

Proceedings

INTERNATIONAL CONFERENCE
SAFE FALLING for OLDER PEOPLE through JUDO

University of
Hertfordshire **UH**

TOKAI
UNIVERSITY



INTERNATIONAL JUDO FEDERATION
IJF ACADEMY

JUDOs
non-profit organization

judospace.com
supporting player and coach education

DEFIER

12-13 December 2024

0830-1700

Organised by University of Hertfordshire
Hosted by Tokai University , Kanagawa Japan

学校法人 東海大学

SAFE FALLING for OLDER PEOPLE through JUDO

Conference: 2nd International Conference on Safe Falling for Older People through Judo.

Publisher: The University of Hertfordshire

Editor: Professor Mike Callan

Organisers: The University of Hertfordshire

Tokai University

Judospace Educational Institute

JUDOs NPO

Welcome

Professor Mike Callan

Professor of Judo Education, University of Hertfordshire

Scientific Committee, International Judo Federation



It is a huge pleasure to welcome you to the 2nd International Conference on Safe falling for Older People through Judo.

Building on the success of the inaugural conference in 2023, this year has seen more projects emerging across the globe. Twelve such projects are able to present at the conference and delegates are drawn from 18 different countries and 14 universities.

The judo proficiency in attendance this year is truly world-class, which combined with the distinguished academic expertise promises to result in a further understanding of the unique way that judo can help to ensure safer falling for older people across the world.

There are many people and organisations to thank who have contributed to the success of this conference. Thank you to our hosts at Tokai University, for making available their first-class facilities and their long history of judo excellence. Thank you to our academic leads in the i-dojo and the Institute of Sport at the University of Hertfordshire along with their partner, the International Judo Federation Academy for their vision and support to make this event possible. Thank you to the JUDOs NPO and their professional organisational team. Thank you to our sponsors the Judospace Educational Institute for their significant commitment and to the Defier Company for their belief and support.

Judo is an education and I look forward to an extraordinary level of discussion in the spirit of *jita kyoei*.

SAFE FALLING for OLDER PEOPLE through JUDO

Thursday 12 December 2024

Outside Big Dojo

08:20 Arrival & Registration

08:30 Changing

Basement Dojo

09:00 Welcome

University of Hertfordshire

Tokai University

JUDOs

Professor Mike Callan

Professor Tetsuya Onda

Professor Kenichiro Agemizu

09:30 Practical Demonstrations (12 minutes) x 4

09:30	Ms Karin Strömquist Bååthe, 4 th dan and Ms Julia Hamilton 4 th dan	Judo4Balance advanced practitioners and Judo4Seniors exercise program strategies	SWE
09:45	Mr Michael Headland, 6 th dan and Dr Meera Verma, 5 th dan	Safer Landings through Dynamic Balance Next Steps	AUS
10:00	Dr Takeshi Kamitani, 6 th dan	Yawara-chan taiso (Judo Health Exercise)	JPN
10:15	Prof. Mike Callan, 7 th dan,	Safer Falling through Judo in Hertfordshire	GBR

10:30 Break & Networking

Big Dojo

11:00 Practical Demonstrations (12 minutes) x 6

11:00	RPh Abdelmonaim Elsayed, 5 th dan and Mr Fouad Hegazi, 6 th dan	Safe Falling Program for Arabs	EGY
11:15	Mr Jean-Pierre Dziergwa, 1 st dan	The moment of kuzushi	BEL
11:30	Mr Jim Feenan, 6 th dan and Richard Marsh, 1 st kyu	Safe Standing - Better Balance	SCO
11:45	Dr Akitoshi Sogabe, 7 th dan and Dr Maja Sori Doval, 4 th dan	All Japan Judo Federation " Ukemi No Susume" project: Kata-based Exercise for Fall Prevention	JPN, GER
12:00	Dr Slavisa Bradic, 7 th dan and Mrs Nusa Lampe, 6 th dan	Methods of teaching safe falling through the execution of kata techniques	CRO, SLO
12:15	Prof Oscar del Castillo Andrés, 5 th dan	Training in Fall Prevention for Older Adults Based on Adapted Utilitarian Judo	ESP

12:30 Lunch & Networking

SAFE FALLING for OLDER PEOPLE through JUDO

Thursday 12 December 2024

12:30 Lunch & Networking

Basement Dojo

13:30 Group Sharing (15 minutes) x 4 rotations

13:30	Rotation A	Groups advised on the day
13:45	Rotation B	Groups advised on the day
14:00	Rotation C	Groups advised on the day
14:15	Rotation D	Groups advised on the day

14:30 Group Photograph in dojo

14:50 Changing

Building 17, 2nd Floor, Nexus Hall

15:10 Break and Networking

16:00 Presentations (12 minutes) x 4

16:00	Ms Megumi Tachimoto, Mr Motomasa Hatakeyama Teikyo University of Science, Associate Professor Andrew L Roomy, Professor Tetsuya Onda, Tokai University	The Concept of Ukemi in the Early Stages of Judo Development: Part 1 – What Does It Mean to Fall? Rolling and Falling Techniques	JPN
16:15	Motomasa Hatakeyama, Megumi Tachimoto, Teikyo University of Science, Associate Professor Andrew L Roomy, Professor Tetsuya Onda, Tokai University	The Concept of Ukemi in the Early Stages of Judo Development: Part 2 – Teaching Method: The Flow of "How to Fall"	JPN
16:30	Dr Slavisa Bradic, IJF Academy	Kata as a tool in learning safe falling and getting acquainted with judo for older people	CRO
16:45	Ryota Yamada and Dr Akira Ikumi, Committee of Fall Injury Prevention Instructor System, All-Japan Judo Federation	Establishment of the Certified Fall Injury Preven- tion Instructor System Authorized by the All-Japan Judo Federation	JPN

