

# IJF AKADEMİ

Ocak 2025



**IJF**  
**ACADEMY**

# JUDO – HAYATIN DEĞERLERİ

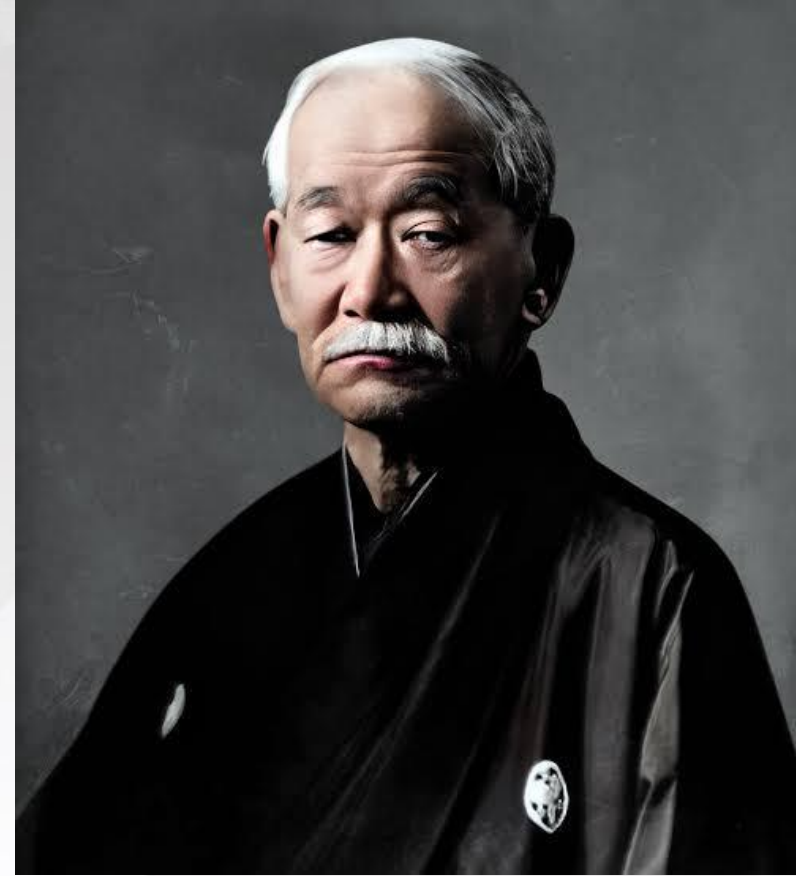


**Values  
for  
Life**



*“Güneşin altında eğitimden daha büyük bir şey yoktur. Bir kişiyi eğitip onu kendi neslinin toplumuna kazandırarak, gelecek yüz nesle katkıda bulunuruz.”*

