



REPORT

UPDATED AUGUST 21TH, 2020 ENG



Executive Summary

Judo@Casa/Judo@Home

Program:

The Education, Referee, and Sports commission together with the Communication and Administrative offices of CPJ, carry out a common work and decided to join forces to provide knowledge through the involvement of outstanding experts in the Panamerican Judo by starting Judo @ Casa / Judo @ Home.

The main objectives of the program are to reinforce a resilient posture, which helps not only to strengthen the ties to Judo but also that serves as a reference model to society to overcome the psychological, emotional, and physical impact caused by many different circumstances but specially linked to those resulted by COVID-19.

Dates:

This report runs from June 1st to July 30th of the present year- Covid-19 Pandemic's year.

Target Audience:

This program offers educational and interactive content for:

1. Continental Referees, Beginner and World Level Coaches of Base Levels and High Performance
2. Athletes (cadets, Junior, elite, y veterans)
3. Children
4. National Sports Commissioners
5. Judo Followers in General

Program's Reach:

This program is introduced with the intension to cover the whole Panamerican territory, where the Federations and Confederations of the Americas members of the PJC are located

The didactics of this program focuses mainly on clubs, associations, dojos, schools, universities, armed forces, non-governmental organizations, civil associations, and among others, which are subject to the guidelines of their respective National Federations.

Judo@Home seeks the integral development of people through Judo without linking political or personal aspects.

Numbers to consider:

From June 1st to July 30th, the program planned and offered the following:

- 32 Live Zoom sessions
- Reached 10,145 live audience
- Watched in 32 countries
- 193 Posts were made through Facebook
- 1,301,865 Reached audience on Facebook
- 3,925 times this content was shared
- 40,553 comments participating were made during live sessions

Invitation:

This is an official invitation to all National Federations members of the Panamerican Judo Confederation to use the links and additional documentation you will find about each of the conferences of Judo@Home presented in this report. The Education, Sports, and Referee commissions of CPJ hereby grant the rights to the National Federations of the Americas to "republish" the programming that has already been done on their respective official social platforms, so that they are a source of learning and promotion of Judo in our Continent.

If you require any special assistance on how these links work, please contact our Communications Director, Vanessa Zambotti (vanessa@panamjudo.org & panamericanjudo@gmail.com).

We invite you to read and study the document attached to this report since we consider this information could be of interest during these times of pandemic.

We hope you stay healthy and save; and look forward to meeting you again when the tatami competitions are back.



JUDO@HOME IN NUMBERS

REPORT
FROM JUNE 1ST TO JULY 30TH

zoom

 **32** LIVE SESSIONS

 **10,145** PARTICIPANTS

 **53** TRANSMISSION HOURS

 **32** PARTICIPATING COUNTRIES

facebook

 **193** POSTS

 **1,301,865** TOTAL REACHED AUDIENCE

 **3,925** TIMES THE CONTENT WAS SHARED

 **40,553** COMMENTS AND REACTIONS

TOP 5 PARTICIPATING COUNTRIES

zoom

-  MEXICO
-  BRAZIL
-  UNITED STATES
-  ARGENTINA
-  ECUADOR

COUNTRIES THAT FOLLOW US





JUDO@HOME IN NUMBERS

REPORT FROM JUNE 1ST TO JULY 30TH

zoom

PARTICIPATING COUNTRIES

-  Andorra
-  Germany
-  Saudi Arabia
-  Argentina
-  Bahamas
-  Bolivia
-  Brazil
-  Canada
-  Chile
-  Colombia
-  Costa Rica
-  Curacao
-  Ecuador
-  The Savior
-  Spain
-  U.S
-  France
-  Guatemala
-  Haiti
-  Honduras
-  Mexico
-  Nicaragua
-  Panama
-  Paraguay
-  Peru
-  Portugal
-  Puerto Rico
-  UK
-  Dominican Republic
-  Suriname
-  Uruguay
-  Venezuela