17:00 Day 1 concluding remarks

17:15 Networking

17:45 Welcome Party Com Square

20:00 Bus to Hotel

SAFE FALLING for OLDER PEOPLE through JUDO

Friday 13 December 2024

Building 17, 2nd Floor, Nexus Hall

08:30 Arrival, Posters & Networking

09:00 Welcome

09:30 Presentations (12 minutes) x 4

09:30	Ms Karin Strömqvist Bååthe, Dalarna University, Mälardalen University	It's more fun doing things together: Reflections from participants in a group intervention including exercise, meals, and social interaction for community-dwelling older people to prevent frailty and falls	SWE
09:45	Ms Jenny Jones, University of Hertfordshire	Understanding Injury Patterns: An Analysis of the Types and Locations of Injuries caused from Falls.	GBR
10:00	Dr Akitoshi Sogabe, Konan University, All Japan Judo Federation, Dr Maja Sori Doval, Tsuda University All Japan Judo Federation	All Japan Judo Federation " Ukemi No Susume" project: The Potential of Kata-based Exercise for Fall Prevention Programs	JPN, GER
10:15	Mr Richard Marsh, 4-consulting – Policy & Management	The economic and social impacts of safe falling	SCO

10:30 Break & Networking

11:00 Presentations (12 minutes) x 4

11:00	Professor Mike Callan, University of Hertfordshire, IJF Academy	Reduction of Fear of Falling in Older Adults through judo practice	GBR
11:15	Mr Jean-Pierre Dziergwa, Judo Center Leuven, Judo Flanders	Demystification of the Judo Ukemi's	BEL
11:30	Mr Jim Feenan, Judo Scotland	Safe falling: Scotland's first steps	SCO
11:45	Mrs Julia Hamilton, Swedish Judo Federation	The Importance of Physical Functions in Fall Prevention and Safe Falling Techniques Among Older People	SWE

12:00 Lunch, Posters & Networking

SAFE FALLING for OLDER PEOPLE through JUDO

Friday 13 December 2024

12:00 Lunch, Posters & Networking

13:30 Presentations (12 minutes) x 5

13:30	Professor Maria del Carmen Campos Mesa, Professor Oscar del Castillo Andrés and Marta Ortiz Molina, Univ of Seville, Real Fed Española de J y DA	Does Adapted Utilitarian Judo make Older Adults competent in falling? Analysis of an intervention in Spain	ESP
13:45	RPh Abdelmonaim Elsayed, Prince Sultan Military Medical City Safe Falling Clinic	Pharmaceutical Interventions in Safe Falling Program	EGY
14:00	Dr Agathe Daria Jadczyk and Dr Meera Verma, University of Adelaide, Adelaide University Judo Club, Judo Australia	Dynamic Balance for Life™ - THRF Research Study 2024-2025	AUS
14:15	Dr Holger-Hening Carlsen and Julie Vilhelmsen, Safe fall, Judo Danmark	Safe Fall Denmark in the tradition of "Højskole" education	DEN
14:30	Ms Karen Roberts, British Judo Association	A National Federations commitment to Jita Kyoei	GBR

14:45 Break, Posters and networking

Poster 1	Mr Kii Ikeda, JPN, IKEDA Judo Therapy, Tokai University Takanawadai High School. Professor Kenichiro Agemizu, Tokai University, All Japan Judo Federation. Professor Kosei Inoue, Tokai University, Certified Nonprofit Organization JUDOs. Ms Megumi Tachimoto, Teikyo University of Science. Ms Sachiko Ikeda, IKEDA Judo Therapy. Dr Seiji Miyazaki, Tokai University, All Japan Judo Federation	Biomechanical Study for Teaching Backward Ukemi in Fall Prevention Classes	JPN
Poster 2	Mr Gaku Yoshida, Tokai University. Mr Toshio Itaka, Tokai University, Highclass Inc. Professor Kosei Inoue, Tokai University, Certified Nonprofit Organization JUDOs. Professor. Kenichiro Agemizu, Tokai University, All Japan Judo Federation.	Judo-based fall prevention program at the Horse Racing School	JPN
Video	Mr Tadanori Koshino, International Budo University	Ukemi demonstration video	JPN

15:15 Progress and Vision

Professor Mike Callan, University of Hertfordshire, IJF Academy	Keynote: Global Expert Group on Safer Falling for Older Adults through Judo; Progress and Vision	GBR
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15:35 Awards ceremony

16:00 Group Photograph

16:30 Conference concludes

17:30 Bus to Hotel

Judo4Balance advanced practitioners and Judo4Seniors exercise program strategies

Ms Karin Strömqvist Bååthe, SWE, 4th dan and Ms Julia Hamilton, SWE, 4th dan
Dalarna University, Mälardalen University, Swedish Judo Federation

Recent research findings from participant interviews and feedback from Judo4Balance instructors indicate that the fall preventive exercise program Judo4Balance needs to offer safe and evidence-based continuation classes for participants that have already trained for several semesters with the basic 10-16 week program.

Judo4Balance is a multicomponent judo inspired program for fall and fall injury prevention which include: warm up, games, balance-, break fall- technique, strength training and cool down exercises. The concept development team have developed two tracks for continuation classes: Judo4Balance – Advanced and Judo4Seniors. Examples of exercises will be shared in this mat session.

