

	Age Group	Target Group	Goal	Methodology	Assessment
<b>1. Summer Day Camp</b>	4-14 years	All	Provide judo-based (and others) summer camp experiences with physical and social development	Structured schedules, mixed activities, adventure elements.	Coach feedback, child observation
<b>2. Survival Camp</b>	10-16 years Families	All Children, youth, and families	Aims to reconnect youth and adults with nature and teach them core survival skills in a supportive environment.	Gamified learning, survival scenarios, historical and nature immersion.	End-of-camp awards, group tasks, reflection.
<b>3.ADHD Module</b> <a href="#">ADHD vs Judo.mp4 - Google Drive</a>	6–18 years	-With ADHD (any subtype: inattentive, hyperactive-impulsive, or combined) -Who: Struggle with behavior regulation, sports integration, Impulsive and restless.	Develop behavior control skills using judo-specific methods.	Structured environment, visual tools, and reward systems.	Monitoring behavior and adherence to rules.
<b>4.Family Training</b> <a href="#">2025.06.26. BJA pályázat – Google Drive</a>	- 6-16 years - Families	-All - Judo student - Children with typical intelligence but facing ADHD, autism, or sensory challenges, and families	Families train together, kids teach parents and vice versa. Cooperative parent-child activities	Likely focuses on activities that foster bonding and physical fitness between parents and children.	Could involve observing the quality of interaction and physical coordination between parent and child.
<b>5.Protective Net (SAFETY NET)</b> <a href="#">Safety net.mp4 - Google Drive</a>	Adults	-No Disability/ Disability -Parents and caregivers (autism spectrum) -Support professionals (e.g., special education teachers, aides). - Families facing aggression -Individuals open to movement-based	Teach parents pain-free, effective, and controlling movements that can prevent or manage a child's aggression; Learn self-defense (not offensive) techniques through grips and body postures adapted from judo. •To maintain physical and emotional safety between parent and child in crisis situations. •To develop parental confidence, body awareness, and stress tolerance.	May include safety and protection techniques in sports contexts.	Potentially focuses on the ability to apply safety techniques effectively.
<b>6.Acrobatic Gymnastics</b> <a href="#">2025.06.26. BJA pályázat – Google Drive</a>	4–13 years	<b>No Disability</b>	Involves basics like forward and backward flips, walking, imitating animals for strengthening, balance and coordination exercises, and more complex acrobatic elements.	Playful teaching methods, progressing from simple to complex tasks, with an emphasis on strengthening, stretching, and flexibility.	Evaluation of acrobatic skills, coordination, balance, and flexibility.
<b>7.AJT - Additional Judo Training- AJT</b>	6–18 years  Adults	<b>No Disability</b> <b>Engaged in other sports</b> Physical Educators. Elite Athlete. Coaches	Cooperative learning; Functional movement: natural motion -Body awareness development -Gamification -Progressivity -Avoiding methodological rigidity.	AJT is based on integrating judo's movement repertoire and pedagogical values into the training routines of other sports. Focusing on injury prevention, combativeness, contact techniques, and personality development.	Monitoring improvements in the specified areas, particularly injury prevention and combativeness.
<b>8. AJT- Additional Judo Training, Cross Training</b>	Adults	<b>No Disability</b> Beginners and advanced athletes	Aims to improve movement coordination, physical fitness, and self-defense skills while promoting body awareness, mental	A combination of exercises and techniques derived from various sports, including judo. <b>To combine</b>	Tracking physical fitness improvements



<a href="#">AJT.mp4 - Google Drive</a>			flexibility, and a lasting motivation for sport through experience-based learning.	<b>classical judo movements (gymnastics, falling, rolling, strength, balance) with functional and playful training forms (cross training, obstacle courses, strength training with equipment).</b>	and self-defense skills .
<b>9. Activity for Life – Life-Shaping Movement Program</b>	14 – 60 years	<b>No Disability</b> Starting or returning to exercise. Group-based training. Prevent injuries.	Rooted in judo principles is a comprehensive health and lifestyle initiative designed to develop physical and mental balance for participants	The program begins with a thorough Functional Movement Screening (FMS) to identify movement patterns and weaknesses, allowing personalized training plans	Four expert pillars: lifestyle coaching, sports diagnostics, nutritional advice, and personalized training, ensuring holistic and sustainable health improvements.
<b>10. Sporty Birthday – Fun, Movement, Friendship</b>	4-12 years	Children Families	To create an engaging, movement-centered celebration that can inspire children to become passionate about judo. To strengthen a positive attitude toward judo through shared.	Play-based learning; Cooperative challenges: Team games that; Obstacle courses; Inclusive approach; and Closing ceremony	Fun and movement-centered experience. Community building and Academy recognition
<b>11. Massage</b> <a href="#">Massage.mp4 - Google Drive</a>	All	No Disability -Elderly people, Rehabilitation patients -Pregnant women, Office employees - People seeking rest and relaxation; - Regeneration	Massage promotes physical recovery by easing muscle tension, enhancing circulation, and reducing pain and stress. It helps prevent injuries and supports the immune system through lymphatic stimulation	Involves various massage techniques for relaxation, rehabilitation, and muscle recovery.	Assessment of physical and mental relaxation, recovery rates, and muscle condition.
<b>12. Mental Development</b>	Youth - adult	No Disability  Athletes	Focuses on self-knowledge, self-confidence, decision-making, stress management, and conflict resolution.	A solution- and result-oriented approach to personal development, including tactical and technical advice, and processing of successes and failures.	Evaluating improvements in self-awareness, confidence, and ability to handle stress and conflicts.
<b>13. Blind Judo</b> <a href="#">Blind judo.mp4 - Google Drive</a>	All	Disability visually impaired individuals, (J1 & J2 categories)	Development of spatial awareness and physical condition	Adapts judo techniques and training methods for visually impaired athletes.	Involve evaluating the adaptation and proficiency in judo techniques, as well as improvements in physical coordination and spatial awareness .
<b>14. Yoga</b>	All	Athletes	Support judo athletes' flexibility, focus, and recovery through yoga.	Yoga practices for balance, posture, breathing, and stress relief.	Coach observation, feedback.