32 PARTICIPATING
COUNTRIES

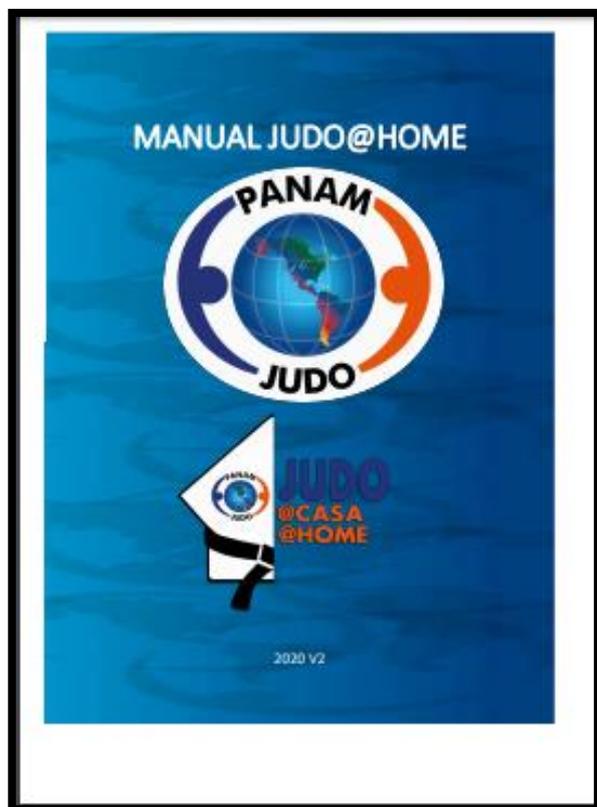
facebook

FANS COUNTRIES

-  Germany
-  Angola
-  Algeria
-  Argentina
-  Aruba
-  Azerbaijan
-  Bolivia
-  Brazil
-  Canada
-  Chile
-  Colombia
-  South Korea
-  Costa Rica
-  Cuba
-  Ecuador
-  Egypt
-  The Savior
-  Spain
-  United States of America
-  France
-  Georgia
-  Guatemala
-  Haiti
-  Honduras
-  India
-  Iraq
-  Italy
-  Japan
-  Morocco
-  Mexico
-  Mongolia
-  Nicaragua
-  Pakistan
-  Panama
-  Paraguay
- Peru
- Portugal
- Puerto Rico
- UK
- Dominican Republic
- Romania
- Russia
- Surinam
- Tunisia
- Uruguay
- Venezuela

46 FANS
COUNTRIES

1. PROGRAM'S MANUAL



The manual contains the important information about the program like objectives; reach average; phases within the program; identity, chronogram; activities, and target audiences.

The different phases of the program are specified in the manual, as well as the content to be discussed and their respective objectives.

Revised Version: **MAY 30th, 2020**

IMPORTANT

Judo@home seeks the integral development of people through judo, without linking political or personal aspects.

2. PROGRAM'S LOGO



FINAL VERSION



PREVIOUS VERSIONS



The program has an **IMAGOTYPE**: A graphic that combines the drawing with the text. The elements that comprise this logo are:

- House, and a judogi with belt
- PJC logo
- Text: @, judo, casa, home

3. ACTIVITIES CALENDAR

- The program started on June 1st, 2020
 - It takes place 6 days at week, from Monday to Saturday
 - All activities are planned two weeks (15 days) in advance
 - In July 30th, the program officially reached 09 weeks since its launched
- The reason for the schedule chosen for the activities is due to the amount of public connected to those hours on PJC's social networks.



Graphic 01. Activities Calendar Week 01

01/JUN - 06/JUN

CONFEDERACIÓN PANAMERICANA DE JUDO
@CPJUDO

<p>01/JUN</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>JUDO KIDS "PANAM PETS"</p> <p>QUITO 16:00 MIAMI 17:00 BRASILIA 18:00</p> <p>REFEREE ZONE "WAZA-ARI VS IPPON"</p>	<p>04/JUN</p> <p>QUITO 13:00 MIAMI 14:00 BRASILIA 15:00</p> <p>Q&A CHAT AMARILIS SAVON (CUB) DAIMA BELTRAN (CUB)</p> <p>QUITO 16:00 MIAMI 17:00 BRASILIA 18:00</p> <p>JUDO KIDS "PANAM PETS"</p>
<p>02/JUN</p> <p>QUITO 16:00 MIAMI 17:00 BRASILIA 18:00</p> <p>CONGRESS "INSIDE PANAMERICA, SUCCESS STORIES TO SHARE"</p> <p>QUITO 18:00 MIAMI 19:00 BRASILIA 20:00</p> <p>IPPON DEL RECUERDO LEGNA VERDECIA (CUB)</p>	<p>05/JUN</p> <p>QUITO 18:00 MIAMI 19:00 BRASILIA 20:00</p> <p>RINCON DEL ENTRENADOR MARIA MARTINEZ (PER)</p>
<p>03/JUN</p> <p>QUITO 16:00 MIAMI 17:00 BRASILIA 18:00</p> <p>REFEREE ROUNDTABLE MEETING "WAZA-ARI VS IPPON"</p> <p>QUITO 18:00 MIAMI 19:00 BRASILIA 20:00</p> <p>MASTERCLASS THOMAS BRICEÑO (CHI)</p>	<p>06/JUN</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>CURSO ENTRENADORES "CONTROL Y MONITOREO DE LA CARGA EN EL JUDO DE BASE DE BRASIL"</p> <p>QUITO 18:00 MIAMI 19:00 BRASILIA 20:00</p> <p>JUDO LEGENDS NICOLAS GILL (CAN)</p>