Safer Landings through Dynamic Balance Next Steps

Mr Michael Headland, AUS, 6th dan and Dr Meera Verma, AUS, 4th dan
University of Adelaide, Adelaide University Judo Club, Judo Australia

After older adults complete the Introductory Program, 25 to 50% choose to continue with judo-based sessions. They are at the associative stage of learning the new skills of stable postures and modified ukemi and the intent of the Continuing Balancers program is to increase the challenge and unpredictability of an action moving towards autonomous or unconscious competence.

Participants wear judogi and the use of modified walking uchikomi and specialist kata and obstacle courses will be demonstrated. The purpose of the uchikomi is to practise maintaining balance and escaping a fall or making a safe controlled landing.

Yawara-chan taiso (Judo Health Exercise)

Dr Takeshi Kamitani, JPN, 6th dan

Tokaigakuen University

We developed fall-related injury prevention exercise among the elderly. “Yawara-chan” is the main character of the most famous judo comic in Japan. This exercise consists of three categories Ukemi, Newaza, and Tachiwaza. The novelty of this exercise is to prevent injury after a fall through learning the Ukemi techniques, and to be developed by Judo experienced medical doctors.

We have modified from Judo’s movements to this exercise so that elderly can continue to enjoy safely. More than 500 Japanese elderly have experienced this exercise without injury. We also have published this exercise through book and YouTube to be easily accessed anywhere. In the practical demonstration, we will explain typical exercises and precautions for Yawara-chan taiso(exercises).

Safer Falling through Judo in Hertfordshire

Professor Mike Callan, GBR, 7th dan

i-dojo, Institute of Sport, University of Hertfordshire, IJF Academy

The practical session will give a summary of the micro-progression techniques developed through experience at the University of Hertfordshire. The techniques show how a judo coach can develop ushiro ukemi, from standing position with an older adult that exhibits fear of falling. Starting from a complete beginner, laying on the back.

Also demonstrated will be the ‘threading the needle’ technique found in yoga, and the stages to teach mae-mawari-ukemi in older adults. The session will make use of lunging steps to lead to mae-mawari-ukemi and also to teaching how to stand up following a fall.

Adaptation of the Safe Falling Program for Arabs

Fouad Hegazi and Dr Abdelmonaim Elsayed, EGY, 5th dan

Prince Sultan Military Medical City Safe Falling Clinic,

Safe falling program designed for elderly people in Europe must be adjusted to meet traditional customs in gulf countries. The main gulf custom for males is THOBE (a long white robe worn for its comfort and suitability). On the other hand, for females is ABAYA (a long black cloak worn over regular clothes).

Dealing with these two customs while teaching safe falling mandating an adaptive approach. Consider limitations of leg movements, subsequently change in exercises which will be used. Extra care needed for females as ABAYAS add risk for falling while doing regular tasks. Generally, both genders need special considerations.

The moment of kuzushi

Mr Jean-Pierre Dziergwa, BEL, 1st dan

Judo Center Leuven, Judo Flanders

Position of forearms at the moment of kuzushi and the notion of motor visualisation as a path to automation: some examples.

Motor visualization: how do we explain this to the participants? Work with examples recognizable to the participants. Actually they should only keep one very simple movement in mind, almost the same for mae - or ushiro ukemi. All the rest is gravity. Literature shows that this replaces physical repetition!

Safe Standing - Better Balance

Mr Jim Feenan, SCO, 6th dan and Mr Richard Marsh, SCO, 1st kyu

Judo Scotland, 4-consulting – Policy & Management

Each participant presents their own set of challenges, be they psychological, physical or cognitive, that manifest themselves in limitations in mobility, flexibility, lost confidence or increased anxiety due to their age and history of previous falls. Teaching safe standing methods is as important as safe falling, so we have used a variety of exercises, including chair, wall, crash mat, and free-standing exercises, to increase core and lower body strength and conditioning. Rapid blood pressure changes and balance loss can lead to unexpected falls. We have created a WhatsApp group to share ideas and exercises that can be done at home.

All Japan Judo Federation " Ukemi No Susume" project: Kata-based Exercise for Fall Prevention

Dr Akitoshi Sogabe, JPN, 7th dan and Dr Maja Sori Doval, GER, 4th dan

Konan University, Tsuda University, All Japan Judo Federation

Based on a further analysis of *Seiryoku-zenyo-kokumin-taiiku* this research will examine the potential use of kata-based solo drills for the "Pre-Fall" and "Near-Fall" stage of fall prevention programs aimed at senior citizens in Japan. The *tandoku dōsa* are classified into three sets of five *atemi* techniques each and thirteen movements for physical education. Today's presentation will focus on the analysis of the thirteen movements for physical education and conclude with a brief look on the German Judo Federation's Taiso (Judo Exercise) Program, which incorporates kata-based exercise.

Methods of teaching safe falling through the execution of kata techniques

Dr Slavisa Bradic, CRO, 7th dan and Mrs Nusa Lampe, SLO, 6th dan

In a practical demonstration, methods of teaching safe falling through the execution of kata techniques will be shown. Various methodical procedures will be displayed in working with older people through the demonstration of selected kata. The aim of the presentation is to increase awareness of the value of kata, which in their structure contain basic judo techniques from preparatory exercises, throwing techniques, self-defense principles, and judo theory. In the practical part, work with older people will be demonstrated, where the main goal is learning safe falling, but due to the diversity of techniques, they are ideal for getting acquainted with all segments of judo.

