

Keynote 基調

Global Expert Group on Safer Falling for Older Adults through Judo

柔道を通じた高齢者の安全な転倒に関する国際専門家グループ

Progress and Vision

進展とビジョン

Professor Mike Callan

Overview 概要

- Progress 進展
 - Academic papers 学術論文
 - News articles ニュース記事
 - Television coverage テレビ報道
 - Social media ソーシャルメディア
- Vision 展望



Progress since the 2023 Consensus Conference

2023年コンセンサス会議以降の進展

Academic Papers 学術論文

- At least 10 academic papers published this year
- 今年発表された学術論文が少なくとも10本
- Related to judo and safer falling for older adults
- 柔道と高齢者の安全な転倒に関連する

Global Consensus Statement

How Can Judo Contribute to Reducing the Problem of Injurious Falls in Older Adults?

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Abstract: *The Global Consensus Statement on judo-based interventions for older adults addresses the potential of judo techniques, particularly ukemi (safe falling techniques), in minimising the risk and impact of falls among the elderly. Falls represent a significant health challenge for the ageing population, contributing to injuries and high healthcare costs. The statement outlines best practice and recommendations for implementing judo-based fall prevention programmes globally. These programmes leverage judo's multi-faceted approach, incorporating strength, balance, co-ordination, and safe landing skills to reduce the severity of falls and minimise the fear of falling. Research indicates that older adults can learn and retain these motor skills, enhancing their ability to fall safely and reduce injury risks. The consensus also highlights the importance of collaboration between judo federations, healthcare providers and community organisations to scale these interventions effectively. By promoting judo-based exercise programmes, the consensus aims to improve physical, psychological and social wellbeing among older adults, ultimately enhancing their independence and quality of life.*

Keywords: older adults; fall prevention; judo; ukemi; safe landing; exercise programmes

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THE BRITISH JUDO COACH EDUCATION PROGRAMME: INTRODUCING JUDO TO AN OLDER POPULATION- FOR SAFER FALLING AND AGEING WELL

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ABSTRACT

This case study highlights the education of the British Judo Association's (BJA) coaches to apply their skillset to a new demographic, that of an older population. All the population have the potential to fall, however those that are over 60 years old suffer the greatest number of fatal falls and 30% of people aged 65 and over fall at least once a year, this rises to 50% of all those aged 80 and over (Public Health England, 2017; WHO, 2021). The implications of this data show that falls are a global public health problem, with the costs from falls in the United Kingdom (UK), estimated at more than £2.3 billion per year for the National Health Service (NHS) (NICE, 2013). Dr Katrina McDonald and Dr Mike Callan were asked to consult with the BJA to co-produce a three-hour coach education module, that could be used as a revalidation event, where coaches were educated on utilising their current coaching skills with an older population. The module consists of two PowerPoint presentations, two practical tatami-based sessions and a supporting course handbook document. In the two practical sessions, a suitable syllabus was presented with 18 different exercises, that have been identified, grounded by evidence-based research, as suitable and relevant for an older population (Kamitani, 2018). Feedback from the participants on the initial pilot course, was "it was excellent" and participants observed how to adapt their coaching for an older population. Future recommendations are to offer this course to all current BJA club coaches and to offer support to assist with this exciting new initiative.

INTRODUCTION

It is predicted that by the year, 2050 there will be over 1.5 billion people over the age of 65, with all regions seeing an increase in the size of their older population between 2020-2050 (United Nations, 2020). This age group suffers the greatest number of falls, with an estimated 684,000 individuals dying each year from a fall (WHO, 2021). Age is a key risk factor for falling, with older people experience higher risks in part due to physical, sensory and cognitive changes associated with ageing (WHO, 2021). Falling has micro and macro factors of impact, specifically for those that fall, but also to their wider family but also significant societal factors with an estimated cost to the NHS at over £2 billion a year and over 4 million bed days (Fenton, 2014). Reducing the number of falls and the impact of the falls is important for maintaining the health, wellbeing and independence of older people. The World Health Organization (WHO) defines a fall "as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level." In the sport of judo one must throw their opponent flat on their back to win, yet the International Judo Federation (IJF) (2007) suggests that judo is more than a sport and thus can offer society assistance with the development of safer falling for an older population.