**Jigoro Kano**





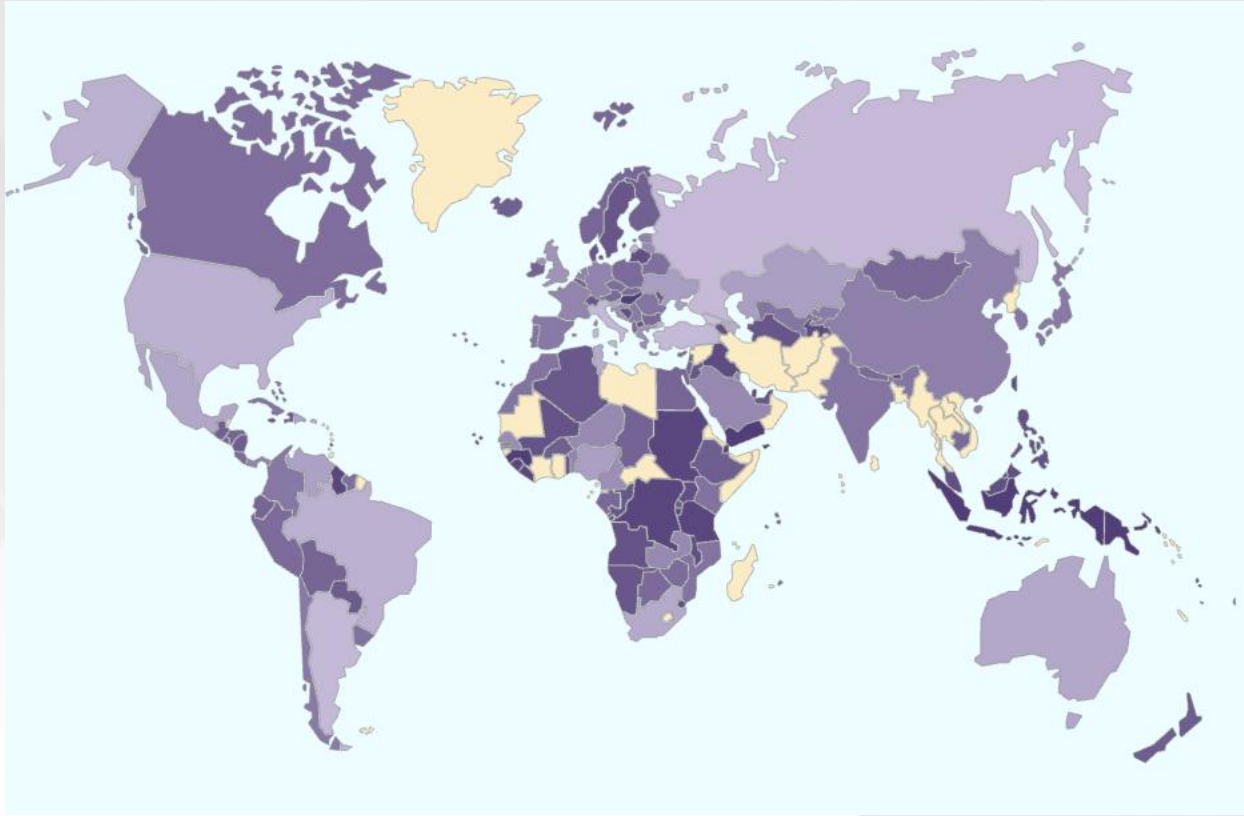
*'IJF Akademi, Uluslararası Judo Federasyonu'nun en önemli projelerinden biridir.'*

**Marius VIZER**

Ağustos 2013'te Rio'da düzenlenen IJF Olağan Kongresi'nde IJF Akademi duyurusu yapıldı.

# İSTATİSTİK

13 Yıllık Faaliyet  
5 KITA – 150+ ÜLKE – 3.000+ MEZUN ÖĞRENCİ



BİLGİ	01 OCAK 2025
ULUSAL FEDERASYONLAR	156
IJF NAGE-WAZA VE KATAME-WAZA	124
LEVEL 1 – MEZUN OLAN EĞİTMEN	1590
LEVEL 2 – MEZUN OLAN ANTRENÖR	369
UDJM* MEZUN OLAN	22
UCJI** MEZUN OLAN	1054
TOPLAM	3159 (20% Kadın)

\*UDJM = Judo Yönetiminde Lisans Diploması

## **IJF Akademi Antrenör Belgesi**

Level 1 Eğitmen

\*\*UCJI = Judo Eğitmeni Lisans Diploması

# YÖNETİM KURULU

**Dr Tibor KOZSLA**  
Enstitü Başkanı

**Envic GALEA**  
Yönetim Kurulu Başkanı

**Florin Daniel LASCAU**  
Spor Direktörü

**Dr Slavisa BRADIC**  
Eğitim Direktörü



# KRONOLOJİ

IJF Akademi, Ağustos ayında bir **Yüksek Öğretim Enstitüsü** olarak **akredite** edildi

IJF Akademi'nin **ilk** çevrimiçi ve uygulamalı **kursu**

**Mayıs 1882**'de **Jigoro Kano**, geleneksel dövüş biçimlerinden ilham alarak fiziksel, zihinsel ve ahlaki eğitimin bir yöntemi olan **JUDO**'yu oluşturdu ve **Kodokan**'ı kurdu.

1882

1964

Judo, resmen **Olimpiyat Oyunları** programına girdi.