Demonstration is with three selected techniques from *Nage-no-kata*, *Kime-no-kata*, *Kodokan-goshin-jutsu*, *Itsutsu-no-kata*, *Koshiki-no-kata* will be demonstrated. All techniques are chosen due to their correlation with safe falling and execution safety.

Training in Fall Prevention for Older Adults Based on Adapted Utilitarian Judo

Prof Oscar del Castillo Andrés, ESP, 5th dan

University of Seville, Real Federation Española de Judo y DA

This practical presentation is designed to train judo educators and professionals from health fields in the treatment of falls through Adapted Utilitarian Judo. It aims to teach judo techniques adapted to fall prevention for older adults and individuals with varied motor skills. Through practical exercises and demonstrations, participants will learn safe methods for falling and getting up, improving their balance, coordination, and confidence. This adapted approach focuses on accessibility and everyday application, providing effective tools to reduce the risk of fall-related injuries. This training is ideal for professionals interested in training in safe and protected ways of falling, personal safety, and the promotion of safe mobility.

The Concept of Ukemi in the Early Stages of Judo Development: Part 1: What Does It Mean to Fall? Rolling and Falling Techniques

Ms Megumi Tachimoto, Mr Motomasa Hatakeyama, Associate Professor Andrew L Roomy, Professor Tetsuya Onda, JPN

Teikyo University of Science, Tokai University

Mastering Ukemi is an essential part of learning judo techniques, and it is a process that all judo practitioners go through. It can be said that Ukemi ensures safety and security when practicing judo. This study focuses on the importance of Ukemi during the early stages of judo's development and aims to explore its usefulness in the context of an aging society. The research method involved a literature review related to the early development of judo and interviews with technical experts at the Kodokan archives.

As a result, it was found that Jigoro Kano first used the term Ukemi. However, the concept of Ukemi existed in both traditional jujutsu and judo prior to that time. Kano explained the Ukemi he learned from Tenjin Shinyo-ryu and Kito-ryu jujutsu. Kano described Ukemi as the technique of "falling" and "rolling" when thrown. He emphasized falling and rolling on one's own and developing techniques to improve this process. This can be seen as being connected to how people in modern society can fall safely, how to fall, how to handle one's body, and how to prevent accidents beforehand.

柔道創成期における受身の考え方 その1

-倒れるとはどういうことか：転がり方・倒れ方-

柔道の投技を習う上で、受身の習得は必要不可欠であり、柔道経験者のだれしもの過程である。それは柔道行う上で、安心安全を担保することといえる。そこで本研究では、柔道の創成期における受身の重要性について着目し、高齢化が進む現代社会におけるその有用性を探ることを目的とした。方法は、柔道創成期に関わる文献調査系及び講道館資料室技術専門官へのインタビュー調査を行った。

結果として、昭和6年に出版された柔道教本の中で、嘉納治五郎は初めて受身という言葉を使ったが、それ以前の柔術及び柔道創設時において、「受身」は存在した。嘉納は自ら習った、天神真楊流と起倒流柔術における、倒れ方（受身）について説明している。嘉納はこの受身について、投げられたときの「倒れ方」、「転がり方」との表現を用い、自分から倒れる、自分から転がる、それに工夫を加える、ことによってといったことを受身の技術として述べている。このことは、現代の一般社会における、安全に転ぶ、どうしたら転ぶ、身の対処の仕方、未然に防ぐということにも繋がると考察する。

The Concept of Ukemi in the Early Stages of Judo Development: Part 2: Teaching Method: The Flow of "How to Fall"

**Motomasa Hatakeyama, Megumi Tachimoto, Associate Professor Andrew L Roomy,
Professor Tetsuya Onda, JPN**

Teikyo University of Science, Tokai University

Ukemi is essential for learning judo's throwing techniques, and it is a skill that all judo practitioners are taught and master. This study focuses on the significance of Ukemi and its teaching methods during the pilot stages of judo's development, exploring its relevance and usefulness in today's aging society. The research method involved a literature review related to the early development of judo and interviews with technical experts at the Kodokan archives.

As a result, it was found that Jigoro Kano emphasized teaching students to fall (how to fall) and roll (how to roll) through their own efforts when instructing Ukemi. Judo was originally viewed as a form of martial arts (bujutsu/budō). However, the current teaching methods for Ukemi have been compartmentalized into individual techniques such as Mae(forward)-Ukemi, Ushiro(backward)-Ukemi, Yoko (side)-Ukemi, and Maemawari (forward roll) -Ukemi. This has created the perception that there are only specific forms of Ukemi. The original purpose of Ukemi, however, is not only for judo matches but also to be a technique for safely falling when one loses balance in everyday life.

