



Judo Student Tournament Reflection

Judo Tournament: _____

Date: _____

Student: _____

Matches Total: _____

Won

Ippon _____

Waza ari _____

GS _____

Notes _____

Lost

Ippon _____

Waza ari _____

GS _____

Notes _____

Competitive Gauge: Competition	Struggled					Exceeded	Notes
	1	2	3	4	5		
Gripping							
Tachi waza attacks							
Ne waza attacks							
Transition Tachi to Ne waza							
Defense							
Penalties							

Additional Notes: _____

****Complete "Reflections" on back****



Competition Reflections

What was the **most valuable part** of the competition for you today?

What did you notice from the competition that **should be focused on** in the next practice session?

Coaching Reflections

What could you have done to **better prepare** for today's competition?

What do you **need to do** to continue to improve?