2013

2018

2024

**IJF Akademi Antrenör Lisansı**, antrenörlerin uluslararası yarışmalara katılması için **zorunlu** hale geliyor





## IJF, IJF AKADEMİ VAKFI'NI MALTA'DA KURDU

**2017**

**Il-Kodiċi Ċivili, it-Tieni Skeda**  
*The Civil Code, Second Schedule*

**Kapitlu 16 tal-Liġijiet ta' Malta**  
*Chapter 16 of the Laws of Malta*

### **ĊERTIFIKAT TA' REĠISTRAZZJONI TA' PERSUNA ĠURIDIKA** **CERTIFICATE of REGISTRATION of a LEGAL PERSON**

Isem tal-Organizzazzjoni u Indirizz Reġistrat f'Malta:  
*Name of Organisation and Registered Address in Malta:*

**IJF ACADEMY FOUNDATION**  
Number thirty seven (37), Marina Court, Ta' Xbiex, Malta

Numru ta' Ċertifikat ta' Reġistrazzjoni:  
*Certificate of Registration Number: LPF-260*

Niċċertifika illi l-Organizzazzjoni hawn fuq imsemmija  
*This is to certify that the aforementioned Organisation*

stabbilita fir-raba' jum ta' Settembru tas-sena elfejn u sbatax  
*established on the fourth day of September of the year two thousand and seventeen*

tissodisfa l-provvedimenti tat-Tieni Skeda tal-Kodiċi Ċivili u  
*satisfies the provisions of the Second Schedule, Civil Code and*

giet reġistrata bhala Persuna Ġuridika mir-Reġistratur ghal Persuni Ġuridiċi.  
*has been registered as a Legal Person by the Registrar for Legal Persons.*


Data ta' Reġistrazzjoni: Illum il-wiehed u tletin jum ta' Ottubru tas-sena korrenti  
elfejn u sbatax.

*Date of Registration. Today the thirty first day of October of the current year two thousand and seventeen.*



**Dr. Hilary Grech LL.D.**  
Reġistratur ghal Persuni Ġuridiċi  
*Registrar for Legal Persons*

**IJF AKADEMİ VAKFI GÖNÜLLÜ  
BİR KURULUŞ OLARAK  
MALTA'DA TESCİL EDİLDİ  
2018**



**Office of the Commissioner**  
for Voluntary Organisations

**Certificate of Enrolment**

**IJF Academy Foundation**

**37, Marina Court, G. Cali Street,  
Ta' Xbiex XBX 1421 - Malta**

**Foundation**  
(classification)

having satisfied the Commissioner for Voluntary Organisations that it qualifies in terms of Article 3<sup>1</sup> of the Voluntary Organisations Act, 2007 (Act No. XXII of 2007), has been enrolled as a Voluntary Organisation and its name been entered in the Register of the Voluntary Organisations as follows:

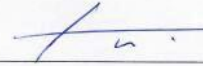
Identification Number: **VO/1510**<sup>2</sup>

Principal Purpose: **Education and Research**


Date of Enrolment: **30<sup>th</sup> March 2018**<sup>3</sup>

Enrolment Classification: **Other Education**

The Organisation is henceforth eligible for the privileges granted to voluntary organisations in terms of Article 4 of the said Act<sup>4</sup>. In terms of Article 4 (7) of the Act<sup>5</sup>, all persons to whom this certificate is provided are requested to provide the Organisation with full recognition of its status as a voluntary organisation compliant with all provisions of the applicable law<sup>6</sup>.

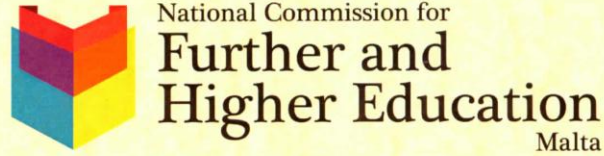
  
Professor Kenneth Wain  
Commissioner for Voluntary Organisations

Dated: **30<sup>th</sup> March 2018**<sup>7</sup>



## IJF AKADEMİ, YÜKSEK ÖĞRETİM KURUMU OLARAK TANINDI

### 2018




The National Commission for Further and Higher Education is licensing **IJF Academy Foundation (Licence Number: 2018-015)** as a **Higher Education Institution**. **IJF Academy Foundation** is licensed to provide Higher Education programmes **through digital channels with addition of work placements carried out in National Judo Federations affiliated to the International Judo Federation**.

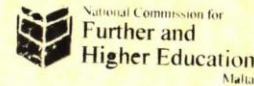
**Tibor Kozsla** is the Head of Institution of **IJF Academy Foundation**. **Envic Galea** has been vested with the legal representation for **IJF Academy Foundation**.

