



# The 4<sup>th</sup> Commonwealth Judo International Conference

Thursday 4<sup>th</sup> April 2024 14:30 – 16:00

The Malta Judo Academy, Pembroke, Malta

# Proceedings

**Thursday 4th April 2024**

1430-1600

**Malta Judo Academy**

Triq Alamein, Pembroke, Malta

University of  
Hertfordshire **UH**





# The 4th Commonwealth Judo International Conference:

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## Programme

14:30	Richard Kenney OBE	Opening Speech
14:35	Professor Mike Callan	Keynote: Kanō judo as an education; through the eyes of Commonwealth philosophers.
14:55	Envic Galea	PhD through research at the University of Hertfordshire
15:05	Dr David Kotthaus	Cost-effective sport facility management: an implication strategy for Judo clubs
15:15	Dr Louis Nolte	Volunteers in sport: The impact and implications for judo organisations
15:25	Jean-Pierre Dziergwa	Demystification of the Judo Ukemis: The Judo Flanders Carefree falling for Elderly People not Judokas
15:35	Dr Ivan Esposito	A systemic review of current evidence on the efficacy of injury prevention programmes in judo
15:45		Closing Remarks





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## Richard Kenney OBE

## Welcome

Mr Richard , Kenney , OBE, 8 th Dan, President of the Commonwealth Judo Association is pleased to welcome speakers and attendees to the Commonwealth Judo Conference, to be held at the Malta Judo Academy in Pembroke. This is the fourth CJA Congress to take place and, as in previous years, we have a range of distinguished academics to present to you this year.

Our judo founder, Dr Jigoro Kano who was himself an academic, believed that the practice of judo is a path towards cultivating, rounded moral character. He encouraged students to learn and apply themselves to all aspects of Judo. Hence, our conferences are part of the development of both judoka and judo itself.

We hope that you will engage in robust discourse, exchange different views and take this opportunity to expand both our knowledge and widen our experiences by engaging in this Commonwealth Judo Conference.

You are welcome to attend the conference even if you are a competitor, a coach, a judo official or an interested spectator. Judo benefits from an interchange of ideas, differing views and this is what makes our conferences so interesting!

Hajime!

*Rick Kenney OBE 8th Dan*





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### Professor Mike Callan

## Kanō judo as an education; through the eyes of Commonwealth philosophers.

Kanō studied philosophy at the University of Tokyo under Ernest Fenollosa, a student of pragmatist William James, who highlighted the importance of practical experience and experimentation. Fenollosa's curriculum included Eastern philosophies, however this paper considers the extent to which the ideas of four Commonwealth philosophers influenced Kanō.

Matthew Arnold, believed that the pursuit of culture and excellence required self-discipline and self-control, developed through practice. John Stuart Mill's philosophy of utilitarianism is that actions should be judged on their ability to promote the greatest happiness for the greatest number of people. He also placed emphasis on respect for others and the proper use of power. Samuel Smiles believed that "character" (a combination of moral and intellectual qualities, including honesty, integrity, and self-control) was essential for success in life. Herbert Spencer advocated that education encompassing intellectual, moral, and physical development was essential for personal and social progress.

These philosophies will be viewed in the context of judo and the Kōdōkan Cultural Council principles of; *Seiryoku Zen'yo* and *jita kyōei*.





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**Envic Galea**

## **PhD through research at the University of Hertfordshire**

Envic Galea, Chair of the International Judo Federation (IJF) Academy, delivers a presentation on his PhD journey through research at the University of Hertfordshire. His talk covers a range of topics, including the relationship between the IJF Academy and Hertfordshire University, the motivation and background of his study, research questions, methodology, results, discussion, and conclusion. His work was particularly interesting in establishing and developing the IJF Academy, the first International Federation-accredited Higher Education Institute for judo education.

Galea provided insights into his challenges while implementing the IJF Academy, including curriculum development, accreditation and recognition, technology integration, faculty training, student engagement, quality assurance, legal and regulatory compliance, and financial sustainability. He also emphasised the importance of international collaboration in coach education and recommended future.





