

Workshop - IBSA Judo - Africa Development and Introduction of Judo for Blind Athletes in Rwanda: NPC Gymnasium, Amahoro National Stadium of Remera

(28th February and 1st to 4th March, 2018: Kigali, Rwanda)

Report to the President of National Paralympic Committee of Rwanda Mr. MUREMA Jean Baptiste, to Mr. Christian Bishyika President of Rwanda Judo Federation, Mr. Jean Damascene NSENGIYUMVA Executive Secretary of National Union of Disability's Organisations in Rwanda (NUDOR)

cc to: Mr. David Stanley the International BSA Judo Africa project leader, Mr. Sondisa Magajana the IBSA Judo Africa Coordinator, and Prof. Randeep Rakwal, Tsukuba International Academy for Sport Studies (TIAS)-Faculty of Health and Sport Sciences, University of Tsukuba (and Internship Committee, Chair)

BACKGROUND

From 1st to 4th March, 2018 in Rwanda held a four-day workshop on the introduction and development of Judo for Blind Athletes in Africa. This initiative was created by a TIAS student (Mr. Celestin Nzeyimana, 3rd batch) inspired by Jigoro Kano's views on Applied Olympic Education (*Celestin, being part of the Olympic and Paralympic Education module at TIAS, is being taught by 3 expert Sensei's, Prof. Hisashi Sanada, Chair, TIAS; Dr. Yukinori Sawae, Adapted-Sport & Sport for All, and Dr. Alexis Lyras, Olympism for Humanity- on various aspects of Olympic and Paralympic Education*).

Celestin's visit to the Kodokan museum in Tokyo was a great opportunity to know/learn more about Jigoro Kano, his writings, philosophy and principles on physical education through Judo. In his visit to Kodokan (November 2017), Celestin met international blind Judo players and coaches during a training camp. He then visited the Japan Blind Judo Federation office and thereafter he had a meeting with Mr. Kenichi Shoshida, the Manager in the President's Office of Kodokan Judo Institute. The later shared much information on Blind Judo organization and he encouraged the development of Blind Judo in Africa as one of the success of Tokyo 2020 Paralympic Games.



Figure 1: Photo with Kiyoshi Wakabayashi and Yoshiyasu Endo of the Japan Judo Federation for the Visually Impaired and Celestin (2nd from left).

Guided by Prof. Randeep Rakwal (UT-TIAS), a short-term project of introducing Judo for Blind in Rwanda was prepared (written) and it was presented to the Rwanda National Paralympic Committee and to the International Blind Sport Association (IBSA) – Judo. As result from the project proposal, a workshop on the introduction of Judo for Blind Athletes in Africa was confirmed to be hosted for the first time of its kind on the African continent.

According to the IBSA, Judo is a popular sport for athletes with a visual impairment. It has featured in all five editions of the IBSA World Championships and Games. Moreover, Blind Judo has been a Paralympic sport since the Seoul 1988 Paralympic Games. Women's Judo was added to the Paralympic Games program for the first time in 2004 at the Athens Games.

However, the Blind Judo is not developed in Africa at all. Till recently, very few African countries have introduced this sport. For example, during the last Paralympic Games in Rio de Janeiro 2016, only one African Country participated (Algeria) with 3 Judokas out of 132 from around 50 participating countries.

This is the main reason that Rwanda took the first step by hosting this **Introductory Workshop** of Blind Judo in order to collaborate with other African Countries in promoting this sport for the welfare of persons with visual impairment and to contribute to the visibility of African Blind Athletes on the International scene, especially during the Tokyo 2020 Paralympic Games, and beyond. Therefore, this report will describe all activities of the workshop.