This licence is being issued with a document detailing the licensing conditions for **IJF Academy Foundation**. The National Commission for Further and Higher Education must be informed immediately of any changes which occur during the period covering this licence.

This licence is valid until **26<sup>th</sup> August 2023**.



Mr. Godfrey Vella,  
Chairman,  
The National Commission for  
Further and Higher Education

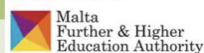


**Malta Life Sciences Park**  
San Gwann, SGN 3000, Malta  
Tel: +356 2381 0000

# EĞİTİM YAPISI

## UNDERGRADUATE CERTIFICATE AS JUDO INSTRUCTOR EQF Level 5

ACCREDITED BY



### Semester 1 - 30 Credits

- 1 History of Judo
- 2 Classification of Judo - Part 1
- 3 Culture of Judo
- 4 About IJF
- 5 Classification of Judo - Part 2
- 6 Role of Instructor
- 7 Exercise Physiology I
- 8 Classification of Judo - Part 3
- 9 First Aid and Safety
- 10 Classification of Judo - Part 4
- 11 LTAD Stages
- 12 Nage no Kata
- 13 SOR I - Refereeing Rules

Practical Session

Available in  
**ARA, AZE, CHN, ENG, ESP, FRA, GEO, HUN  
JPN, POL, POR, RUS, SRB, SVK, TUR**

**IJF COACH LICENCE**

## EDUCATION STRUCTURE OF IJF ACADEMY

### UNDERGRADUATE DIPLOMA AS JUDO COACH EQF Level 5

ACCREDITED BY



### Semester 1 - 30 Credits

- 1 Role of the Coach
- 2 Coaching Principles - Values and Development
- 3 Exercise Physiology II
- 4 Nutrition and Hydration I
- 5 Biomechanics I
- 6 Training Methodology I
- 7 Kateme no Kata
- 8 SOR II - Competition Rules
- 9 Human Body Structure
- 10 Warming Up and Stretching

### Semester 2 - 30 Credits

- 1 Psychology of Sport
- 2 SOR III - IJF Regulations
- 3 Coaching Principles - Coaching for Learning
- 4 Training Methodology II
- 5 Tachi-waza Teaching Progression
- 6 Nutrition and Hydration II
- 7 Ne-waza Teaching Progression
- 8 Injury Prevention

Practical Session

To be available in **ENG, ESP, FRA, RUS**

### TOP-UP BACHELOR'S DEGREE IN JUDO COACH EQF Level 6

Accreditation in  
progress

### Semester 1 - 29 Credits

- 1 Performance and Match Analysis
- 2 Training Methodology III
- 3 Talent Development, Dual Career and Social Inclusion
- 4 Biomechanics II
- 5 Nutrition and Hydration III
- 6 Thesis Development I - Research Topic Selection

### Semester 2 - 29 Credits

- 1 Leadership Management and Logistics
- 2 Single, Double and Multiple Periodisation
- 3 Periodisation of Ancillary Capacities
- 4 Periodisation in Judo
- 5 Thesis Development II - Literature Research
- 6 Thesis Development III - Research Methodology

### Semester 3 - 32 Credits

- 1 Annual Plan (one year periodisation plan in judo)
- 2 Thesis Development

Available in **ENGLISH only**

PH.D. TROUGH RESEARCH

University of  
Hertfordshire **UH**

EQF Level 8

MASTERS TROUGH RESEARCH

University of  
Hertfordshire **UH**

EQF Level 7

**18 Haftalık**  
**Çevrimiçi Eğitim**

Accredited by



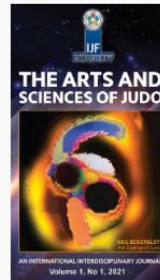
UNDERGRADUATE CERTIFICATE AS JUDO INSTRUCTOR				
ACCREDITED COURSE				
LEVEL 5 - 1 SEMESTER - 30 CREDITS				
MODULES				30
S E M E S T E R  1	UCJI	1	History of Judo	1
	UCJI	2	Classification of Judo – Part 1	2
	UCJI	3	Culture of Judo	1
	UCJI	4	About IJF	1
	UCJI	5	Classification of Judo – Part 2	2
	UCJI	6	Role of Instructor	1
	UCJI	7	Exercise Physiology I.	2
	UCJI	8	Classification of Judo – Part 3	2
	UCJI	9	First Aid and Safety	1
	UCJI	10	Classification of Judo – Part 4	2
	UCJI	11	LTAD Stages	1
	UCJI	12	Nage no Kata	2
	UCJI	13	Refereeing Rules I	2
	UCJI		Practical Session	10

