



UNIVERSITY OF BATH
TEAMBATH™

Judo at the University of Bath Diploma in Sporting Excellence (DiSE)

British Judo has launched a bespoke Diploma in Sporting Excellence (DiSE) running from six centres within England targeted at aspiring judoka aged 16-18.

The Diploma offers the opportunity for players to increase their weekly training volume whilst working towards a vocational qualification that is now recognised by UCAS.

The DiSE programme is a key part of the British Judo Performance Pathway and technical & physical delivery is linked to the British Judo Trademark model.

For further information contact
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Here at Bath we offer two different routes to complete the DiSE programme over two years:

Full time route

DiSE programme delivery:

The students are fully integrated into the Judo High Performance Programme at the University of Bath.

The training volume is 12-15 sessions per week with a different focus for varying periods. The sessions are Judo Technique, Judo Randori, S&C and Coordination Training. Every week there is a Judo injury clinic where a physiotherapist is available for consultation.

Every week we deliver 1-2 sessions for the theoretical contents.

Part time route

DiSE programme delivery:

For the part time students we deliver 8 Education Camps at the University of Bath (5 Camps 3 days, 3 Camps only 1 day) a year for all the relevant DiSE contents.

DiSE PROGRAMME JUDO PRACTICAL CONTENTS YEAR 1

GENERIC		SPECIFIC	
STRENGTH	Focus on execution of fundamental movements (squat, hinge, lunge, bridge, push, pull) Bilateral jumping and landing mechanics Warm ups (foam rolling, barbell complexes)	Movement screening (quality) (squat, hinge, lunge, bridge, push, pull) SLJ - distance and quality	TACHI-WAZA Basic movements to manage the gravity point related to balance, rhythm and distance Defense and counter
ENDURANCE	Central and peripheral aerobic adaptations	Maximal aerobic speed test (1600m)	NE-WAZA Specific controlled movements on the ground Control your partner with your body weight! Principles of Osae-komi, Kansetsu and Shime-waza
INJURY PREVENTION	Joint mobility + warm ups Trunk/lumbopelvic control (bracing & anti-rotation) Unilateral jumping / landing mechanics Unilateral lower body	Movement screening (quality): Joint-specific (shoulder, back, hip) Single leg squat / hinge / SLJ Plank / bridge	RANDORI To be able to do around 60' Randori without a rest! Doing an offensive Randori to attack and throw as the target!

DiSE PROGRAMME JUDO PRACTICAL CONTENTS YEAR 2

GENERIC		SPECIFIC	
STRENGTH	Execution of barbell exercises Fundamental strength development	Technical RM (squat, deadlift, chin, press, bench)	TACHI-WAZA "Throwing Cross" as the foundation for an "Individual Technique Tactical Complex" in Tachi-waza.
ENDURANCE	Anaerobic energy system development	30s Rowing Test (average W/kg) 30-15 intermittent fitness test	NE-WAZA Different possibilities to attack the Ne-waza key positions. Build the first step for an "Individual Technique-Tactical Complex" in Ne-waza.
INJURY PREVENTION	Joint mobility + warm ups Trunk/lumbopelvic control (bracing & anti-rotation) Unilateral jumping / landing mechanics Unilateral lower body	Movement screening (capacity): Joint-specific (shoulder, back, hip) Single leg squat / hinge (timed sets) / triple hop / Plank / bridge (timed sets)	RANDORI To be able to do around 90' Randori without a rest! Doing an offensive Randori to attack and throw as the target! Increase the Intensity in Randori.