柔道創成期における受身の考え方 その2

-指導法: How to 「倒れ方」の流れについて-

受身は柔道の投技を習得する上で必要不可欠であり、柔道経験者はだれしもが教わり体得する技術である。そこで本研究では、柔道の創成期におけるその有用性を探ることを目的とした。方法は、柔道創成期に関わる文献調査系及び講道館資料室技術専門官へのインタビュー調査を行った。結果として、嘉納治五郎は受け身の指導において、「自ら工夫して倒れる（倒れ方）・転がる（転がり方）」ということ指導していた。柔道は「武術・武道」という側面があった。しかし、それが現在では受身の指導形態が、前受身、後ろ受身、横受身、前回り受身、と個別にしてしまったことにより、各受身がこれしかないというイメージがついてしまっている。受身は、試合や柔道だけではなく、日常でのバランスを崩した時、自ら倒れて、安全を保つためのテクニックが本来の受身の目的と考える。

Kata as a tool in learning safe falling and getting acquainted with judo for older people

Dr Slavisa Bradic, CRO

International Judo Federation Academy

With the popularisation of the safe falling project worldwide, all practitioners indirectly or directly encounter judo. Although the goal of the safe falling project is specifically tied to techniques and methods of learning safe falls, this programme achieves the possibility of expanding learning to judo. As it generally involves an older population, then certainly the primary goal of learning must be in direct correlation with the safety of practice. Judo kata can be one solution because they contain a cross-section of all techniques and principles and due to their performance prediction have a high level of safety. If we analyse technical elements and training methods, we can maximise their educational values.

Judo kata represent forms intended for learning and adopting different objectives. This diversity provides an opportunity to create interesting methodological forms that can serve in educating older people on several levels as well as different objectives. Interaction between performers in kata requires knowledge of sequence order for individual elements and because of their prediction also contain greater injury prevention. The programme being presented contains a cross-section from most official Kodokan kata and is very flexible regarding application. With the popularisation of kata, International Judo Federation through Kata For All project conducted by International Judo Academy wants to bring closer all interested groups.

Working with older people requires a specific approach focused on learning and adopting principles of safe falling. With this aim, techniques from various kata have been specially selected which have such educational value but also specific values that kata itself has.

Basic principles of safe falling are thus implemented through techniques and principles of throwing, self-defence techniques, judo theory, flexibility exercises, and mental exercises.

Establishment of the Certified Fall Injury Prevention Instructor System Authorized by the All Japan Judo Federation

Dr Ryota Yamada, Dr Keisuke Nakajima, Dr Heiki Kunimoto, Dr Masaomi Miura,
Dr Akira Ikumi, Dr Naoki Sakuyama, Dr Takeshi Kamitani, JPN

Committee of Fall Injury Prevention Instructor System, All Japan Judo Federation

In Japan, where the population is aging ahead of the rest of the world, efforts to prevent traumatic injuries caused by falls among elderly are extremely important. As various exercise programs to prevent falls have been implemented throughout the country, All Japan Judo Federation (AJJF) has also developed exercise programs for fall prevention based on judo, such as “Yawara-chan Taiso,” and has contributed to the prevention of falls and health maintenance for the elderly. “Yawara-chan Taiso” is a revolutionary program that incorporates ukemi into the exercise program to prevent falls as well as traumatic injuries in the event of a fall. Based on this program, we developed a qualification system as a fall injury prevention instructor approved by AJJF in 2024. The program aims for certified judo instructors in Japan to systematically acquire knowledge and skills related to fall injury prevention and to contribute to local communities through fall injury prevention. This presentation provides an overview of this certification and the background that led to its development.

“It’s more fun doing things together”

Reflections by participants on Judo4Balance Exercise Program and other Exercise Programs Developed for Older Persons.

Karin Strömqvist Bååthe, SWE

Dalarna University

Background: Low physical activity, inadequate protein intake, and unsatisfactory social networks are known risk factors for frailty and falls. The Vinnova/JST funded program: “Innovative solutions for senior independence” brought together Swedish and Japanese scientists to explore combined food, exercise and social interventions to combat the risk of frailty and falls by introducing the GoIndependent intervention. This conference paper presentation will focus on a subsample of nine participants in Sweden and their reasons for joining, experiences of exercise interventions in general and the Judo4Balance Program in particular.

Method: Data was collected through semi-structured individual interviews at the six-month post intervention follow-up after a 10-week program including two different exercise programs (Judo4Balance being one). The interviews were transcribed verbatim and then analyzed using content analysis.

Findings and conclusions: Participants reasons for signing up for the program included, fear of falling, previous falls, and the desire to reduce the risk of falls in the future. Reasons for compliance to the Judo4Balance Program included: enjoying the social interaction and support, physical improvements, fun exercises, learnings something new, impressing others by doing judo. Many expressed a strong desire to continue with the training and when compared to other fall preventive training the Judo4Balance was described as more social and effective in fall injury prevention since falling techniques are taught.

Ethical considerations: This study was approved by the Swedish Ethical Review Authority (registration no. 2019-05778). All participants provided written consent.

Understanding Injury Patterns: An Analysis of the Types and Locations of Injuries caused from Falls.

Jenny Jones, GBR

Institute of Sport, University of Hertfordshire

Falls are a significant public health issue worldwide with an estimated 684,000 deaths caused as a result each year. While not always fatal, around 37.3 million falls annually are severe enough to require medical treatment. Among older adults, falls are the leading cause of injury, though most do not result in serious harm, they do have a significant impact of quality of life and a financial cost to the individual or healthcare system. At present, there is very little data on the types and locations of injuries caused as a result of falls in older adults.

This presentation will review the current evidence on the most prevalent injuries reported following a fall. Results demonstrate that the leading cause of disability among fall victims is a fracture of patella, tibia, fibula or ankle. Fractures of the hip and moderate/severe traumatic brain injury are the next leading causes of disability among fall victims whilst fractures of the upper extremities and soft tissue injuries occur in 16-25% of falls. The results emphasise the prevalence of common injuries and reveal a significant lack of data in this area, underscoring the need for further injury surveillance research.

