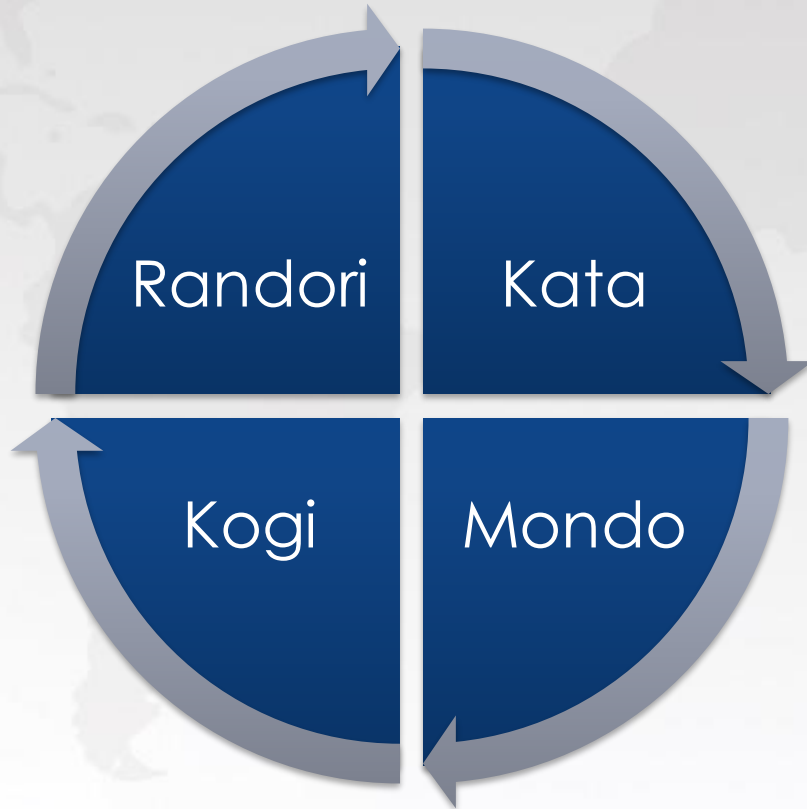


KATA AS A TOOL IN LEARNING SAFE FALLING AND GETTING ACQUAINTED WITH JUDO FOR OLDER PEOPLE

Dr Slavisa Bradic 7th Dan

2nd International Conference on Safer Falling for Older People through Judo

Judo teaching methods



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Introduction

- Objectives include restoring kata's educational value and promoting its use in diverse judo settings
- Kata is a comprehensive program that integrates kata into all levels of judo practice, in this case adapted for older people.



Goals

- *Promote fundamental judo techniques and principles*
- *Adapt teaching*
- *Adapt methods for older age groups and abilities*
- *Increase popularity and variety of training*
- *Maintain traditional aspects of judo*