Graphic 02. Activities Calendar Week 09

27/JUL - 01/AUG

CONFEDERACIÓN PANAMERICANA DE JUDO
@CPJUDO

<p>27/JUL</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>JUDO KIDS LET'S PLAY WITH THE PANAM JUDO TEAM</p> <p>QUITO 17:00 MIAMI 18:00 BRASILIA 19:00</p> <p>REFEREE ZONE GRIP BELOW THE BELT BEAR HUG</p>	<p>30/JUL</p> <p>QUITO 14:00 MIAMI 15:00 BRASILIA 16:00</p> <p>JUDO KIDS ISABEL DEFENSE</p>
<p>28/JUL</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>IPPON DEL RECUERDO RYAN RESER (USA)</p> <p>QUITO 17:00 MIAMI 18:00 BRASILIA 19:00</p> <p>INSIDE PANAMERICA, SUCCESS STORIES TO SHARE ANGELICA DELGADO (USA)</p>	<p>31/JUL</p> <p>QUITO 17:00 MIAMI 18:00 BRASILIA 19:00</p> <p>JUDO LEGENDS JOAO DERLY (BRA)</p>
<p>29/JUL</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>MASTERCLASS CYNTHIA RAHMING (BAH)</p> <p>QUITO 17:00 MIAMI 18:00 BRASILIA 19:00</p> <p>REFEREE ROUNDTABLE MEETING GRIP BELOW THE BELT BEAR HUG</p>	<p>01/AUG</p> <p>QUITO 10:00 MIAMI 11:00 BRASILIA 12:00</p> <p>LA MEDICINA DEPORTIVA EN LA PREPARACION DE REGRESO AL TATAMI SEGUNDA SESION</p> <p>QUITO 17:00 MIAMI 18:00 BRASILIA 19:00</p> <p>RINCÓN DEL ENTRENADOR</p>

4. PANAM JUDO TEAM

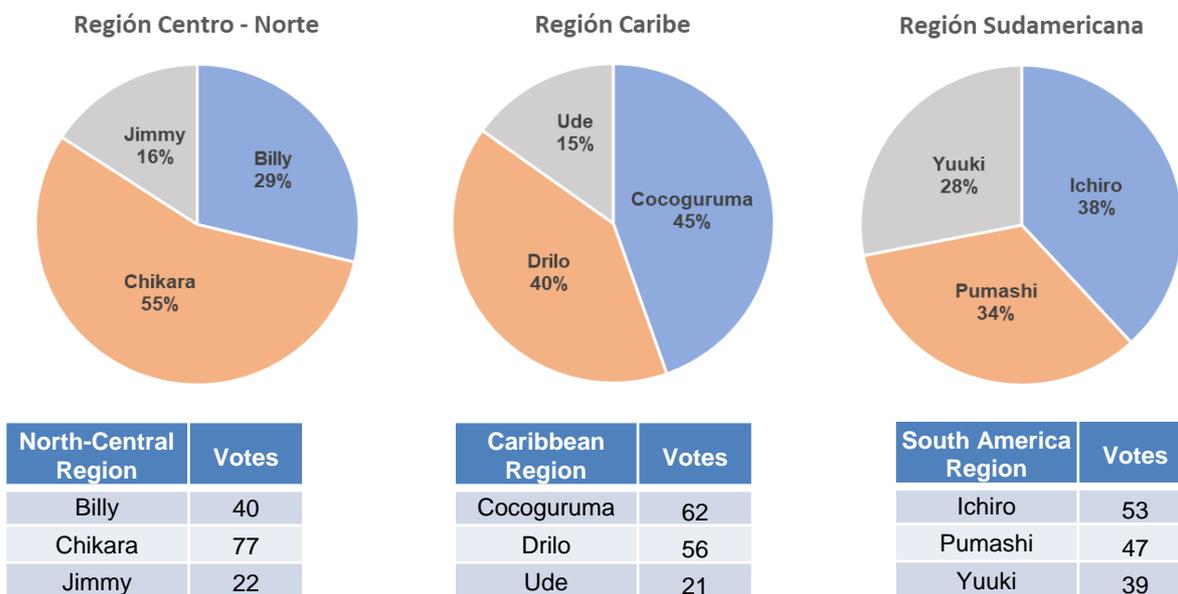
Chikara, Cocoguruma, and Ichiro represent the Central-North, Caribbean, and South American regions, respectively.

The selection of names was carried out in two stages:

- 1.- Proposals from the Pan-American community
- 2.- The three best name proposals (per representative) were subject to a voting session to chose the one that will represent each region.