As part of the sport of judo, ukemi are taught, as the ultimate way to win in judo is to throw one's opponent flat on their back. Ukemi are breakfalls, coaches teach participants how to fall as part of the initial lesson so that they can safely participate in the class. The average age of people who participate in judo varies depending on country and region, however Franchini (2011) reports that competitive judo ranges from 15 years old to masters (>30 years of age), yet there is very limited data captured to adequately report on the number of participants outside of competitive judo. However, as a sport, judo have started to look to wider societal problems to see how the sport could be utilised as part of its founding pillars, Jita Kyoei: Mutual Welfare and Benefit (IJF, 2007).

Several studies have taken place utilising judo to combat safer falling and ageing well. Programmes and countries of origin include the Netherlands Nijmegen Falls Prevention Program (Weerdsteijn et al., 2006), Italy (Ciaccioni et al., 2020), Japan Yawara Chan Taiso (Sakuyama, et al., 2021), Spain Adapted Utilitarian Judo programme (JUA) (Toronjo-

Safe(r) Landing by Older People: A Matter of Complexity

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Abstract

Maintaining balance is a complex motor problem that requires coordinated contributions from multiple biological systems. Aging inevitably lessens the fidelity of biological systems, which can result in an increased risk of falling and associated injuries. It is advantageous to land safely, but falls manifest in diverse ways, so different motor solutions are required to land safely. However, without considerable practice, it is difficult to recall the appropriate motor solution for a fall and then apply it effectively in the brief duration before hitting the ground. A complex systems perspective provides a lens through which to view the problem of safe(r) landing. It may be possible to use motor analogies to promote degeneracy within the perceptual motor system so that, regardless of the direction in which an older person falls, their body self-organizes to land with less likelihood of injury.

Keywords: Degeneracy, Injury reduction, Motor analogies, Unexpected falls

For most of us, arriving safely on the ground when we fall is an awkward motor problem, for which an inadequate solution can result in injury or even death. The problem is aggravated by aging, which is associated with progressive multisystem deterioration (ie, degeneration) that affects physical, cognitive, and sensory performance (eg, reduced strength, delayed responses, impaired balance) (1,2). Consequently, countless older adults throughout the world are injured when they fall, taxing healthcare systems with an economic burden that will continue to inflate as the number of older people in the world increases.

The common approach to the problem of falling is to try to lessen fall rates. However, effective fall prevention interventions (eg, exercise/physical therapy programs, Tai Chi) (3,4) tend to be time-consuming, intensive, and challenging to sustain and resource (3,5). Moreover, although evidence suggests that interventions can substantially reduce injury-related consequences of falling (6,7), a recent review and meta-analysis suggested that their efficacy is limited (8). A far less common approach to the problem is to teach people how to land with less likelihood of injury. With much practice, people can master the art of falling. For instance, ukemi (ū-ke-mē) is a technique that martial artists practice to limit damage that is caused to them when thrown to the ground by an opponent. Evidence suggests that older people can learn to land more safely by practicing ukemi (9). However, repeatedly landing on the ground to master safe landing is not always feasible for older people, who may neither have the physical resilience nor enough remaining life expectancy to achieve mastery. Recent world guidelines for fall prevention and management do not even list safe landing as a component intervention (3).

How then can we resolve this awkward motor problem so that when older people fall unexpectedly, they are less likely to suffer serious injury? Based on a complex systems perspective, we hypothesize that it may be possible to facilitate the emergence of safe(r) landing behaviors by promoting degeneracy within the motor system.