Innovative Teaching Methods



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Methodology

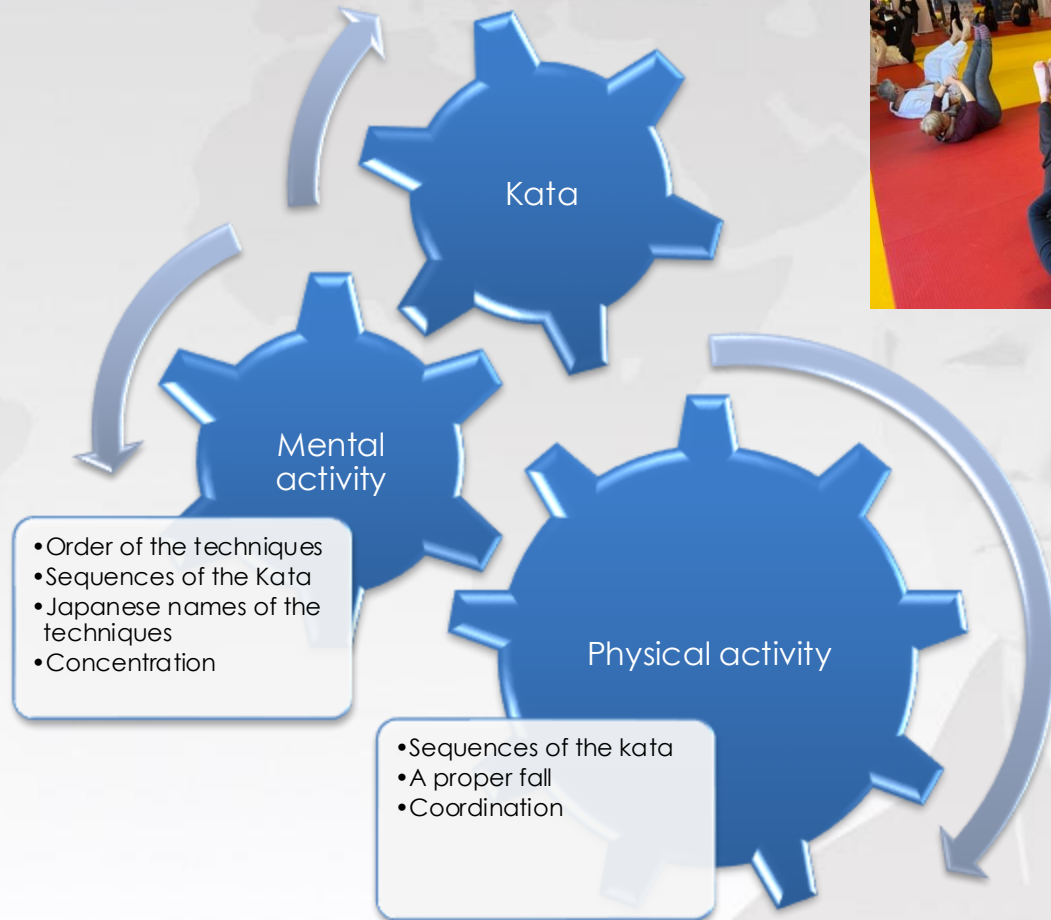
- *Safety*
- *Natural learning approach*
- *Focus on asymmetry and fundamental movements*
- *Use selected kata techniques adapted for safe fall learning goals*
- *Build up according to technique mastery level*
- *Fun*

Innovative Teaching Methods



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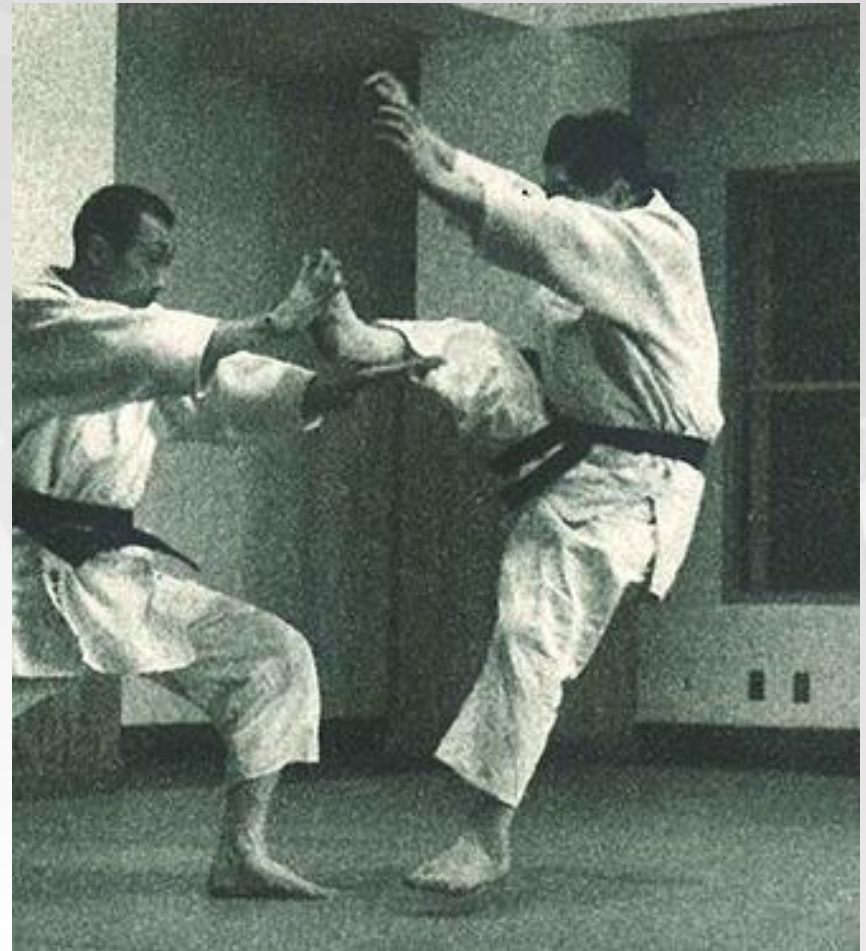
Methodology