Graphic 03. Voting session to decide on the names for the Panam Judo Team



Graphic 04. The Explanation behind the Panam Judo Team Representatives

CHIKARA

Bisonte Americano

Yo soy **CHIKARA** y me han elegido para representar a la Región Centro Norte de la CPJ. Soy **FUERTE Y RESISTENTE**, por algo soy el mayor mamífero de América me adapto al lugar en el que vivo, da igual si hace frío o calor y soy capaz de sobrevivir en condiciones extremas. La monada para mí es muy importante, trabajamos en equipo para protegernos y cuando lo necesito luchó hasta mis últimas fuerzas. *(Nunca me rindo)*

Chikara representa a la región Centro Norte ya que es una especie que históricamente se extendió por el Norte y Centroamérica. Fue fundamental para los primeros pobladores porque sirvió de alimento, abrigo, material de construcción e incluso fue venerado en ceremonias religiosas. Hay evidencias de Bisontes extendiéndose hasta las regiones de Nicaragua, Panamá e incluso Costa Rica, aunque su caza masiva los diezmó y en la actualidad viven en libertad en pequeños reductos boscosos de Norteamérica, en las últimas años se han comenzado labores de reintroducción en México buscando devolver este nicho animal a sus parajes originarios.

CONFEDERACIÓN PANAMERICANA DE JUDO

COCOGURUMA

Caimán Americano

Yo soy **COCOGURUMA**, me han elegido para representar a la Región Caribe de la CPJ, soy **INTELIGENTE Y MUY PACIENTE**, mis movimientos están perfectamente calculados y son veloces y ágiles, puedo vivir en el agua (aunque tienen que estar calentito) y en la tierra. Cuando elijo un objetivo nada me detiene.

Representan a la Región Caribe porque es una especie que su hábitat en estas zonas tropicales y subtropicales de América. Aunque, han sido cazados por su piel hoy se encuentran universalmente protegidos, es una de las especies más fascinantes y antiguas del planeta, venerado por las culturas antiguas caribeñas que lo representaron en sus ceremonias y lo incluyeron en muchos de sus rituales, incluso la palabra "caimán" es un vocablo de origen taíno.

CONFEDERACIÓN PANAMERICANA DE JUDO

ICHIRO

Puma concolor

Soy **ICHIRO**, me han elegido para representar a la Región Sudamérica de la CPJ, soy un felino **FUERTE Y ÁGIL**. También me llaman León de montaña y soy una especie nativa del continente americano. Me muevo con mucha agilidad, incluso sobre espacios muy pequeños y difíciles, soy tan rápido que mis presas casi no pueden verme. Mi pelaje es de un solo color por eso me llaman Puma Concolor.

Representan a la Región Sudamérica ya que la especie "Concolor" es originaria de las Sierras de Sudamérica, desde las regiones andinas de Colombia hasta las Regiones de Magallanes en Chile, se extiende por amplias zonas ya que es un animal increíblemente adaptable al hábitat donde se encuentran. El puma ha sido admirado en las distintas culturas de los pueblos indígenas americanos. Por ejemplo, la ciudad inca de Cuzco, fue diseñada con forma de puma y el animal dio su nombre a distintas regiones y pueblos incas. En el pueblo de Moche y Magueche se representó al puma en cerámicas y el dios del cielo y del trueno llamado Viracocha fue asociado con este animal.

CONFEDERACIÓN PANAMERICANA DE JUDO

5. ACTIVITIES

5.1. REFEREE ZONE



- Type of content: VIDEO
- Frequency: Once a week
- Day Established: Monday

Week	Topic	FB Reach	Link
1	Waza-ari vs ippon	2,880	https://www.facebook.com/confederacionpanamericanajudo/videos/293040055062494/
2	Waza-ari vs no score	1,495	https://www.facebook.com/confederacionpanamericanajudo/videos/871821293223404/
3	Score vs no score - continuidad	1,390	https://www.facebook.com/confederacionpanamericanajudo/videos/611837112760241/
4	Kaeshi-waza	1,497	https://www.facebook.com/confederacionpanamericanajudo/videos/2840880496143815/
5	Ne-waza vs Tachi-waza	2,542	https://www.facebook.com/confederacionpanamericanajudo/posts/1208722766150625
6	Score vs no score - control	2,172	https://www.facebook.com/confederacionpanamericanajudo/posts/1214503412239227
7	Osae Komi vs no osae komi Mate Situations	1,497	https://www.facebook.com/confederacionpanamericanajudo/posts/1220129388343296
8	Inside vs outside	1,675	https://www.facebook.com/confederacionpanamericanajudo/posts/1225819161107652
9	Grip below the belt Bear hug	3,150	https://www.facebook.com/confederacionpanamericanajudo/posts/1231557240533844