Degeneracy is considered to be a fundamental property of complex biological systems and refers to the capacity of structurally different constituents of a system to perform the same function or yield the same outcome (10,11). Francis Crick's Wobble Hypothesis (12), for example, identified that most amino acids can be specified by different codons (triple nucleotide sequences of DNA or RNA), and, more relevant to falling, Nicolai Bernstein's degrees of freedom problem (13) proposed that the "abundance" of ways in which the human body can be configured to move allows the motor system to achieve "repetition without repetition" (14,15). Dancers, for instance, are experts at configuring their bodies to choreograph graceful arrival on the ground when they fall:

I tripped on a crack in the pavement. When I landed, I curved, softened, rolled onto my back, but the contact was mostly down my side ... so, you know, I ended up with some scrapes on my elbow and the side of my knee, but nothing twisted, nothing broken. I stood up, went into the restaurant, had a lovely dinner, and walked home hand in hand with my husband.

(Jane—professional dancer)

We propose to achieve this by using motor analogies. In motor learning, analogies have been used to teach beginners the best way to move without overloading them with explicit rules

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Systematic Review

Intergenerational Judo: Synthesising Evidence- and Eminence-Based Knowledge on Judo across Ages

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Abstract: In alignment with European policies regarding intergenerational sports, this study seeks to integrate existing evidence- (i.e., umbrella review) and eminence- (i.e., international validated educational courses for coaches) based knowledge on judo training across the lifespan. For evidence knowledge, searches of the Google Scholar, ISI-WoS, PubMed, and Scopus databases (PROSPERO ID: CRD42024535420) for studies focused on training youth and older judo practitioners, with no time restriction up to April 2024, were conducted. This resulted in 16 systematic reviews meeting the inclusion criteria, with an "excellent" ($n = 6$), "good" ($n = 7$), and "fair" ($n = 3$) quality according to the NIH tool. With a large sample size ($n = 372,655$), the reviews focused on wellbeing ($n = 9$; bone status, injuries, and psychophysical effects) and performance ($n = 7$; athlete success, combat time, rapid weight loss, and the Special Judo Fitness Test), examining athletic levels (novices to Olympics), sex, and age (children to older adults). For eminence knowledge, the International Judo Federation Academy courses encompassed the "Undergraduate Certificate as Judo Instructor" (UCJI), which provides a comprehensive structure for teaching judo, including techniques, moral code, roles, responsibilities, refereeing, safety, and age-specific belt examination requirements and progression, and the "Educating Judo Coaches for Older Practitioners" (EdJCO) curricula, which provide theoretical and applied modules (e.g., ageing, health, and organisation) to train older judo practitioners. The findings were summarised in a framework, highlighting the most relevant aspects of intergenerational judo programmes (i.e., aims, key characteristics, coaches' roles, barriers, and facilitators). To develop a comprehensive educational intergenerational judo methodology, future research should examine coaches' and practitioners' opinions on intergenerational judo activities carried out in different national contexts.

Keywords: education; martial arts; combat sports; intergenerational sport; health-enhancing physical activity; wellbeing

1. Introduction

By combining health-enhancing physical activity for both old and young people, intergenerational sports plays a pivotal role in promoting active ageing, social inclusion, and community cohesion, with the final aim being to foster a healthier society [1]. Recently, good practices and knowledge on the benefits, barriers, and facilitators of intergenerational sports have been identified through analyses of fifteen initiatives across the European Member States [1]. The European Union indicates the opportunity for projects involving young people and the elderly in "forms of co-learning aimed at enhancing the resources of both and opening up the possibility of better mutual understanding" [2]. Moreover, "a good intergenerational relationship represents one of the conditions for finding a purpose



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Article

Development of a Sustainable Educational Programme for Judo Coaches of Older Practitioners: A Transnational European Partnership Endeavor

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A Judo-Based Exercise Program to Reduce Falls and Frailty Risk in Community-Dwelling Older Adults: A Feasibility Study

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Abstract

OBJECTIVES: This study aimed to explore the feasibility (including recruitment, safety and adherence) and the effects of a twice weekly supervised Judo-based exercise program over eight weeks on mobility, balance, physical performance, quality of life, fear of falling and physical activity (including by frailty status) in community-dwelling older people aged ≥65 years.

DESIGN: Pre-post study.

PARTICIPANTS: A total of 17 participants (mean age 74.3±6.2; range 66-87 years; 76.5% female).