All Japan Judo Federation " Ukemi No Susume" project: The Potential of Kata-based Exercise for Fall Prevention Programs

Dr Maja Sori Doval, GER and Dr Akitoshi Sogabe, JPN

Konan University, Tsuda University, All Japan Judo Federation

Based on a further analysis of *Seiryoku-zenyo-kokumin-taiiku* this research will examine the potential use of kata-based solo drills for the "Pre-Fall" and "Near-Fall" stage of fall prevention programs aimed at senior citizens in Japan. "Kata", literally meaning "form" or "pattern" is a method of formal training consisting of fixed sets of movements. *Seiryoku-zenyo-kokumin-taiiku*, which was created for the purpose of physical education is the only traditional kata of Kodokan judo including solo-drills (*tandoku dōsa*). The *tandoku dōsa* are classified into three sets of five *atemi* techniques each and thirteen movements for physical education.

We previously discussed the *atemi* movements, consisting of strikes and kicks aimed at five directions, executed to the left and right side. The execution to both sides, reduces the risk for uneven loads leading to muscular imbalance and malposition. The movements require basic physical strength, coordination and balance, and therefore correlate to previously existing programs aimed at the "Pre-Fall" stage. Furthermore, the skill of being able to step forward to regain one's balance in a "Near-Fall" situation, correlates to the stepping movements incorporated into the second set of *atemi*.

Today's presentation will focus on the analysis of the thirteen movements for physical education and conclude with a brief look on the German Judo Federation's Taiso (Judo Exercise) Program, which incorporates kata-based exercise.

The economic and social impacts of safe falling

Mr Richard Marsh, SCO

4-consulting – Policy & Management

This paper explores how the outcomes of teaching safe falling using Judo can be measured to show the impacts on health, society, and the economy. Several approaches are considered to evaluate and, where possible, estimate monetary values across various outcomes. This includes using a macroeconomic model of Scotland published by the Scottish Government.

Scotland's safe-falling pilot project is used to demonstrate the potential impacts in Scotland. The projected costs and benefits of Scotland's pilot project are compared to evaluations of alternative activities with similar objectives, including Tai Chi, Otago, falls-management exercises, and modifications to the home (adding grab rails and non-slip mats to the home).

The return on investment of each approach is considered in light of Scotland's financial, demographic, and health challenges. Despite record spending on health services, life expectancy in Scotland is now lower than in any other Western European country, and there are growing health inequalities within Scotland.

We consider how teaching safe falling through judo is a cost-effective approach to reducing costs for the NHS in Scotland through social prescribing. The approach also offers a unique approach which may help address growing health inequalities among Scotland's most deprived communities

Keywords: safe falling, Judo, socioeconomics, Scotland, costs

Reduction of Fear of Falling in Older Adults through judo practice

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Judo practice can be an effective intervention to reduce the fear of falling in older adults. The fear of falling is a common concern among older adults, often leading to restricted mobility, reduced physical activity, and a lower quality of life. Unlike traditional exercise programmes of falls prevention initiatives, judo offers a unique approach which accepts that falls are likely to happen and teaches safer falling techniques based on traditional ukemi movements.

Judo safe falling techniques, known as "ukemi," teach participants three fundamental principles of safer falling. Protecting their head, how to distribute the pressure of the impact across the body and slowing down the fall through rolling, which together make falls less intimidating and less injurious.

Fear of Falling data will be presented drawn from the population who have following the judo safer falling classes over several months at the University of Hertfordshire with experienced judo coaches. Data collection was via the Bower Reduced Fear of Falling Questionnaire FFQ-R. The results found significant improvements in reduction of fear of falling in the participants.

Demystification of the Judo Ukemi's

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Judo Center Leuven, Judo Flanders

We all know the global problem of fall and injury prevention. Due to the demographic evolution, the focus is on 'elderly people'. The elderly are often linked to frailty (ageism), but one can always fall, even in good condition. Perhaps the fittest fall more often? The Judo Flanders project illustrates that the elderly can learn mae and ushiro ukemi as judo answers to tripping and slipping, and this without prior screening.

I will focus on 3 topics.

- Thick crash mat is needed for elderly to perform the fall motion from an upright position (as can happen in real time). It is of neurological importance that they internalise the full fall movement. On the other hand, individuals who have it difficult to bend the legs are not excluded from participation (universal design principle).
- Returning questions are: When do we reach the level of automation? In practice, do we have the time, the reflex, to react as taught, it goes so fast? To strive for effectiveness our lesson is based respectively on the learning theories of Fitts & Posner, A. Maslow, and the notion of motoric visualisation.
- Still scepticism among medical and paramedical professionals about the 'judo approach' as a new paradigm. In essence, we are complementary. When do they accept us?

Safe falling: Scotland's first steps

Jim Feenan, SCO

Judo Scotland

Run by the Dunfermline's Carnegie Judo Club, as a JudoScotland project, the aim is to explore the challenges of establishing a class to deliver the "Finding Your Feet" programme and what additional learning coaches will need to run their courses successfully.

The pilot has 11 participants, six females and five males, with an average age of 69. They were recruited from family, friends, a local business association and a café. By request, the 8-week pilot has become a regular weekly one-hour session with time given for socialising. A sports massage-remedial therapist has been part of the delivery team.

All participants completed a provisional JudoScotland Licence Application, FoF-R, and Adaptive-PARQ forms and noted their fears and hopes. Each session has been video recorded. Time is given to movements and exercises that improve strength and coordination. All participants have shown a marked improvement in their postural awareness, motor skills, balance, stability and confidence in their ability to fall forward, backwards, and sideways using good Ukemi.