5. ACTIVITIES

5.2. IPPON MEMORY



- Type of content: VIDEO
- Frequency: Once a week
- Day Established: Tuesday

Week	Topic	FB Reach	Link
1	Legna Verdecia CUB	4,935	https://www.facebook.com/confederacionpanamericanajudo/videos/259285645316689/
2	Nicolas Gill CAN	3,006	https://www.facebook.com/confederacionpanamericanajudo/posts/1191699251186310
3	Marti Malloy USA	2,659	https://www.facebook.com/confederacionpanamericanajudo/videos/690381328193229/
4	Idalys Ortiz CUB	3,834	https://www.facebook.com/confederacionpanamericanajudo/posts/1203525360003699
5	Emmanuel Lucenti ARG	3,136	https://www.facebook.com/confederacionpanamericanajudo/videos/728056257949300/
6	Yurisel Laborde CUB	9,170	https://www.facebook.com/confederacionpanamericanajudo/posts/1215077332181835
7	Mayra Aguiar BRA	2,641	https://www.facebook.com/confederacionpanamericanajudo/posts/1220701924952709
8	Lenin Preciado ECU	2,619	https://www.facebook.com/confederacionpanamericanajudo/posts/1226364157719819



5. ACTIVITIES

5.3. INSIDE PANAMERICA “SUCCESS STORIES TO SHARE”



- Type of content: LIVE
- Frequency: Once a week
- Day Established: Tuesday

Week	Topic	ZOOM Reach	FB Reach	Link
1	Estefania Soriano DOM	103	11,888	https://www.facebook.com/confederacionpanamericanajudo/videos/717777812328123/
2	Lenin Preciado ECU	134	5,475	https://www.facebook.com/confederacionpanamericanajudo/videos/1156927117985321/
3	Thomas Briceño CHI	128	20,408	https://www.facebook.com/confederacionpanamericanajudo/videos/692916937945985/
4	Paula Pareto ARG	141	10,629	https://www.facebook.com/confederacionpanamericanajudo/videos/2526950897560322/
5	Vanessa Zambotti MEX	130	6,471	https://www.facebook.com/confederacionpanamericanajudo/videos/295716881578202/
6	Yuliana Bolivar PER	76	4,684	https://www.facebook.com/confederacionpanamericanajudo/videos/731656874234429/
7	Diana Brenes CRC	87	2,772	https://www.facebook.com/confederacionpanamericanajudo/videos/3276136002429575/
8	Kristine Jimenez PAN	76	4,150	https://www.facebook.com/confederacionpanamericanajudo/videos/3130180273703709/
9	Angelica Delgado USA	53	4,003	https://www.facebook.com/confederacionpanamericanajudo/videos/30001171116689/

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
ESTEFANIA SORIANO
 COUNTRY: DOMINICAN REPUBLIC
 ATHLETE -48 KG
 June 2nd
 16:00 QUITO
 17:00 MIAMI
 18:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
LENIN PRECIADO
 COUNTRY: ECUADOR
 ATHLETE -60 KG
 June 9th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
VANESSA ZAMBOTTI
 MEDIA & COMMUNICATION PUC DIRECTOR
 June 30th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
YULIANA BOLIVAR
 COUNTRY: PERU
 ATHLETE -73 KG
 July 07th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
THOMAS BRICEÑO
 COUNTRY: CHILE
 ATHLETE -100 KG
 June 16th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
DIANA BRENES
 COUNTRY: COSTA RICA
 ATHLETE -78 KG
 July 14th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
ANGELICA DELGADO
 COUNTRY: UNITED STATES OF AMERICA
 ATHLETE -62 KG
 July 28th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
PAULA PARETO
 COUNTRY: ARGENTINA
 ATHLETE -48 KG
 June 23rd
 15:45 QUITO
 16:45 MIAMI
 17:45 BRASILIA
 zoom

INSIDE PANAMERICA SUCCESS STORIES TO SHARE
KRISTINE JIMENEZ
 COUNTRY: PANAMA
 ATHLETE -52 KG
 July 21th
 17:00 QUITO
 18:00 MIAMI
 19:00 BRASILIA
 zoom