INTERVENTION: A Judo-based exercise program conducted twice weekly for 60 minutes per session over eight weeks.

MEASUREMENTS: Pre and post assessments included the Timed Up & Go (TUG); the Berg Balance Scale (BBS); the Short Physical Performance Battery (SPPB); the Short Form Health Survey-36 (SF-36); the Falls Efficiency Scale International (FES-I); and an ActivPal accelerometer to measure participants' physical activity.

RESULTS: Most participants had low (≤3) Charlson's Comorbidity Index scores (n=17, 100%), were well nourished (n=16, 94.1%), not sarcopenic (n=16, 94.1%), and not cognitively impaired (n=13, 76.5%), anxious or depressed (n=14, 82.4%). Ten participants (58.8%) were non-frail and seven were pre-frail (41.2%). Significant improvements (p<0.05) were seen for mobility (TUG), balance (BBS) and physical performance (SPPB). Pre-frail participants showed greater improvement in mobility (TUG) than non-frail participants (p=0.020). No changes (p≥0.05) were seen in quality of life, fear of falling, or physical activity. Participants' adherence (i.e., attending sessions) was high (i.e., ≥81.2%). No serious adverse events or withdrawals were reported.

CONCLUSION: Findings suggest that the eight week Judo-based exercise program can be delivered safely to older adults aged ≥65 years, including those at-risk of frailty, as long as there is close supervision with individualisation of the program in response to emergent health symptoms and the program is conducted on requisite Judo mats. This Judo-based exercise program is effective in improving physical function with potential to prevent falls and frailty risk.

Key words: Judo, older adults, frailty, falls, physical function.

Introduction

With globalisation, interest has increased in foreign cultures. Martial arts from Eastern countries have been adopted by many in the West for both

their recreational value and health benefits. Increasingly, the possibility of improving the health of older people through supervised martial arts programs has become an area of interest among health professionals.

Tai Chi, for example, which has a focus on balance, has been shown to be beneficial in falls prevention (1). Judo, on the other hand, is a multi-component martial art that includes not only balance and strength training, but also teaches specific safe landing techniques (ukemi) that can be modified to teach older adults how to land safely when falling (2, 3). These safe landing techniques (ukemi) are unique to the sport of Judo and could potentially minimise harm and injury during falls (2, 3).

Falls are a common consequence of frailty, and improvements in parameters such as mobility, physical performance and balance have been associated with a reduction in frailty and falls risk in older people (4-7). Given the ageing population globally and the increasing prevalence of frailty and frailty-related consequences, such as falls (8), exploration of the health effects of martial arts, such as Judo, in older people is timely.

We conducted a scoping review (9) and found that there have been seven studies from Europe (i.e., Sweden, Italy, Spain and the Netherlands) focusing on community-dwelling older adults (mean age range 68.9 to 76 years) that have examined the effect of Judo on various health-related measures, including physical performance, gait speed, strength, quality of life, fear of falling, and flexibility. None of the studies had been conducted in Australia or reported on the effects of Judo in participants with varying frailty status.

Five of the studies were conducted over 10 to 16 weeks (sample size range 19 to 30) and significant improvements were noted in physical performance, gait speed, strength, fear of falling and flexibility (10-14) while two studies were of shorter durations (i.e. five to six weeks) with a similar sample size and found a reduction in fear of falling (15, 16). Only one study looked at the effects of Judo on balance in older adults (mean age 72±4.9 years) and showed improvements over 12 weeks (14), whilst no study to date had examined the effects of Judo on the Timed Up & Go (TUG), a mobility measure that assesses for falls and frailty risk in older adults (17, 18). The TUG includes gait speed, turning and sitting (17), providing

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Review Article

Older Persons Participation in Hard Martial Arts: Opportunities to Improve Psychological Well-Being? A Scoping Review