Workshop Schedule:



Schedule of Training of IBSA Judo Coaches and Referees

Kigali Rwanda 28th February - 4th March 2018

No.	Day & Time	Activity	Venue	Responsible
1.	Wednesday 28th February	Arrival of all delegations and participants - Registration	Airport, Hotel	NPC Secretariat
2.	Thursday 1st March	Opening remarks		NPC, NBSA & IBSA
		Morning training Sessions	Training Venue	IBSA & participants
		Lunch Break	Hotel	
		Evening training Sessions	Training Venue	IBSA & participants
		Practical session with Blind Athletes	Training Venue	All Participants
3.	Friday 2nd March	Morning training Sessions	Training Venue	IBSA & participants
		Lunch Break	Hotel	
		Evening training Sessions	Training Venue	IBSA & participants
		Practical session with Blind Athletes (invited for practice)	Training Venue	All Participants
		Morning training Sessions	Training Venue	IBSA & participants
4.	Saturday 3rd March	Lunch Break	Hotel	
		Test event (for referees and coaches practice)	Training Venue	
		1st IBSA Judo Africa meeting to creating provisional leadership committee in Africa	Hotel	All Participants
		Departure	School	NBSA & NPC
5.	Sunday 4th March (morning)	- For late flights in evening , a tour visit of Rwamagana School of Blind Children (1 hour driving from Kigali)		

DETAILED WORKSHOP ACTIVITIES

28th February – Participants Arrival Day and Registration

Wednesday 28th February: The arrival date for all invited participants. Two (2) IBSA Judo Trainers arrived on scheduled time; Mr. David Stanley - IBSA Judo Africa Project Manager and Mr. Ian Johns - IBSA Judo Educator and Coaching Director, both from United Kingdom. Other International participants who arrived on that day were – 2 participants from the Republic Democratic of Congo, 1 from Uganda, 1 from Kenya, 1 from Congo, and 1 from South Africa. The local participants were 15 (8 from schools and organizations of children with Visual Impaired and 7 from Rwanda Judo Federation, the IJF member). The total number of 21 African participants was present. The 3 participants from Benin and Nigeria were invited; unfortunately they had challenges related to flight connections which did not allow their participation.

Below is a copy of the attendance list:

No	Names	Country	Email	Telephone	Signature
1.	TUPHWEZI INNOCENT	RWANDA	innocent.tuphwezi@gmail.com	9923260	[Signature]
2.	ITUBA AMITRI	ARC	amitri@ibsa.org	914838244	[Signature]
3.	GASAMA Emmanuel	RWANDA	emmanuel.gasama@gmail.com	99303995	[Signature]
4.	ATEZI RYATO Welliss	RWANDA	atezwell@gmail.com	078579478	[Signature]
5.	KAMUKA KATITA	RWANDA	kamuka.katita@gmail.com	07835590925	[Signature]
6.	KAVUZWE GABRIEL	RWANDA	gabriel.kavuzwe@gmail.com	0783202572	[Signature]
7.	UMURANA BELMONT	RWANDA	belmont.umurana@gmail.com	0784994679	[Signature]
8.	WAZUWU GICHA	Kenya	wazuwu.gicha@gmail.com	011861054	[Signature]
9.	KIBUKI KEABDI	Kenya	kibuki.keabdi@gmail.com	07294725	[Signature]
10.	MUNKURU ENDA	RWANDA	enda.munkuru@gmail.com	078118855	[Signature]
11.	NEZIMANA AHERANE	Rwanda	aherane.nezimana@gmail.com	078236996	[Signature]
12.	NDUSHIMANA ZACHARIE	Rwanda	zacharie.ndushimana@gmail.com	078837777	[Signature]
13.	MABE-BABE	Rwanda	mabe-babe@gmail.com	078200456	[Signature]
14.	WILLIAM CASHU	DRC	william.cashu@gmail.com	708524	[Signature]
15.	SIBOMANA PAPA	Rwanda	papa.sibomana@gmail.com	99879785	[Signature]
16.	RUBAKWA ALBAM	Rwanda	albam.rubakwa@gmail.com	079711631	[Signature]
17.	SAPAKA WILIAM	Rwanda	wiliam.sapaka@gmail.com	079800235	[Signature]
18.	JONKOR MAGATANA	Rwanda	magatana.jonkor@gmail.com	99200000	[Signature]
19.	TSUKI EDYARD	Kenya	edyard.tsuki@gmail.com	07815551515	[Signature]
20.	WILLIAM CISHU	Kenya	william.cishu@gmail.com	07815551515	[Signature]
21.	NEZIMANA	Rwanda	nezimana@gmail.com	0783202572	[Signature]

Figure 2: Images of the attendance record of the participants.