## JOURNAL



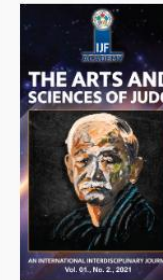
### Publication Information

[Click here for details](#)



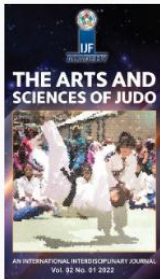
### Volume 01, No. 1

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



### Volume 01, No. 2

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



### Volume 02, No. 1

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



### Volume 02, No. 2

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### Volume 03, No. 1

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### Volume 03, No. 2

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



### Volume 04, No. 1

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



### Volume 04, No. 2

"The Arts and Sciences of Judo" (ASJ) is a newly established international interdisciplinary journal of the IJF Academy and the International Judo Federation (IJF). It is a research journal that welco...



**IJF**  
**ACADEMY**

# JUDO YÖNETİCİLİĞİ KURSU

## UDJM - SEM 1

16 weeks long - Mar 6 2023

The Undergraduate Diploma in Judo Management course is intended to train administrators and managers for effective work within judo federations, clubs and centres.

[Go to course ➔](#)

## UNDERGRADUATE DIPLOMA IN JUDO MANAGEMENT

8 weeks long - Aug 21 2023

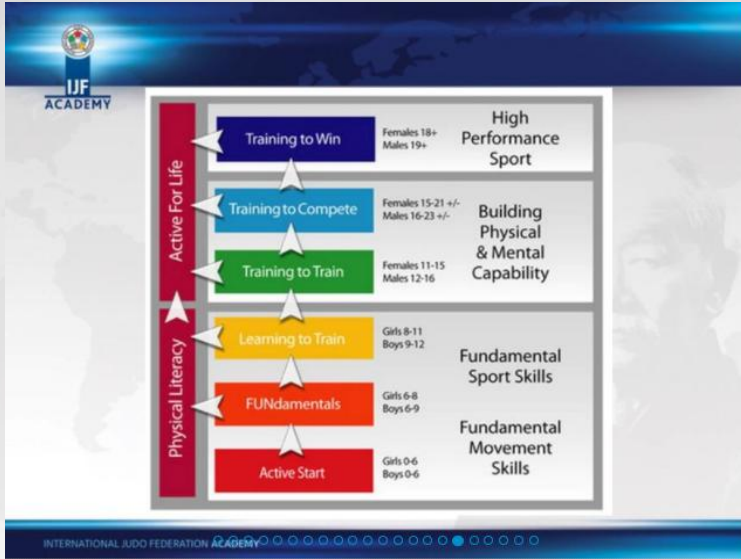
The Undergraduate Diploma in Judo Management course is intended to train administrators and managers for effective work within judo federations, clubs and centres.

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Malta  
Further & Higher  
Education Authority



**IJF Academy Foundation**  
37, Marina Court, G. Call Street, Ta Xbiex XBX1421, MALTA  
Telephone: +35621319944  
E-mail: info@ijf.edu.mt  
Website: academy.ijf.org

## Long-Term Athlete Development model (LTAD)

### LTAD framework is a sport development framework

1. It is a framework for an optimal training, competition and recovery schedule for each stage of athletic development.
2. Coaches who engage in the model and its practices are more likely to produce athletes who reach their full athletic potential.
3. At the early stages of development, it is imperative that sport development programs are designed around critical periods of accelerated adaptation to training.
4. Children who do not develop their fundamental motor skills by age 12 are unlikely to reach their genetic athletic potential.
5. Establishing a core set of motor skills early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity.
6. Successful and positive experiences with sport at a young age, coupled with the acquisition of transferable sports skills, will enable children to become proficient in a number of different sports.
7. The LTAD framework ultimately strives to produce elite and consistent performers; however, it also seeks to provide opportunities for all children to grow into confident, healthy and active adults.

### There are 10 key factors influencing LTAD

#### Factor 1: FUNDamentals

FUNDamental movement skills should be introduced through fun and games.