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ABSTRACT

International Journal of Exercise Science 17(5): 183-198, 2024. This study aims to explore the potential psychological and cognitive advantages for older individuals engaged in hard martial arts (HMA), through a comprehensive scoping review of literature up to 2023. Specifically, it examines the extent of changes in cognition, mental state, and quality of life among elderly participants of HMA. Inclusion criteria were studies conducted on healthy persons who were over 50 years of age. Only papers published in the English language were included. The search was undertaken in electronic databases and sources of grey literature. Thirteen papers with a total of 514 participants met the inclusion criteria. Improved cognition and decreased levels of anxiety and depression were emerging themes. Together, these factors contributed to the quality of life of participants. HMA was found to benefit cognitive abilities and psychological well-being, increasing quality of life more than traditional exercise alone. Findings suggested duration of training influenced change more than frequency. The limited number of studies exploring the effects of HMA on mental wellness and cognitive ability in older adults underscores the need for further research. The findings of this review suggest cognitive and quality of life improvements and reduced depression and anxiety in individuals engaging in HMA. This review serves as a foundation for soundly designed future research.

KEY WORDS: Cognition, elderly, karate, Muay-Thai, organised sporting activity, older, quality of life, QoL taekwondo

INTRODUCTION

Globally populations are ageing. There is irrefutable evidence (2, 17, 33) that physical inactivity and a sedentary lifestyle in older adults reduce Quality of Life (QoL). The mechanisms for this reduction include physical infirmity, cognitive decline, dementia, and psychological disorders such as depression.

CURRENT TRENDS AND PERSPECTIVES FOR JUDO IN JAPAN'S AGING SOCIETY

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ABSTRACT

This paper is discussing current trends and perspectives for judo in Japan from the perspective of demographic change. Recent All-Japan Judo Federation guidelines imply a shift in policies from competitive judo to a more diverse approach, adapting to the needs of Japan's aging society. Within this framework, a fall-prevention project aimed at senior citizen without prior judo experience was launched in 2022. While still at its beginning stage, the project could also contribute to the development of safe teaching methods for older practitioners in the future.

Keywords: Demographic change, Federation policies, Fall-prevention, Life-long judo

INTRODUCTION

Despite remaining the top nation in competitive judo, Japan is facing a rapid decline in judo population. According to the "All-Japan Judo Federation (AJJF) Individual Membership Statistics 2004~2023", the overall number of registered members declined from 202,025 in 2004 to 124,559 in 2023 (AJJF, 2024). This paper will analyze current trends and policies regarding judo as a life-long activity from the perspective of demographic change. We will discuss judo-based exercise and fall-prevention programs targeting seniors without prior judo experience and how these programs can contribute to safe judo instruction for older practitioners in Japan.

METHOD

First, we will examine how the overall demographic change in Japanese society and the judo population influence AJJF policies by analyzing the AJJF Medium- and Long-term Basic Plan and the "Long-Term Development Plan" (Koyama and Ishii, 2023). Based on this we will have a look on the recently established AJJF Fall Prevention Project and discuss the Safe-falling Manual aimed at Seniors. Finally, we will discuss how the AJJF Fall Prevention project fits into the framework of federation policies and which kind of measures need to be implemented to provide safe judo training for older practitioners with prior judo experience.

RESULTS

According to the "2023 Annual Report on the Aging Society" (Cabinet Office Japan, 2023), senior citizen of age 65 and above accounted for 29 percent of the Japanese population in October 2022 (2023, 2). This age group is expected to grow until 33.9 percent by 2037 (2023, 3). Also, Japan has one of the highest life expectancies in the world. In 2021, the life expectancy at birth was age 85 and above. Also, the life expectancy for Japanese senior citizen at age 65 was 21.6 years and over in 2021 (United Nations Department of Economic and Social Affairs, 2022). In the face of Japan's aging society, it is necessary to reconsider the value of judo as a life-long activity, embracing the needs of the older population.