Day 1 – Workshop Activities (Thursday, 1st March, 2018)

Thursday, 1st March, saw the opening remarks and welcoming speeches by Sport Authorities and Leadership of the National Paralympic Committee of Rwanda. This morning session was coordinated by Celestin Nzeyimana, the NPC Rwanda Executive Director and the TIAS student, who introduced all participants and explained in detailed the time-table for the workshop activities and internal rules for the 4-days training.



Figure 3: Celestin from TIAS Introducing the Judo trainers from IBSA.

The welcome speech was addressed by **Mr. William SAFARI**, Chairman of the Rwanda National Blind Sport Association – NBSA, and the Vice President of National Paralympic Committee of Rwanda. To quote-

“...it is with great pleasure to us for having this new sport of Judo for blind is introduced here in Rwanda. Currently we are under pressure from them asking for more sporting opportunities. The only sport that Rwanda has now is Goal Ball but it is played by few male clubs. This individual sport will help us to involve more men and women with visual impairment in sport activities.”

Following his message to the participants, he also decided to take part in the Judo training as a player (he is also visually impaired – B1 = total blindness). He now has a dream of becoming a Judo Paralympian.



Figure 4: William Safari Vice President of NPC Rwanda and the chairman of NBSA Rwanda addressing to the participants.

Next, from the Ministry of Sport and Culture, **Mr. Emmanuel BUGINGO**, Sport Director, was invited to officially open this workshop; and he responded positively. He was present for the opening ceremonies of the workshop. In his opening speech, he thanked NPC Rwanda for its work in creating sporting opportunities for persons with all types of disabilities in Rwanda and he encouraged the participants in workshop to take the opportunity and develop this new sport in their respecting countries. He concluded by saying that the Ministry of Sport and Culture will support the development of Blind Judo and any other sport initiatives aiming at helping the inclusion of persons with disabilities in Rwanda.

Photos from the opening ceremony of the workshop:



Figure 5: Emmanuel Bugingo, Sport Director in Ministry of Sports and Culture giving opening speech to the participants.



Figure 6: David Stanley from IBSA Judo introducing himself to the participants.



Figure 3: Group photo of participants after the opening session.

Everybody participated in all 3-days activities, and many of these participants had never known Judo before and most had no idea on the Judo for the visually impaired. Seminar was initiated with an introduction to IBSA and the aims of the Africa Judo Project. Next, the trainers showed videos of mainstream Judo and informed them of the basic rules of the sport, i.e., how to win, like throwing, holding, strangulation and arm locks. Also, the talk covered the scoring system and the basic way to introduce Judo to players within their countries; all the participants were in Judo-gi and were doing all of these exercises and training methods for coaching the visually impaired.



Figure 4: Mr. Ian Johns, coach of the British Judo Team of the visual impaired athletes and IBSA Educator.

Participants were surprised by the performance of persons with visual impairment. One of participants said: *“I can’t believe this. I could not imagine that persons with visual impairment can do Judo on that level. While I was watching the video, I was thinking that they are seeing but I confirmed that they don’t see after the match when they were oriented off the ring...”*, and most of participants shared common feeling that if you do not see you cannot do the sport of martial arts like Judo. This morning session removed that negative thinking and they experienced themselves that it is possible. Mr. Kennedy Ndungi from Kenya has a partial visual impairment. He was invited to participate in this workshop as a coach and player at the same time. He said: *“I was not able to watch videos because I have a low vision but when it came to the practice, I enjoyed very much the sport. I doubted whether or not I can play Judo, now I find it very easy and not risky as I was thinking before coming here for workshop.”*

Following photos show evening activities during practice session:





Figure 9: The participants enjoying the sport of Judo for the visually impaired. (Coaches, Organizers and athletes).

Day 2 – Workshop Activities (Friday, 2nd March, 2018)

The second day covered the IBSA refereeing rules and showed the videos of contests from Germany and Brazil. All participants were impressed with the new way to bring players to the center of the contest area. In the afternoon, trainers demonstrated some basic throws and movement patterns for the players to understand how to throw when moving.

