

Coach training summery

The NPO coach training program I had in Tokai University, was an extraordinary and wonderful experience, this program enriched me greatly both as a human being and as a Judo teacher. The program was very varied and every day was full of activities. It is hard to transfer the entire experience in a summery, but I will try to at least relate to several central points in this training.

During the visit I was introduced to the two central principles of Judo, 1. Best use of energy and 2. Mutual prosperity for oneself and others, I would like to present examples that helped me learn about the realization of these ideas:

1. Best Use of Energy:

In the many hours Sensei Mitsumoto dedicated to teach Mr. Munir and me in the dojo, I learned much about how a small change in posture or grip can make a much better use of ones energy and force. By learning much about Ukemi, Gripping and throwing techniques I learned much about giving new Judo students a strong base to develop from. A difficult and strenuous movement became smooth and easy. The importance of giving a strong foundation to new students is also an example of best use of energy, since it is much harder to fix errors then start correctly right from the beginning.

2. Mutual prosperity for oneself and others

Maybe the best example to learn from is the NPO activity itself. The generosity in investing so many resources developing Judo world wide shows the understanding that helping others will eventually benefit both the giver and the receiver. I feel this is in accordance with Mr. Kano idea of teaching all you know to your opponent without fear he will best you, since if he will improve so will you.

I was also highly impressed watching small children start their activity with their partners by asking permission to work together (Uni ga hei shi mas), and ending their activity by thanking the partner bowing and also saying (arigato gozay mashta) their understanding that you need the other to succeed and develop is a great demonstration of the mutual prosperity idea realization.

Judo as a way of life:

Watching such a wide range of judokas practice and enjoy judo, from small children to the oldest competitor in the Kodokan tournament aging 86, from students meeting judo for their first time to the top level Judokas fighting in the Grand Slam competition. All of this, strengthen in me the understanding that judo can be used as a sport and as educational tool throughout our lives.

Judo children with difficulties assimilation:

The opportunity to see the combination of children and adults with Down Syndrome in Hamana Dojo and in Matsume School was very inspiring. The special weight category for these children in the children tournament I visited, was a very emotional and heart warming experience, It was a wonderful example of mutual prosperity both for the children themselves and their dojo friends. I am sure all their dojo partners will become better persons after learning side by side with them.

Judo as a bridge between cultures:

My Palestinian partner for the program was Mr. Munir Muhsan from the city of Bet Lehem, although we live geographically near by, we don't have the possibility of meeting in Israel. I am very grateful for the opportunity to meet him in Japan and getting to know a very nice and kind person.

Working together in the dojo and outside the dojo, allowed us to get to know one another and build trust and confidence. I am sure that when the circumstances will allow, we could use our mutual experience to work together building a bridge between the two people. I hope the day we could both practice together in the same dojo in Israel will come soon.

Respect to others and politeness:

The way the students respect their Sensei, Shomen and one another is very impressive. I must admit I was also very impressed outside the dojo, by how the crowded subway passengers kept their silence in consideration of their fellow passengers. In addition, viewing the special lesson in the children tournament about how to be polite and bow correctly was also fascinating and impressive.

Persistence and diligence:

Watching children practice 4 to 7 times a week in a very serious and persistent way, and watching the high judo level they achieve was very inspiring and demonstrated that by putting the effort one can reach his goals.

Finally, I would like to give special thanks to Sensei Yamashita and his wonderful NPO team – Keiko San and Hiroko San. Your kindness and extraordinary generosity was a wonderful lesson on warm welcoming, dedication and caring for the other.

You made this program an unforgettable experience.
Thank you from all my heart.

Daniel Bell