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**Dr David Kotthaus**

## **Cost-effective sport facility management: an implication strategy for Judo clubs**

Sport facility management has become very important for sport clubs, especially in niche sports. Small clubs do suffer from not being able anymore rents, coaches, and a low amount of people joining. Those costs can often not be covered by membership fees. Therefore, it is needed to find strategies on how judo clubs (especially smaller ones) can be kept alive. In terms of Judo clubs cost-effective sport facility management does need to include strategies such as joint-models of ownership, for instance with other combat sports which do have similar needs concerning the dojo and then to be able to split costs. Research has also shown that customers do have an increased wish for service quality which includes aspects such additional training options, e.g. equipment for warming up, or other non-directly related equipment to the discipline. Thus, Judo clubs need to widen the training options available for the members which then leads towards a higher number of members as well as a higher satisfaction among members due to the level of perceived quality.





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**Dr Louis Nolte**

## **Volunteers in sport: The impact and implications for judo organisations**

People can make a difference in a globalised sport economy that encourages innovation and creativity by having professional abilities, technical skills, and soft skills. Informal and non-formal learning takes place when volunteering in sport through implicit learning (tacit knowledge), reactive learning (spontaneous and unplanned) and deliberative learning (systematic and elaborating on past experiences).

Similarly, volunteer experiences can impact judo organisations. This paper reports on judo-related results that forms part of a broader study with the aim to understand why people volunteer, how supported they feel, and to gain insight into how their experiences could be improved. More than 500 sport volunteers from Europe, North America, Africa, Asia, and Oceania completed surveys. Results indicate that, among others, volunteers have a significant impact on the long-term sustainability of judo clubs, that judo competitions cannot be run without volunteers, and that grassroots judo events would not exist without volunteers.

Volunteers also feel that there is an assumption of knowledge in judo that undermines their ability to perform volunteer duties. It is suggested that a structured approach to volunteer planning, preparation, and implementation, as well as a reflective analysis of volunteer experiences could contribute to the volunteer experience in judo, and enhance the impact of their contributions.





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**Jean-Pierre Dziergwa**

## **Demystification of the judo *ukemi*: The Judo Flanders carefree falling for Elderly non-judoka**

As certified judo trainer he was convinced of the benefits of judo *ukemi*. Not only as *judoka* but also after reflecting his own fall history out of the dojo.

About 15 years ago he started to develop a special gym lesson for elderly, based on judo *ukemi*, embedded in the general philosophy of sports with elderly, with focus on tripping and slipping, the most common fall incidents by walking elderly.

Because the fall is not the problem, but the landing, we start from the ground with special attention to the position of the forearms when loosing balance. In fact the only movement to memorize! Gradually we rewind the fall movie, using the motor learning model from Fitts and Posner and the notions of motor visualization.

The final result was a lesson of 1 hour, adopted by Judo Flanders. Since 2014 all info about this project is available on their website. Based on data (n=1509) we may conclude that judo *ukemi* can be learned by elderly people, without injuries and in a relaxed manner.







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**Dr Ivan Esposito**

## **A systemic review of current evidence on the efficacy of injury prevention programmes in judo**

**Background:** Judo is a body contact sport that exposes athletes to significant biomechanical forces, especially during pivoting movements whilst under load (Derek et al., 2021). There is a paucity of programmes which address the issue of injury prevention.

**Objective:** To systematically study the scale of the problem and the evidence on preventive exercise-based programmes in reducing the risk of injuries, excluding head and spinal injuries, in Judo.

**Data sources:** Literature search of prevention strategies for musculoskeletal injuries in Judo in MEDLINE, Embase, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Cochrane Library, PubMed, SPORTDiscus and Google Scholar, from inception till 31 July 2023. Quality assessment using RoB 2, MMAT and CASP checklists.

**Study Design:** Narrative analysis and discussion.





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## Appreciation

### **Commonwealth Judo Association**

Rick Kenney OBE, President

Dr Richard Briggs MBE, Vice President

Envic Galea, Vice President

Ronnie Saez, Secretary General and Treasurer

Simone Callender, Sports Director

Temba Hlasho, Assistant Sports Director

Professor Mike Callan

Parga Singh

Alisi Takayawa

Simon Read

Estony Pridgeon

Nilton Mujovo

### **University of Hertfordshire**

Professor Mike Callan, Professor of Judo Education

Jen Jones, Head of the Institute of Sport

Dr Lindsay Bottoms, Head of the Centre for Research in Psychology and Sports Science

Dr Richard Southern, Dean of the School of Life and Medical Sciences

### **The Malta Judo Association**

Envic Galea, President

Alex Bezzina, Sports Director

Louisa Galea, General Secretary

Alexis Milne, General Treasurer

Dr Ivan Esposito

Luca Montebello

Marcon Saywell

John Zammit



# Notes





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