Day 3 – Workshop Activities (Saturday, 3rd March, 2018)

On the third day, trainers and participants discussed on the topic related to how the IBSA, IJF and the International Paralympic Committee - IPC would like to involve more African countries to get involved in Judo and increase more players and referees at the highest level so that they may be able to attend the Paralympic Games. Some of the participating persons did refereeing mock contests to understand the importance of the referee in the control of Blind and Deaf players.



Figure 10: Images of demonstration on the throwing techniques.

All participants received a participation **CERTIFICATE**, and they were very happy to have the opportunity to participate in this workshop.



Figure 5: Photo of all participants after the Certificate Ceremony at Amahoro National Stadium of Remera - NPC Gymnasium, Kigali, Rwanda.

THE 1st IBSA JUDO AFRICAN MEETING

On Saturday the 3rd of March, 2018 from 5 pm at the Five to Five Hotel, Remera, Kigali, the National Paralympic Committee of Rwanda with the National Blind Sports Association of Rwanda (NBSA) hosted the General meeting as the last section of the workshop. The meeting objective was to put all Africa countries together on a platform in order to talk about moving forward, and to exchange on some of the first steps they will have to take in order to start participating in the International Competitions. In the meeting, the following persons were invited and present: the President of National Paralympic Committee of Rwanda, the President of Rwanda Judo Federation and the Chairman of National Blind Sports Association of Rwanda. Representatives from African National Paralympic Committee of Uganda, Kenya, Congo, Congo Democratic and South Africa were also present in the meeting. The meeting was chaired by Mr. David Stanley, the IBSA Judo Africa Project Manager.

On the point of the development of Judo for visually impaired people, all participating countries agreed to collaborate and to work together by building partnership and good relationship with their local Judo Federations, and members of the International Judo Federation. The Judo Federation should accept to include visually impaired players in their Judo clubs and to the National Programs. Participants raised a need of referees for Visually Impaired Judo. It was then, that the meeting decided that before any championship, a training seminar for Visually Impaired Referees would be organized for those referees attending the championships. The same to any local development program of Judo, the visually impaired would not be forgotten.

Mr. David Stanley informed the meeting that there are different opportunities for the development of Judo in Africa. He said that the International Judo Federation through its members has enough funding. Countries need to submit projects. In addition to that, there is Kodokan Judo Institute, which is the headquarters of Judo worldwide. He informed the meeting that they are potential partners for developing Judo in African countries especially about Judo materials such as ‘Tatami’ and Judo-gi, as well as trainings of referees and coaches. The meeting has appointed Mr. David Stanley to act as the chairman for the African Countries, as this was seen as part of his role as IBSA Africa Project Manager. Also, Mr. Sondisa Magajana from South Africa was appointed to be the regional representative of the Southern and central regions of Africa.

Following are some photos from the meeting:



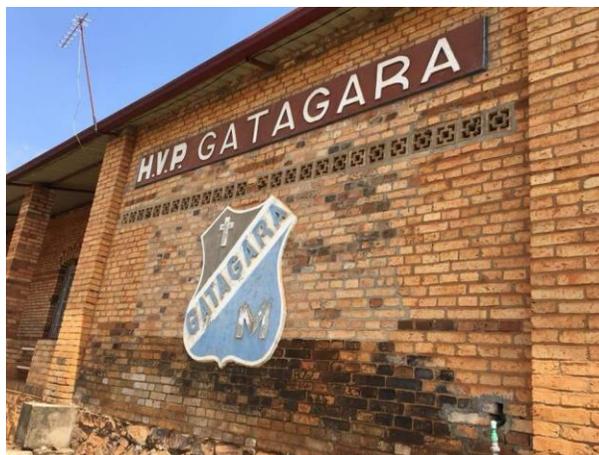
School (for the Visually Impaired) Visit

Sunday 4th March, 2018 was dedicated to the visit of a primary and secondary school, at HVP Rwamagana in Eastern Province, for children with visual impairment. A delegation of five persons visited the school. The delegation comprised: Celestin Nzeyimana, Executive Secretary of NPC Rwanda and TIAS student, Mr. Safari William, Chairman of National Blind Sports Association of Rwanda and the Vice President of NPC Rwanda, Mr. John Bosco Muhamyangabo, Marketing Officer from NPC Rwanda, and Mr. Stanley David and Ian Johns from IBSA Judo.