In order for children to become physically literate, they need to acquire fundamental movement skills, including running, throwing, catching, hopping, bounding, etc., along with fundamental sport skills.

## Seoi-nage





# ANTRENÖR AKREDİTASYONU

- IJF Akademi ve IJF Judobase arasında Veri Tabanı Senkronizasyonu
- Sadece uygun antrenörler akredite edilebilir. (Seviye 1–Eğitmen, UCJI ve Master Antrenör Ödülü)
- Antrenörlerin uyruğu, istihdam edildiği ve aday gösterildiği ülkeye bağlıdır.



The image shows a template for an accreditation card for the IJF World Judo Tour. The card has a red background with a white border. At the top left is the IJF logo. To its right is the IJF World Judo Tour logo. Further right is a white circle containing the word "LOGO". Below these are two lines of text: "CITY - EVENT - YEAR" and "COUNTRY - DATE", followed by the hashtag "#JudoCity". In the center, there is a small IJF Academy logo and a larger white box. Below this is a white bar with a person icon, and three more white boxes. At the bottom, there is a row of logos for JUDO TV, travel.ijf.org, TaiShan, ULTIMA, MET, alpbank, SOCAR, HARYEET, impulse, and IJF.ORG. Below this row is a white bar with the text "WATCH ALL ON JUDO TV".

## IJF Genel Sekreteri'nden Duyuru (15 Kasım 2024)

**Hatırlatma: 1 Ocak 2026 tarihinden itibaren,**

- ❖ Dünya Şampiyonası Ümitler Bireysel, Karma Takımlar ve
- ❖ Dünya Şampiyonası Gençler Bireysel, Karma Takımlar'da **antrenörlük yapmak için,**

bir antrenörün; **Seviye 1 Eğitimci, Lisans Öncesi Judo Eğitimci Sertifikası (UCJI)** veya **Master Antrenör sertifikasına** sahip olması gerekmektedir.

## Judo Eğitmeni Olarak Lisans Sertifikası "IJF Antrenör Lisansı"

- En az 18 yaş ve en az 1. Dan
- Bilgi - Kodokan sınıflandırılmış teknikler
- Nage-no-Kata Bilgisi
- İlk yardım sertifikası,
- Gmail adresi
- Bir Dönem – 13 Teorik Modül

## Judo Eđitmeni Olarak Lisans Sertifikası

### "IJF Antrenör Lisansı"

- Nage-no-Kata gösterimi
- Nage-waza ve Katame-waza sınavları
- Yeni Kayıt: 900 Euro
- LVL-1/LVL-2 Tamamlamış: 550 Euro
- Gelecek Kurs Mart 2025'te başlayacak
- Bir sonraki Kurs Ağustos 2025'te başlayacak

# KURS ZAMAN ÇİZELGESİ

**İlk gün : 03 Mart 2025 Pazartesi**

**Son gün : 06 Temmuz 2025 Pazar gece yarısı**

IJF Akademi, **09 Şubat 2025 Pazar** gününe kadar(UCJI) Judo Eğitmeni olarak Lisans Diploması kursu için başvuruları kabul etmektedir.

Bu kapsamda müracaat edeceklerin **24 Ocak 2025 Cuma günü saat 16:00'** ya kadar Türkiye Judo Federasyonu'na dilekçe ile başvurmaları gerekmektedir.

- **2013:** Tata HUN
- **2014:** Tata HUN, Samsun TUR, Ankara TUR, Dunavarsany HUN, Dunavarsany HUN
- **2015:** Ankara TUR, Dunavarsany HUN, Dunavarsany HUN, Ankara TUR, Ankara TUR, Tata HUN
- **2016:** Lusaka ZAM, Tbilisi GEO, Rome ITA, Mexico City MEX, Tata HUN, Canberra AUS, Ankara TUR, Tallinn EST

- **2017:** Tbilisi GEO, Tbilisi GEO, Colorado Springs USA, Lusaka ZAM, Tata HUN, Ankara TUR, Zagreb CRO, Mexico City MEX, Nassau BAH, Canberra AUS, Canberra AUS, Ankara TUR, Tbilisi GEO, Riga LAT, Rome ITA
- **2018:** Johannesburg RSA, Tunis TUN, Maribor SLO, Tbilisi GEO, Kiev UKR, Kiev UKR, Ankara TUR, Tata HUN, Cotonou BEN, Lusaka ZAM, Lusaka ZAM, St Domingo DOM, St Domingo DOM, Caracas VEN, (referees) Zagreb CRO, (referees) Budapest HUN, Malta MLT, Rome ITA