Further research and rollout of the programme are needed to provide better evidence of long-term effectiveness and the importance of chair-based and standing exercises as a precursor to safe falling.

Keywords: older adults, finding your feet, safe falling

The Importance of Physical Functions in Fall Prevention and Safe Falling Techniques Among Older People

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Swedish Judo Federation

Falls are the second leading cause of unintentional injury deaths worldwide, with the global cost of fall-related injuries among older adults estimated at \$50 billion annually. This includes direct medical expenses such as hospitalizations, surgeries, and rehabilitation. Physiological decline and the fear of falling are primary contributors to the high incidence of falls in the elderly. Exercise-based programs are crucial in fall prevention, with evidence showing a 23% reduction in fall rates. Programs that integrate both balance and strength training are particularly effective.

However, even with optimal prevention strategies, some falls are inevitable. Safe falling techniques teach older adults how to fall in a way that minimizes injury. Enhancing physical functions—such as balance reactions, muscle strength, joint mobility, and flexibility—is vital for effectively executing these fall techniques. Therefore, it is essential to prioritize physical training in the development of safe falling programs for the elderly, ensuring a comprehensive approach to fall prevention and injury mitigation.

Does Adapted Utilitarian Judo make Older Adults competent in falling? Analysis of an intervention in Spain

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University of Seville, Real Federation Española de Judo y DA

The present study aimed to evaluate and implement a fall teaching workshop based on the JUA programme in a group of older adults attending maintenance exercise classes. The experimental methodology included pre and post intervention measurements in a Control Group (CG) and an Experimental Group (EG). A sample of 45 subjects was selected using convenience sampling. The participants in the EG showed significant improvements in self-efficacy, motor skills, and fall technique, with a 43.5% increase in successful fall executions. In contrast, the CG did not show significant improvements. Although improvements were not observed in all physical performance tests, such as walking speed, there were improvements in balance and lower body strength. The lack of improvement in some tests could be attributed to the high level of prior physical fitness of the participants. These findings support that a fall teaching workshop based on the JUA programme trains older adults in the ability to fall backwards and sideways as well as in their self-efficacy regarding these skills. Further research is needed to better understand the long-term effects of these interventions and their impact on fall prevention.

Keywords: older adults, physical performance, fall competence, fall, AUJ.

Pharmaceutical Interventions in Safe Falling Program

Dr Abdelmonaim Elsayed, EGY

Prince Sultan Military Medical City Safe Falling Clinic

I started volunteer Judo teaching and coaching back in 2006 in Eastern Province, to serve the hospital community which I used to work for as a pharmacist. It was of a great value merging pharmaceutical knowledge and Judo practice. Throughout 8 years a great team was built based on clear pre-assessment of health conditions of candidates ranging from 6 years to 60 years old, checking medical profile and recording medication history upon enrollment. Of course, that data was restricted for the military hospital and could not be shared for patient's confidentiality. Nearly 90% of the candidates need a clinical pharmacy intervention while doing Judo and consequently referred to proper specialty in the hospital. Moreover, the most dramatic case was the discovery of a Tumor manifested on one of the team candidates. When referred to the oncologist and subjected to all the necessary investigation, surprisingly there was no metastases which claimed to be due to practicing Judo regularly. In October 2014 after reallocation to Middle province, again started volunteer Judo teaching and coaching for the hospital community with same approach. At 2015, focus on JCI International Patient Safety goal number 6 emphasizing on medications that can increase the risk of falling.

Dynamic Balance for Life™ - THRF Research Study 2024-2025

Dr Agathe Daria Jadczyk, AUS and Dr Meera Verma, AUS

University of Adelaide, Adelaide University Judo Club, Judo Australia

The University of Adelaide and Adelaide University Judo Club received funding from The Hospital Research Foundation (THRF) Group to conduct a study evaluating an 8-week Judo-based exercise program on safe-landing skills in older community-dwelling adults and upskill Allied Health Professionals and Judo Coaches to teach safe landing to older adults. The study commenced on 1 June 2024 and will run over 2 years.

The primary outcome is to evaluate safe-landing skills in older community-dwelling adults aged ≥ 65 years using the “Strömqvist-Bååthe Test” – Measuring Falling Competence (SBFC) Test. Secondary outcomes include balance, physical performance, mobility, strength, quality of life, fear or falling, frailty, physical activity levels, and body composition. Outcomes are assessed pre- and post- intervention.

In addition, the project aims to upskill Allied Health Professionals and Judo Coaches to aid with the translation and scale-up of the program for maximum societal benefit in future.

The Train-the-Trainer includes a two-day workshop with a combination of theory and ukemi practise, followed by weekly participation in the 8-week Judo-based exercise program to gain practical experiences in teaching safe landing to older adults. Outcomes are assessed at 3 timepoints and include perceived and objective competence in performing and teaching safe landing.

Safe Fall Denmark in the tradition of “Højskole” education

Dr Holger-Hening Carlsen, DEN and Julie Vilhelmsen, DEN

Safe fall, Judo Danmark

In Denmark we have a “Højskole” tradition since 1844 based on ideas of N.F.S. Grundvig. Originally intended as an educational offer for non-archedemics. Learning and developing through songs, speaks, discussion and physical training.

In 1934, Dr. Shigeyoshi Matsumae visited a Danish “Højskole”. He became inspired, from the idea of learning by knowledge and discussions. He wanted to make a Japanese University – Tokai in this “højskole” spirit.