The main purpose of the visit was to see how Judo can help young persons with visual impairment in Rwanda, as the only other sport they could do was Goal Ball. The visited school has 168 children who all live on site at the school. Everybody at school was waiting for this visit and the guests received a warm welcome from the headmaster of the school. Following the visit to the school sport facilities, where the Goal Ball pitch is the only sports facility and that are a concrete pitch, it was realized Judo cannot be played on it.

On the other hand, the school has a meeting hall which may be used, once the school has the 'Tatamis'. That hall was used as a meeting with the guests explaining and exchanging on the sport of Judo to the children. Following an introduction by the school Head Master, Mr. Ian Johns and Mr. David Stanley explained what Judo is and how it is played by visually impaired persons. Children were very excited to hear about the new sport and they kept asking many questions such as whether fans are allowed or to make noise while playing Judo, because for most of the Blind Sports, fans are quite so as to help the players to follow the bell-ball direction. They were happy to hear that it is allowed for Judo. This Q&A session lasted around 30 minutes, and from there it was obvious that many of these children wanted to do Judo; but it was always about the costs. NBSA together with the NPC of Rwanda ensured the school that they are going to make more advocacies on how Judo can be started at this school although among the participants in Judo workshop, one was from this very school. IBSA also had some commitments in regards to the Judo equipment's/items which can help the school in introduction of Judo for Blind as another sporting opportunity for these students who do not play Goal Ball.

Following Photos show the visit at HVP Gatagara School:





This activity was the last on the agenda of the Workshop in Rwanda. All participants went back home on this day, with the **commitment to start Judo for Visually Impaired Persons**. This will help enhance the visibility of African athletes in world championships and the Paralympic Games of Tokyo 2020 and beyond.

Recommendations from the Workshop:

From this workshop, it is recommended that:

1. African NPCs have to collaborate with National Judo Federations so that the inclusion of visually impaired persons is facilitated,
2. A need of organizing more ‘training of trainers’ and ‘referees’ of Judo for Blind athletes.
3. IBSA and IJF have to support the development projects of Judo for Blind in African countries,
4. Annual Championships for the Judo for Blind should be organized at the national level; and, during the National Championships, the NFs should organize events for Visually Impaired alongside the non-Visually Impaired in order to make people aware and to promote it,
5. Regional Championships should be organized in this year ‘2018’; one in the South African region and the other one in East and Central Africa region,
6. The IBSA African Judo Championships should be organized in 2019 and 2020. This will increase the chance of qualification of African Judokas to the Tokyo 2020 Paralympic Games and beyond,

7. Africa should have a member delegate, Sport Commissioner and Referee commissioner in the IBSA Judo committee. This will help Africa to have a voice on international platform with other continents. In reality, there is no African delegate in IBSA Judo, only appointed person from UK as the Africa Project Leader,
8. Africa should have a communication platform such as a Website, a Facebook page and other social media, which may help in collecting and sharing information about the IBSA Judo in Africa.

CONCLUSION

In summary, the workshop was very successful and all expected objectives were achieved. It is believed that the three-days of training will change the life of many persons with visual impairment in Africa, and who will play Judo for the first time. In addition to that, African Judokas will be included in future World Championships and Paralympic Games through this type of development program. Thanks to the Tsukuba International Academy for Sport Studies (TIAS), University of Tsukuba for the inspiration of this very first project of introducing Blind Judo in Africa; and the follow-up by writing a research article on this workshop. The first step is complete now (**introduction**), more steps need to be taken (**development**), and there is a feeling that the University of Tsukuba (especially TAIKU-Faculty of Health and Sport Sciences) will increase its involvement in the development of Judo, through the capacity building of coaches and referees for example, through the legacy of educating the world through sport of Judo by Jigoro Kano, the founder of University of Tsukuba and the father of Judo.

Without the financial support, this workshop should not take place. Therefore, I wish to deeply thank the National Paralympic Committee of Rwanda (NPC Rwanda) that paid all financial cost related to the hosting this workshop including, accommodation of all participants, food and local transport fees.

The sport is now introduced, let the persons with visual impairment - men and women from Africa - enjoy it.

Thank you.

Dated: April, 16th, 2018 (Edited, May 7th, 2018, Prof. Rakwal)

Signed:



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