation, is in charge of a wide range of sports for athletes who are blind or partially sighted. Founded in 1981, IBSA is a full and founding member of the International Paralympic Committee (IPC), where they represent the interests of visually impaired sportsmen and sportswomen.

### Competition Area

- The dimensions of the competition area will be the maximum as described by the International Judo Federation (IJF). The dimensions are 10m by 10m with a 3m safety area beyond the contest area. The safety area must be 4m when 2 competition areas are adjoining. The safety area and the competition area should be in strong contrasting colours.
- An adhesive white tape and a blue tape, approximately 10cm wide and 50cm long shall be fixed on the centre of the contest area, at a distance of 1.5m apart, so as to indicate the positions at which the contestants must start and end the contest.
- The white tape shall be to the referee's right and the blue to his left side. A 1m distance should be set between the competition area and any object likely to be hit by the competitors.

### Judo Outfit (Judogi)

- All athletes classified as B1 (blind) will have a red circle of 7 cm diameter on the outer part of both sleeves. The centre of the circle should be positioned at about 15cm from the shoulder. Thus, the officials will apply the rules specific to B1 athletes.

### Position and Duties of the Referee

- The referee and the judges shall make sure that the surface of the tatami (mat area) conforms with the IBSA Judo safety rules.

### Position and Duties of the Judge

- Both judges are tasked to lead the two athletes from the edge of the tatami to their assigned positions within the contest zone, facing each other.
- The judges will then return to their respective seats at the corners of the competition area.
- At the end of the contest, after the referee has declared the winner and the athletes have given the customary bow, each judge will accompany the athlete towards his seat back to the edge of the tatami where an assistant from the organisation will take care of them.

### Signs

- Each time the referee assigns a score or a penalty, in addition to the conventional sign and term used, he will also announce shiro (white) or ao (blue), according to the athlete involved.
- In addition to the conventional sign made to indicate the invalidation of an opinion expressed, the referee should also announce shiro (white) or ao (blue) according to the athlete who has lost the advantage.
- In addition to declaring the winner of the competition in the usual fashion, the referee will also announce shiro (white) or ao (blue) according to the winner's colour sign.

### Starting of Combat

- After the judges have led the athletes to their respective positions, they will then return to their seats at the corner of the tatami. The referee will announce REI; at this command athletes will bow to each other. The referee will give command for the fundamental kumi kata (grip) (right or left)

### Note:

- The referee shall make sure that the kumi kata is only a grip and not the beginning of the fight.
- The referee shall make sure that, at the beginning of the fight and at each resumption of the fight, the two competitors are facing and holding with one hand on the other's judogi sleeve (between the elbow and the tip of the shoulder) and with the other hand holding the opposite "lapel" (between the clavicle and the tip of the sternum).
- If the fighter changes this grip before hajime (start) then the referee gives a penalty, Shido.
- The two athletes are allowed to move only once hajime has been announced by the referee.

### Warning:

- Competitors must not release one or both hands until hajime has been announced.
- If there is a problem with the right or left hand grip, the referee will impose the first grip of kumi kata for the shiro (white) fighter, then the ao (blue) fighter for the next kumi kata grip.

### Matte

- When the referee announces matte (wait), he should be careful not to lose sight of the athletes, staying close to them at all times, without obstructing them. He should then accompany them to the centre at their starting positions if he deems it necessary (some visually impaired judokas can return to their initial position by themselves).
- The referee will have them take the kumi kata (grip) and announce hajime (start) again.
- The referee will repeat the same action each time matte (wait) is announced.

### Sore Made

- When sore made (end of combat) has been announced, the referee should accompany the athletes to their starting positions. If necessary, the referee should ask them to adjust their judogi.
- After the referee has given the results of the combat, by an appropriate manner, with the announcement of shiro (white) or ao (blue), he will then ask the athletes to bow to each other as he announces rei.
- The judges will then accompany their respective athletes back to the edge of the tatami, where assistants from the organisation or coach will take care of them.