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Program Activities

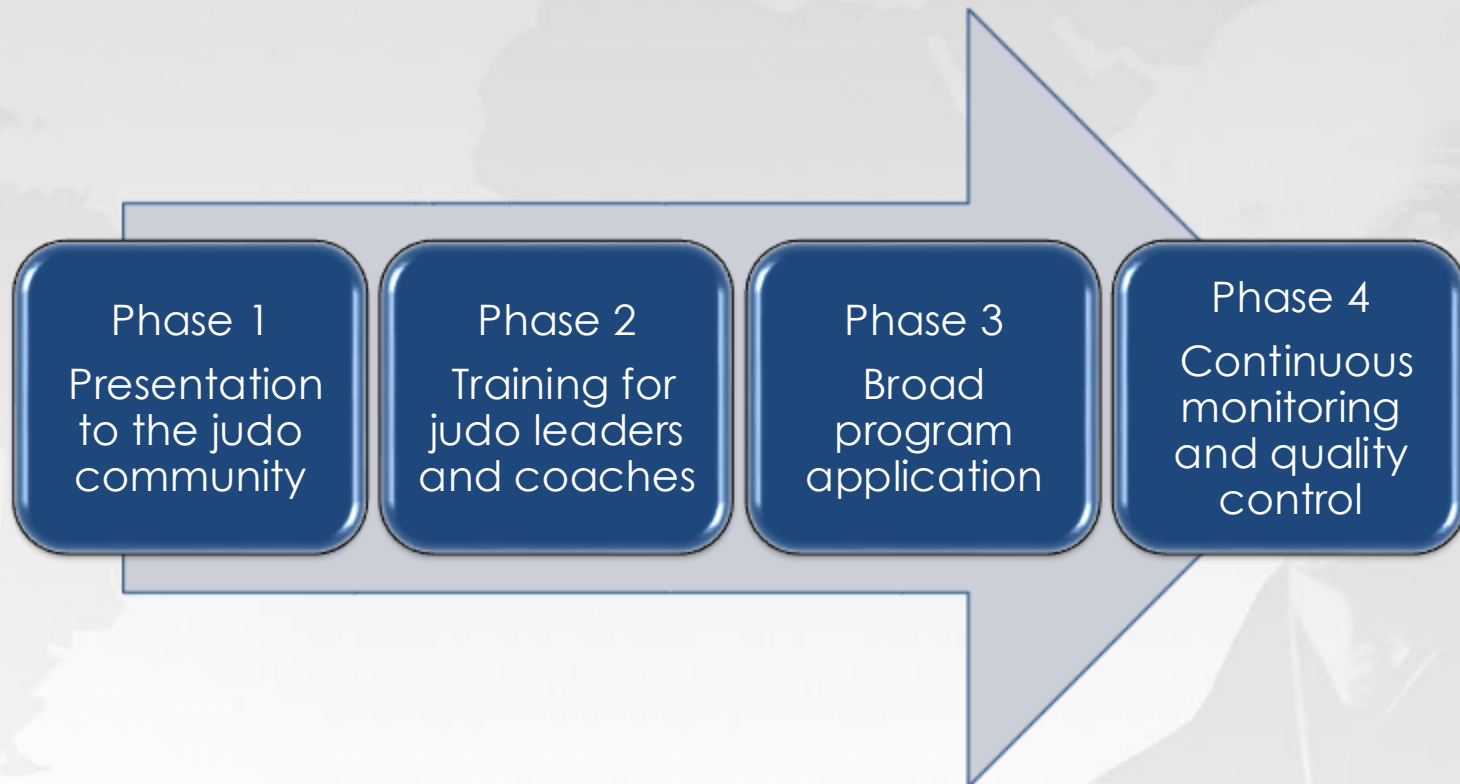
- *Trainer Seminars*
- *Improve teaching methods and understanding of kata*
- *Fun and educational activities for older practitioners*
- *Encourage improvement of safe falling skills through kata performances*
- *Festivals*



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Phase Implementation

Development Plan



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Conclusion

Summary

- *The project aims to integrate the techniques and principles of kata into all aspects of judo, increasing its educational and traditional value.*
- *Join us in preserving and promoting the educational value of kata !*



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Questions?

Contact information

IJF Academy Foundation

s.bradic@judo.hr



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Thank you for your attention!



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