5. ACTIVITIES

5.4. MASTER CLASS



- Type of content: VIDEO
- Frequency: Once a week
- Day Established: Wednesday

Week	Topic	FB Reach	Link
1	Thomas Briceño CHI	17,787	https://www.facebook.com/confederacionpanamericanajudo/videos/300818544260752/
2	Brillith Gamarra PER	4,827	https://www.facebook.com/confederacionpanamericanajudo/videos/696468374465314/
3	Pablo Aprahamian URU	5,564	https://www.facebook.com/confederacionpanamericanajudo/videos/913448422507697/
4	Diana Brenes CRC	8,675	https://www.facebook.com/confederacionpanamericanajudo/posts/1204225823266986
5	Asa Weithers BAR	4,460	https://www.facebook.com/confederacionpanamericanajudo/videos/604915746804543/
6	Angelica Delgado USA	6,426	https://www.facebook.com/confederacionpanamericanajudo/videos/908222413025738/
7	Kristine Jimenez PAN	5,197	https://www.facebook.com/confederacionpanamericanajudo/posts/1221607041528864
8	Nabor Castillo MEX	8,421	https://www.facebook.com/confederacionpanamericanajudo/posts/1227277267628508
9	Cynthia Rahming BAH	3,304	https://www.facebook.com/confederacionpanamericanajudo/posts/1232506227105612



5. ACTIVITIES

5.5. REFEREE ROUNDTABLE MEETING



- Type of content: LIVE
- Frequency: Once a week
- Day Established: Wednesday

Week	Topic	ZOOM Reach	FB Reach	Link
1	Waza-ari vs ippon	493	8,476	https://www.facebook.com/confederacionpanaméricanadejudo/videos/625093635023897/
2	Waza-ari vs no score	398	6,606	https://www.facebook.com/confederacionpanaméricanadejudo/videos/3211708608872874/
3	Score vs no score - continuidad	373	3,250	https://www.facebook.com/confederacionpanaméricanadejudo/videos/739710856764169/
4	Kaeshi-waza	391	5,516	https://www.facebook.com/confederacionpanaméricanadejudo/videos/257106182253133/
5	Ne-waza vs Tachi-waza	337	5,887	https://www.facebook.com/confederacionpanaméricanadejudo/videos/202012137761947/
6	Score vs no score - control	342	1,698	https://www.facebook.com/confederacionpanaméricanadejudo/videos/644519616417070/
7	Osae Komi vs no osae komi + Mate Situations	328	5,241	https://www.facebook.com/confederacionpanaméricanadejudo/videos/1661268394024262/
8	Inside vs outside	280	5,476	https://www.facebook.com/confederacionpanaméricanadejudo/videos/306782350446242/
9	Grip below the belt Bear hug	251	10,047	https://www.facebook.com/confederacionpanaméricanadejudo/videos/1927632744046419/

TEAM:



GUESTS:



5. ACTIVITIES

5.6. JUDO KIDS



- Type of content: VIDEO/ IMAGES
- Frequency: Twice a week
- Days Established: Monday and Thursday

O Organic Reach (No paid publicity)
P Paid

Week	Topic	FB Reach	Link
1	Presentación PanamJudoTeam	O 11,617 P 115,085	https://www.facebook.com/confederacionpanamericanajudo/posts/1185105475179021
1	Vota por el nombre	2,060	https://www.facebook.com/confederacionpanamericanajudo/posts/1187843484905220
2	Revelación de los nombres	2,090	https://www.facebook.com/confederacionpanamericanajudo/posts/1190929691263266
2	Países de cada región	4,980	https://www.facebook.com/confederacionpanamericanajudo/photos/a.140572679632311/1193651674324401/?type=3
3	Pasatiempos	1,556	https://www.facebook.com/confederacionpanamericanajudo/posts/1196893874000181
3	Partes del cuerpo JAP	11,314	https://www.facebook.com/confederacionpanamericanajudo/posts/1199382320418003
4	Sudoku Cocoguruma	499	https://www.facebook.com/confederacionpanamericanajudo/posts/1202685810087654
4	Conozcamos a Chikara	2,711	https://www.facebook.com/confederacionpanamericanajudo/photos/a.140572679632311/1205060426516859/?type=3
5	Pasatiempo - Sopa de letras	1,048	https://www.facebook.com/confederacionpanamericanajudo/posts/1208492189507016
5	Conozcamos a Cocoguruma	2,711	https://www.facebook.com/confederacionpanamericanajudo/posts/1210943045928597
6	Pasatiempo - Sopa de letras	1,048	https://www.facebook.com/confederacionpanamericanajudo/posts/1214272872262281
6	Conozcamos a Ichiro	3,515	https://www.facebook.com/confederacionpanamericanajudo/posts/1216672708688964
7	Pasatiempo - Sopa de letras	791	https://www.facebook.com/confederacionpanamericanajudo/posts/1219515851737983
7	Isabel Defense – Ep.1	2,110	https://www.facebook.com/confederacionpanamericanajudo/posts/1222318171457751
8	Pasatiempo - Sudoku	1,288	https://www.facebook.com/confederacionpanamericanajudo/posts/1225534557802779
8	Isabel Defense – Ep.2	6,137	https://www.facebook.com/confederacionpanamericanajudo/posts/1228233877532847
9	Domino – plantilla para descarga	2,734	https://www.facebook.com/confederacionpanamericanajudo/posts/1231338303889071
9	Isabel Defense – Ep.3	3,329	https://www.facebook.com/confederacionpanamericanajudo/posts/1233974200292148