- **2019:** Cape Town RSA, Cape Town RSA, St Domingo DOM, St Domingo DOM, Antalya TUR, Antalya TUR, Almaty KAZ, Dunavarsany HUN, Yaoundé CMR, Riga LAT, Riga LAT, Lusaka ZAM, Pindamohangaba BRA, Rome ITA, Rome ITA, Maribor SLO, Carlos Paz ARG, Tunis TUN, Tunis TUN, St Domingo DOM, St Domingo DOM, Melbourne AUS, Melbourne AUS
- **2020:** Sochi RUS



- **2021:** Kiev UKR, St. Petersburg RUS, St. Petersburg RUS, Tbilisi GEO, Dunavarsány HUN, Dunavarsány HUN, Ankara TUR
- **2022:** Yaoundé CAM, Cotonou BEN, Malta MLT, Istanbul TUR, Istanbul TUR, Niamey NIG, Walsall UK, Madrid ESP, Dunavarsány HUN, Tokyo JPN, Istanbul TUR, Istanbul TUR, Dunavarsány HUN

- **2023:** Santo Domingo DOM (100th practical session), Baku AZE, Baku AZE, Bishkek KGZ, Pindamonhangaba BRA, Zagreb CRO, Walsall GBR, Paris FRA, Tokyo JPN, Rome ITA, Istanbul TUR, Riyadh KSA, Kienbaum GER.
- **2024:** Santo Domingo DOM, Havana CUB, Baku AZE, Dunavarsány HUN, Lisbon POR, Nicosia CYP, Baku AZE, Walsall GBR, Shanghai CHN, Tokyo JPN, Rome ITA, Dunavarsány HUN

## IJF AKADEMİ UZMANLARI

Florin Daniel Lascau	8 <sup>th</sup> Dan
Hosokawa Shinghi	8 <sup>th</sup> Dan
Mark Huizinga	7 <sup>th</sup> Dan
Slavisa Bradic	7 <sup>th</sup> Dan
Daniela Krukower	7 <sup>th</sup> Dan
Mesut Kapan	6 <sup>th</sup> Dan
Giulia Quintavalle	6 <sup>th</sup> Dan
Tina Trstenjak	6 <sup>th</sup> Dan
Kaya Gezeke	6 <sup>th</sup> Dan
Frank Moussima	6 <sup>th</sup> Dan
Ramadan Darwish	6 <sup>th</sup> Dan

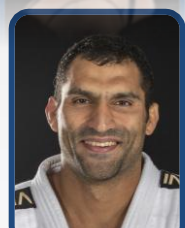
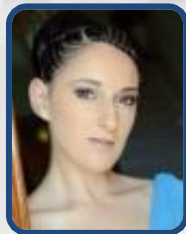
## KODOKAN UZMANLARI

Hiroyuki Hirano	8 <sup>th</sup> Dan
Mikihiro Mukai	7 <sup>th</sup> Dan
Kenichi Shoshida	7 <sup>th</sup> Dan
Yoshiharu Makishi	7 <sup>th</sup> Dan
Sanshiro Yamamoto	7 <sup>th</sup> Dan
Chikara Kariya	6 <sup>th</sup> Dan



**IJF**  
**ACADEMY**

# IJF AKADEMI EKİBİ



# IJF AKADEMİ TÜRKİYE



**Mesut KAPAN**

**IJF AKADEMİ UZMANI**

**TJF GENEL KOORDİNATÖRÜ  
IJF AKADEMİ TÜRKİYE  
KOORDİNATÖRÜ**



**Kaya GEZEKER**

**IJF AKADEMİ UZMANI**

**TJF BAŞKAN DANIŞMANI  
IJF AKADEMİ BÖLGE  
KOORDİNATÖRÜ**



**Mehmet YILMAZ**

**KATA UZMANI**

**TJF EĞİTİM KURULU BAŞKANI**



IJF  
ACADEMY

TEŞEKKÜR EDERİZ - IJF AKADEMİ TÜRKİYE