The AJJF individual membership statistics (AJJF, 2024) also reflect the need to adapt to the demographic change occurring in Japanese society. While the number of adult practitioners increased from 20,530 in 2004 to 24,924 in 2023, the age groups primarily engaging in competition, including children at primary school-, middle and high-school age and university students continue to decline. Based on this data, especially the age group for adults has potential for future

RESEARCH

Open Access



FallFitness exercise program provided using the train-the-trainer approach for community-dwelling older adults: a randomized controlled trial

Marina Arkkukangas^{1,2,3*}, Karin Strömqvist Bååthe^{1,3}, Julia Hamilton⁴, Ali Hassan³ and Michail Tonkonogi¹

Abstract

Background Falls and fall-related injuries remain a global challenge and threat to the health of older adults. Specific strength and balance exercises are effective in preventing falls among community-dwelling older adults. Nevertheless, provision of evidence-based fall prevention interventions to a broad population represents a healthcare challenge, indicating that new models for promoting exercise among community-dwelling older adults need to be addressed. Here, we aimed to evaluate the effects of a peer-led group-based exercise intervention provided using the train-the-trainer approach and targeting physical performance, activity level, handgrip strength, quality of life, fall-related self-efficacy, fear of falling, and falling techniques compared with a control group at 8-week follow-up.

Methods This randomized controlled trial (RCT) included trainers and participants who were recruited from four collaborating regional organizations for retired persons. The intervention was planned to be provided in five municipalities in Sweden, depending on the location of the registered trainers.

Eligible participants included adults aged ≥ 60 years who could walk independently and understand written and oral information in Swedish. The FallFitness multicomponent exercise program delivered weekly strength, balance, and falling techniques over eight weeks. It was evaluated using the train-the-trainer approach. Fourteen older adults were eligible for trainer education, and 101 participants were randomly allocated for the FallFitness exercise ($n=50$) or a control group ($n=51$).

Results After 8 weeks of peer-led training, the short multicomponent exercise program significantly improved the physical activity levels ($p=0.036$) and backward and sideways falling techniques ($p < 0.001$) compared to those in the control group. Fear of falling significantly decreased in the exercise group ($p=0.009$). Other outcomes in this study showed to be non-significant.

Conclusions The multicomponent exercise program provided in eight sessions using the train-the-trainer approach may be effective in promoting physical activity and the learning of motor skills and safe landing strategies. Furthermore, the FallFitness exercise program may reduce the fear of falling and may be both time- and cost-effective.

Trial registration ClinicalTrials.gov, NCT06265480 (20240208).

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Full list of author information is available at the end of the article



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DEVELOPMENT AND INTERNATIONALIZATION OF PROACTIVE PROGRAMS TO TEACH HOW TO FALL: ADAPTED UTILITARIAN JUDO AND SAFE FALL-SAFE SCHOOLS[®].

Del Castillo-Andrés, O.,¹ Toronjo-Hornillo, L.,¹ Toronjo-Urquiza, M.,² Toronjo-Urquiza, L.,³ Campos-Mesa, M. C.,¹ Invernizzi, P. L.,² Genovesi, E.,⁴ Morvay-Sey, K.,⁵ Kerner, A.,⁵ Carlsen, H. F. V.,⁶ Buch, M.,⁶ Carlsen, H-H. F.,⁶ Larsen, M. N.⁶

¹ University of Seville (Spain)

² European Judo Union

³ Sheffield University(UK)

⁴ Università degli Studi di Milano (Italy)

⁵ University of Pécs Faculty of Health Sciences (Hungary)

⁶ University of Southern Denmark

INTRODUCTION

A fall is an involuntary event which results in a person coming to rest inadvertently on the ground or floor or other lower level (WHO, 2018). The consequences derived from falls have made them a public health problem in relation to mortality, psychological sequelae and the high economic cost they cause. To respond to this problem, the WHO proposes, among other measures, to develop comprehensive and multifaceted fall prevention strategies, giving priority to research and public health initiatives that explore risk factors and define effective preventive strategies. In this same line, it urges to promote individual and community education to increase social awareness.