We found the Danish “Højskole” fashion with its traditions as a perfect place to make Safe Fall education for elderly people. Classes always start with a song from the “Højskole” songbook, then warm-up, fall and balance exercises. Then presentation on either physiology of age or defects / diseases that belong to age. We finish with training that is adapted to the subject and once again spiced up with fall and balance exercises. We focused much on fall fear, dizziness and how to train even though training in the beginning can be uncomfortable. Everybody must pass their comfort zone even if you are 87 years old.

Finally discussing the day and ideas for the next fall course day.

A National Federations commitment to Jita Kyoei

Karen Roberts, GBR

British Judo Association

As a National Governing Body of Judo we have two commitments – to serve in the best interests of British Society and judo. The judo community is clear of the benefits that judo offers to mind body and soul, as a National Governing Body we see a responsibility to share these benefits with our British Society, where it is most needed. For many decades judo has been presented as a sport rather than a set of skills, this paper will demonstrate our journey to consider how judo can be shared with older citizens to reduce the fear of falling, by increasing their physical confidence. This starts with understanding our coach development and confidence with different audience. The journey is yet to be completed but we conclude to show that the learning have the potential to further promote judo as an answer for wider societal benefits.

Biomechanical Study for Teaching Backward Ukemi in Fall Prevention Classes

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In this study, we used biomechanical methods to analyze the movement of backward ukemi of skilled and unskilled judo players in order to teaching backward ukemi in fall prevention classes.

The results showed that during the initial phase of the exercise, the skilled were displaced down and backward significantly faster than the unskilled. This indicates that the skilled were able to perform the "waist-down" movement from the early stage of the movement. After the midpoint of the movement, the unskilled displaced significantly more to the rear than the skilled, and the waist lifted up after the lowest point.

As a key point for backward ukemi from this study, it is considered that safe passive stance can be taken by dropping the hips early and not allowing the waist to float backward and upward during the action of striking the tatami mat with the hands.

転倒予防クラスにおける後ろ受身指導に向けたバイオメカニクスの研究

本研究では、転倒予防クラスでの後ろ受身指導に向けて、バイオメカニクス的手法を用いて柔道熟練者と未熟練者の後ろ受身の動作解析を行った。

その結果、運動初期では未熟練者に比べて熟練者の方が早期で有意に下降および後方へと変位していた。これは熟練者は「腰を落とす」という動作が早期からできていることを表している。また運動中期以降では、熟練者よりも未熟練者は後方まで有意に大きく変位し、最下点後に腰部が浮き上がっていた。

本研究からの後ろ受身のポイントとして、早期に腰を落として、手で畳を叩く動作の際に腰部を後方および上方へと浮き上がらせないことで、安全な受身がとれると考えられる。

Judo-based fall prevention program at the Horse Racing School

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Horse racing is a popular sport in Japan. There are also many accidents caused by horses falling off. The Japan Central Horse Racing Association(JRA) has incorporated judo classes as a compulsory subject at horse racing schools that train jockeys with the aim of preventing injuries from becoming more severe. The main content of the class is the mastery of ukemi in judo.

Ukemi is believed that the risk of injury is lowered by instantaneous ukemi when falling from a horse. The minimum enrollment period at the Horse Racing School is three years, and judo classes take place once a month. In addition to the traditional ukemi exercises, the content incorporates methods such as using a ball and a trampoline. These exercises are considered to be applicable not only to special ukemi exercises such as falling horses, but also to general fall prevention ukemi exercises.

We believe that modified versions of these exercise methods could be used in exercise classes for the elderly to teach safe falls through judo.

Video: Promotion of Judo and Ukemi Introduction to Ukemi Demonstration

Tadanori Koshino, JPN, Rika Yazaki, JPN, Yusuke Kumashiro, JPN
International Budo University

This abstract introduces a demonstration of Ukemi techniques by the International Budo University, showcased during an international tournament in 1990. While judo is often highlighted for its throwing techniques, mastering Ukemi enables practitioners to effectively protect themselves. Learning these skills from a young age can improve agility and, later in life, serve as a useful technique for fall prevention. Promoting such demonstrations could help further the understanding and benefits of judo and Ukemi skills.

Keynote: Global Expert Group on Safer Falling for Older Adults through Judo; Progress and Vision

Professor Mike Callan

i-dojo, institute of Sport, University of Hertfordshire, IJF Academy

This presentation explores a timeline of global initiatives focused on teaching ukemi, the art of safe falling as practiced in judo, with the goal of reducing fall-related injuries among older adults. By examining the international distribution of these programmes, the presentation highlights how significant efforts by expert judoka and academics have contributed to promoting safer falling practices in this vulnerable population.

Drawing on a comprehensive literature review, the presentation analyses important contributions that have advanced the field, emphasizing the impact of the Global Consensus Statement, 'How Can Judo Contribute to Reducing the Problem of Injurious Falls in Older Adults?' This statement outlines key strategies for leveraging judo techniques to address the pressing issue of fall injuries, which remain a major health concern for older adults worldwide. There is also an assessment of how these initiatives have been represented in media over the past year, reflecting their growing recognition and influence.

Finally, a vision for a coordinated approach within the global judo community is proposed, advocating for a unified effort to expand and standardize ukemi-based programs. This strategy aims to enhance coach training and education and ultimately contribute to better health outcomes for older adults globally through judo.

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Notes

JUDO

FALL

SEVEN TIMES

STAND UP

EIGHT

七転び八起き