5. ACTIVITIES

5.7. JUDO LEGENDS



- Type of content: VIDEO
- Frequency: Once a week
- Day Established: Friday

Week	Topic	FB Reach	Link
1	Nicolas Gill CAN	8,242	https://www.facebook.com/confederacionpanamericanajudo/videos/257566641979106/
3	Tiago Camilo BRA	5,190	https://www.facebook.com/confederacionpanamericanajudo/posts/1201279240228311
4	Kayla Harrison USA	O 8,643 P 173,899	https://www.facebook.com/confederacionpanamericanajudo/posts/1207692482920320
5	Yordanis Arencibia CUB	8,699	https://www.facebook.com/confederacionpanamericanajudo/posts/1211817289174506
6	Ludwing Ortiz VEN	11,150	https://www.facebook.com/confederacionpanamericanajudo/posts/1217468271942741
7	Daima Beltran CUB	12,749	https://www.facebook.com/confederacionpanamericanajudo/posts/1223445264678375
8	Ariel Sganga ARG	3,345	https://www.facebook.com/confederacionpanamericanajudo/posts/1229182977437937
9	Joao Derly BRA	781	https://www.facebook.com/confederacionpanamericanajudo/posts/1236184856737749

O Organic Reach (No paid publicity)
P Paid



5. ACTIVITIES

5.8. COURSES FOR COACHES



- Type of content: LIVE
- Frequency: Once a week
- Day Established: Saturday

Week	Topic	ZOOM Reach	FB Reach	Link
1	Modulo 2.1 - Plan general de los procesos de la base del judo brasileño	833	10,154	https://www.facebook.com/confederacionpanaméricanadejudo/videos/616264258976367/
1	Modulo 2.2 - Monitoreo integrado de Judo	718	8,959	https://www.facebook.com/confederacionpanaméricanadejudo/videos/183908966324776/
2	Modulo 2.3 – Aspectos Pedagógicos aplicados al entrenamiento de judo	645	4,754	https://www.facebook.com/confederacionpanaméricanadejudo/videos/659973658192854/
3	Miniclínica: El secreto de las técnicas madres: 8 técnicas que todo entrenador debe comprender	477	18,552	https://www.facebook.com/confederacionpanaméricanadejudo/videos/2587721561466151/
4	Rol de UKE y TORI	393	5,499	https://www.facebook.com/confederacionpanaméricanadejudo/videos/968996560217389/
5	Miniclínica: 12+ formas de marcar contra falsos ataques de rodilla	493	11,090	https://www.facebook.com/confederacionpanaméricanadejudo/videos/937995940018553/
6	Recursos emocionales en tiempos de incertidumbre: La experiencia del atleta	406	9,569	https://www.facebook.com/confederacionpanaméricanadejudo/videos/632026224333468/
7	Sesión 1 – La medicina deportiva en la preparación de regreso al tatami	658	9,672	https://www.facebook.com/confederacionpanaméricanadejudo/videos/3123454881107309/
8	Comisión de Equidad y Género de la IJF y CPJ. Organización de eventos en el tour mundial	224	4,957	https://www.facebook.com/confederacionpanaméricanadejudo/videos/907308419764213/
9	2do Entrenamiento Virtual de Veteranos de América	467	10,516	https://www.facebook.com/confederacionpanaméricanadejudo/videos/762268321195367/
10	Sesión 2 – La medicina deportiva en la preparación de regreso al tatami	277	7,525	https://www.facebook.com/confederacionpanaméricanadejudo/videos/597014447911406/

JUDO @CASA @HOME

PRIMERA SESIÓN
LA MEDICINA DEPORTIVA EN LA PREPARACIÓN DE REGreso AL TATAMI

July 18th
10:00 QUITO
11:00 MIAMI
12:00 BRASILIA

TRANSMISIÓN SIMULTÁNEA ZOOM

Speakers: Antonio Castro, Andrea Embel, Juan Alvarado

JUDO @CASA @HOME

WEBINAR
RECURSOS EMOCIONALES EN TIEMPOS DE INCERTIDUMBRE: LA EXPERIENCIA DEL ATLETA

July 11th
10:00 QUITO
11:00 MIAMI
12:00 BRASILIA

TRANSMISIÓN SIMULTÁNEA ZOOM

Speakers: Eduardo Castro, Carlos López, Juan Alvarado, etc.