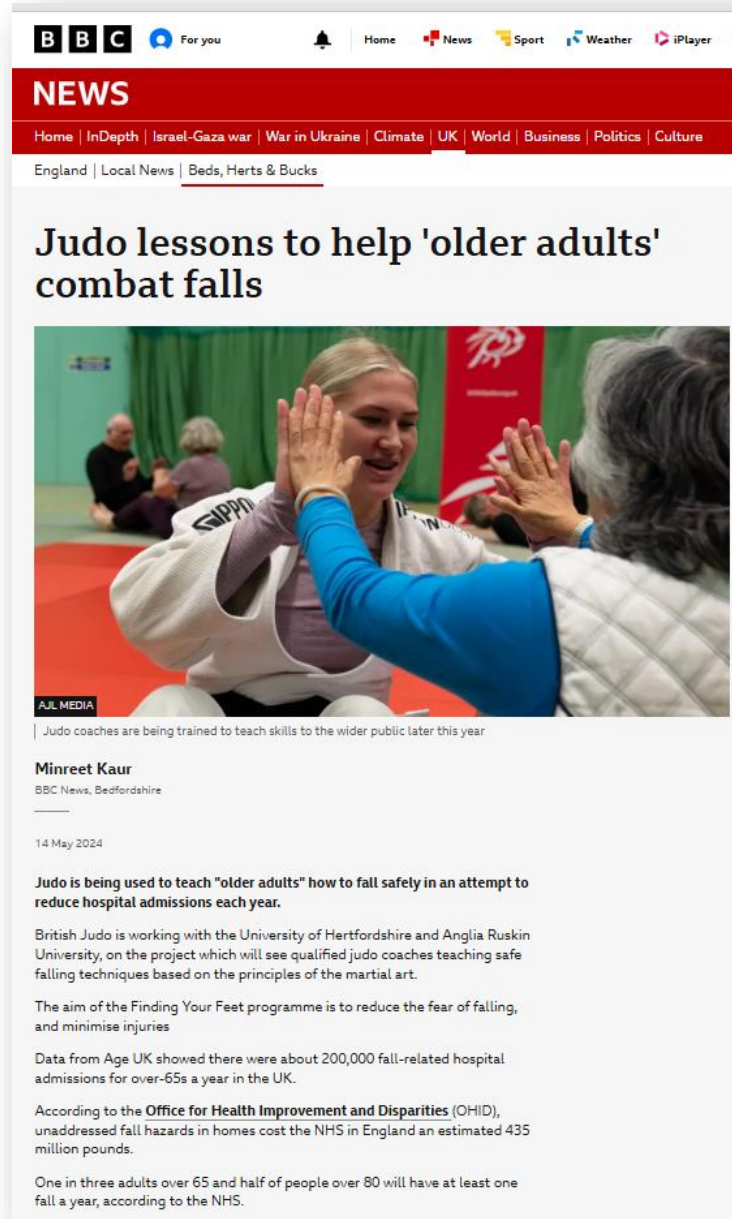
In response to this challenge, the University of Seville (US), the European Judo Union (EJU) and the Andalusian Federation of Judo and Associated Sports (FANJYDA), following their belief of Judo for society, sign a collaboration agreement (MOU) to develop and promote two proactive programs that influence the education of individuals in the event of a fall: Adapted Utilitarian Judo (focused on the older adult population) and Safe Fall-Safe Schools[®] (focused on children in school age).

The JUA program is presented by the US for the first time in 2015, during the 6th International Congress of Physical-Sports Activity for Seniors, a proposal for proactive intervention on falls in the older adult population. This program of scientific and methodological content had already been approved and endorsed by the Portal of Ethics of Biomedical Research of Andalusia. The program is awarded as the best research project with the publication of Campos-Mesa, Delcastillo-Andrés, Castañeda-Vázquez, Toronjo-Hornillo (2015). That same year, the company Ceroone Technology signs a research contract 68/83 with the US in support of the development of proactive proposals to teach the older adult population to fall safely.