### Ippon, Waza Ari & Yuko

- The referee will announce either ippon shiro (white) or ippon ao (blue) if a winning point or move is awarded.
- Similarly, the referee will use the same procedure for waza ari (near ippon or half point) & yuko (score less than a waza ari).

### Osaekomi

- The referee will announce osaekomi (hold down) in the traditional way; if a penalty should be given, he will follow the usual procedure.
- If a penalty has to be given to the contestant in the position of advantage, the referee will announce Matte, have the competitors resume their starting position and eventually give the penalty together with the announcement of "shiro" or "ao" as appropriate.
- If a penalty has to be given to the contestant in the position of disadvantage, the referee will announce the penalty, but will wait for the appropriate moment to confirm the penalty after "matte" consecutive to the end of the hold down.



### 3.3. Pathways for Blind and Partially Sighted players

The VI Performance pathway provides a guide on the basic stages of progression from grassroots to performance level. The VI Pathway is aligned with the home country programmes.

#### SEMI CENTRALISED PROGRAMME OLYMPICS & PARALYMPICS

To prepare to be an Olympic or Paralympic Champion you need to train and compete against the best. On this programme you will regularly travel the globe to improve your skills in preparation for Olympics or Paralympics

#### CENTRE OF EXCELLENCE

The home of Performance Judo in Great Britain. A full time training facility with World leading Coaching and Support services for players aged 16 years+

#### PERFORMANCE PATHWAY CENTRE

This is the first tier of Performance Judo for Pre-Cadets to Junior, where you will experience International Judo for the first time. At this stage you will be assessed to progress to the British Judo Centre of Excellence. This is also the stage where you can access Educational support

#### JUDO CLUB

The starting point for any player wanting to learn the basic skills of Judo



## Case Study: Jean-Paul Bell



Jean-Paul Bell was the Head Coach for the Paralympic Judo team in London 2012, where they added to the ParalympicsGB medal tally with a silver and bronze. Whilst in the position of Head Coach, Jean-Paul also helped the Great Britain team capture European and World Championship titles as well as multiple international honours.

The ParalympicsGB Judo team has continued to flourish on the international stage since the Paralympic Games in 2012. The sport continues to be part of the Great Britain pathway system and is committed to developing talented athletes for future Paralympic Games.

“I was first introduced to VI Judo through a talented VI athlete who was preparing for the Beijing Paralympics in 2008. I started working with him on a voluntary basis as I had a real love for coaching the sport and wanted to learn. I saw it as an opportunity to challenge myself as a coach plus I felt I could make a positive impact on the individual’s performance prior to the Paralympics.

“After a few months, the athlete I was supporting competed in Beijing successfully and achieved a 5th place finish. By the end

of 2009, I was employed as a Great Britain Paralympic coach and in 2010 the same athlete from the Beijing Paralympics became World Champion. The team also gained 3 other medals at the Championship. The bronze medal won at the London 2012 Paralympics, which was achieved under great pressure of a home Games, ranks as one of my proudest coaching achievements.

“When I started working with VI athletes for the first time, I went through several stages of coach development. I found I had to reflect well on all of my initial sessions to help gain insight to be an effective coach. Obtaining feedback from the athletes I was coaching in real time was beneficial to adjust the technical aspects of the sport to suit the impairment group. VI Judo has rapidly developed in recent times. I found that by being creative and listening to the athletes’ experiences in the sport helped to innovate technical and tactical Judo to make immediate impact on Judoka development and performances.

“My advice to anyone aspiring to be a VI Judo coach is to always challenge yourself and your thinking, be creative and enjoy the journey.”



## Section Four: Further Information

### 4.1. Resources and Guidance

#### Sports Coach UK Visual Impairment Factsheet

Sports Coach UK and British Blind Sport have produced a factsheet that highlights the fundamentals of coaching visually impaired people

- PDF document: [www.bit.ly/scukfact](http://www.bit.ly/scukfact)

#### Guide Dogs

Some visually impaired participants may have guide dogs. Identify the best location in your facility where the guide dog can rest, whilst the owner is participating. The best location is usually the reception or offices, where the dog can relax and be supervised. It is important to provide water for the dog to drink. Guide Dogs can provide advice about how to ensure a guide dog is comfortable at your venue.