JUDO @CASA @HOME

MINICLINICA DE JUDO
12+ FORMAS DE MARCAR CONTRA FALSOS ATAQUES DE RODILLA

July 04th
10:00 QUITO
11:00 MIAMI
12:00 BRASILIA

TRANSMISIÓN SIMULTÁNEA ZOOM

Speakers: Justo Neda, Israel Hernandez

JUDO @CASA @HOME

COMISIÓN DE EQUIDAD Y GÉNERO DE LA IJF Y LA CPJ
ORGANIZACIÓN DE EVENTOS EN EL TOUR MUNDIAL

July 25th
12:30 QUITO
13:30 MIAMI
14:30 BRASILIA

TRANSMISIÓN SIMULTÁNEA ZOOM

Speakers: Estefanía Jara, etc.

JUDO @CASA @HOME

SEGUNDA SESIÓN
LA MEDICINA DEPORTIVA EN LA PREPARACIÓN DE REGreso AL TATAMI

August 01st
10:00 QUITO
11:00 MIAMI
12:00 BRASILIA

TRANSMISIÓN SIMULTÁNEA ZOOM

Speakers: Antonio Castro, etc.

JUDO @CASA @HOME

SEGUNDO ENTRENAMIENTO VIRTUAL DE JUDOKAS VETERANOS DE AMERICA

#JudoParaTodaLaVida

Zoom July 25th 14:00 QUITO - 15:00 MIAMI - 16:00 BRASILIA

Speakers: Expedito Falcão BRA



5. ACTIVITIES

5.9. COACH'S CORNER



- Type of content: VIDEO
- Frequency: Once a week
- Day Established: Saturday

Week	Topic	FB Reach	Link
1	Maria Martinez PER	11,127	https://www.facebook.com/confederacionpanamericanajudo/videos/624825875058618/
2	Amadeu Dias BRA	8,975	https://www.facebook.com/confederacionpanamericanajudo/videos/286100919242553/
3	Wilkin Ogando DOM	7,411	https://www.facebook.com/confederacionpanamericanajudo/posts/1200280016994900
4	Jonathan Medrano PUR	4,046	https://www.facebook.com/confederacionpanamericanajudo/posts/1206218696401032



5.10. CHAT Q&A



- Type of content: LIVE
- Frequency: Once a week
- Day Established: Thursday

Week	Topic	ZOOM Reach	FB Reach	Link
1	Amarilis Savon CUB y Daima Beltran CUB	102	6,560	https://www.facebook.com/confederacionpanamericanajudo/videos/1121427661583653/
2	Jimmy Pedro USA	117	6,442	https://www.facebook.com/confederacionpanamericanajudo/videos/2744473875774409/
3	Travis Stevens & Colton Brown	92	1,793	https://www.facebook.com/confederacionpanamericanajudo/videos/175138337145568/
4	Travis Stevens & Flavio Canto	107	7,452	https://www.facebook.com/confederacionpanamericanajudo/videos/246310353452494/



6. RECOGNITION

6.1. DIPLOMAS FOR SPEAKERS

In recognition of the presentations made in the sections: MasterClass, Coach's Corner, Inside Panamerica, Referee Roundtable Meeting, and courses for coaches.



6.2. CERTIFICATE OF PARTICIPATION

Awarded to participants who registered for the course and complete the modules as required:

-The second module, "Course for Coaches" and, - Sports medicine in Preparation for Returning to the Tatami"



7. OTHER

7.1. MASTER CLASS MANUAL PREPARATION

Instructions guide for athletes in English and Spanish

Spanish Manual

English Manual

7.2. ZOOM BACKGROUND FOR PANELISTS

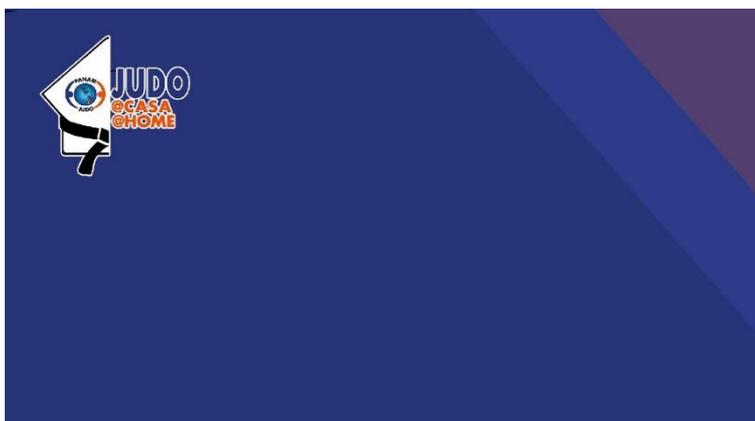


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