- Guide Dogs: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

### 4.2. Useful contacts

#### British Blind Sport

- Telephone: 01926 424247
- Email: [info@britishblindsport.org.uk](mailto:info@britishblindsport.org.uk)
- Website: [www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

#### British Judo

- Telephone: 0131 333 2981
- Email: [info@judoscotland.com](mailto:info@judoscotland.com)
- Website: [www.judoscotland.com](http://www.judoscotland.com)

#### Judo Scotland

- Telephone: 0131 333 2981
- Email: [info@judoscotland.com](mailto:info@judoscotland.com)
- Website: [www.judoscotland.com](http://www.judoscotland.com)

#### Welsh Judo Association

- Telephone: 02920 334 945
- Email: [office@welshjudo.com](mailto:office@welshjudo.com)
- Website: [www.welshjudo.com](http://www.welshjudo.com)

#### Northern Ireland Judo Federation

- Telephone: 028 9038 3814
- Email: [nijudo@houseofsport.net](mailto:nijudo@houseofsport.net)
- Website: [www.nijudo.com](http://www.nijudo.com)

#### Action for Blind People

- Telephone: 0303 123 999
- Website: [www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

#### Royal National Institute for the Blind (RNIB)

- Telephone: 0303 123 999
- Website: [www.rnib.org.uk](http://www.rnib.org.uk)

#### Guide Dogs

- Telephone: 0118 983 5555
- Website: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

#### Sport England

- Telephone: 08458 508508
- Website: [www.sportengland.org](http://www.sportengland.org)

#### Scottish Disability Sport

- Telephone: 0131 317 1130
- Website: [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

#### English Federation of Disability Sport

- Telephone: 01509 227750
- Website: [www.efds.co.uk](http://www.efds.co.uk)

#### Disability Sport Wales

- Telephone: 0845 8460021
- Website: [www.disabilitysportwales.com](http://www.disabilitysportwales.com)

#### About British Blind Sport

At British Blind Sport, we help blind and partially sighted people get active and play sport. Sport and recreational activities can enhance the lives of people with visual impairments by improving their health and increasing their social interaction. We encourage adults and children to participate in activities at all levels, from grassroots to the Paralympic Games.

#### What does British Blind Sport offer?

- Sporting competitions for people with visual impairments, allowing them to compete against others
- Support for people with visual impairments within the sports world
- Provide sight classifications to blind and partially sighted athletes to ensure a fair and equal competition
- Support in the education of teachers to ensure no child with visual impairment is denied the opportunity to play
- Advice to clubs and coaches to enable more people with visual impairments to participate in sport

## Summary and Best Practice

### Communication

- Good and clear communication is vital.
- Don't assume all people with a visual impairment can't see anything.
- Remember everyone is individual and every eye condition is different.
- Ask the participant what they can see and what support they need.
- Always identify and introduce yourself verbally, so that the participants become familiar with the sound of your voice.
- Don't be afraid to use everyday language such as "see" or "look."

### Venue

- Help familiarise the visually impaired participant with the playing area and venue.
- Provide time for your visually impaired judoka to orientate themselves within the activity area.
- Ensure the activity area is well lit.
- Have sighted guides to support the participants around the venue.
- Describe venue hazards where necessary.

### Demonstrations

- Use clear instructions and explanations.
- Verbalise your actions when describing techniques.
- Don't rely on visual demonstrations.
- Use tactile demonstration where appropriate.
- Ask the participant questions to check they have understood your request.
- Don't assume all participants will be able to do basic motor skills correctly.

### Equipment

- When selecting equipment, think big, bright and bold!
- Consider the colour contrast of the equipment and surface you're using.







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A VISIBLE DIFFERENCE THROUGH SPORT

**British Blind Sport is the leading voice for the blind and partially sighted community in sport and recreation in the United Kingdom.**

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