The above-mentioned research leads to the presentation of results in the 3rd European Science of Judo Research Symposium & 2nd Scientific and Professional Conference on Judo: „Applicable Research in Judo“ held in Croatia (2016). After subsequent implementations, two articles have been recently published, *Adapted Utilitarian Judo: The Adaptation of a Traditional Martial Art to a Program for the Improvement of the Quality of Life in Older Adult Population* (DelCastillo-Andrés, Toronjo-Hornillo, Toronjo-Urquiza, Cachón Zagalaz, & Campos-Mesa, 2018) and *Effects of the Application of a Program of Adapted Utilitarian Judo on the Fear of Falling Syndrome (FOF) for the Health Sustainability of the Elderly Population* (Toronjo-Hornillo, Castañeda-Vázquez, Campos-Mesa, González-Campos, Corral-Pernía, Chacón-Borrego, & DelCastillo-Andrés) (2018). Both articles with the aim of triggering new training and research challenges.

News articles ニュース記事

- Over 10 press articles highlighting our work
- 私たちの活動を取り上げた報道記事が10本以上




The screenshot shows a BBC News article from Bedfordshire dated 14 May 2024. The article is titled "Judo lessons to help 'older adults' combat falls". It features a photograph of a young woman in a white judo gi practicing a technique with an elderly woman. The article text discusses a project by British Judo in partnership with the University of Hertfordshire and Anglia Ruskin University, aimed at teaching safe falling techniques to reduce hospital admissions. It also mentions that one in three adults over 65 and half of people over 80 will have at least one fall a year, according to the NHS.

NEWS

Home | InDepth | Israel-Gaza war | War in Ukraine | Climate | UK | World | Business | Politics | Culture

England | Local News | Beds, Herts & Bucks

Judo lessons to help 'older adults' combat falls



AJL MEDIA

Judo coaches are being trained to teach skills to the wider public later this year

Minreet Kaur
BBC News, Bedfordshire

14 May 2024

Judo is being used to teach "older adults" how to fall safely in an attempt to reduce hospital admissions each year.

British Judo is working with the University of Hertfordshire and Anglia Ruskin University, on the project which will see qualified judo coaches teaching safe falling techniques based on the principles of the martial art.

The aim of the Finding Your Feet programme is to reduce the fear of falling, and minimise injuries

Data from Age UK showed there were about 200,000 fall-related hospital admissions for over-65s a year in the UK.

According to the **Office for Health Improvement and Disparities (OHID)**, unaddressed fall hazards in homes cost the NHS in England an estimated 435 million pounds.

One in three adults over 65 and half of people over 80 will have at least one fall a year, according to the NHS.

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO

Media Tip Sheets

Staying Safe as We Age: Understanding Falls in Older Adults

Monday, August 12, 2024, By Daryl Lovell

+ Share

FALK COLLEGE OF SPORT AND HUMAN DYNAMICS HEALTH AND WELLNESS

Falls are a major concern for older adults and for those that love and care for them. They are a leading cause of injury for adults older than 65, according to the [U.S. Centers for Disease Control and Prevention](#). More than a third of those who fell reported needing medical treatment or being benched from activity for at least a day.



Yaejin Moon

What can those most vulnerable to falls do to better protect themselves?

[Yaejin Moon](#), assistant professor of exercise science in Syracuse University's Falk College of Sport and Human Dynamics, is working to answer this question.

Moon's research focuses on improving mobility and reducing fall-related injuries in people with neurological disorders and older adults. It aims to understand and prevent these injuries by analyzing real-life fall videos using artificial intelligence, and will soon be further explored in publication in the journal *Scientific Reports*, currently under review.

Moon answers five questions below about why the elderly are more at risk of fall-related injuries and shares tips for safe-falling techniques. She is available for interviews. Video resources are also available demonstrating various types of falls and protection techniques.

Why are falls so dangerous for the elderly?

NEWS

Martial arts moves helping older people fall safely



The University of Worcester's falls training looks at steps older people can take to reduce the chance of serious falls

James Pearson
BBC Political Reporter, Hereford & Worcester

25 July 2024

Techniques from judo and jujitsu are being used to train older people in Worcester to fall safely.

The sessions, led by the University of Worcester's Sport and Exercise Science department, aim to prevent them from breaking bones.

Falls are the most common reason older people attend emergency departments, according to the NHS. Statistically, one in three adults over 65 will have at least one fall a year.

The university is now developing a training course to accredit instructors from across the country.



Martin and Carol Driscoll from St John's said the falls workshops had improved their confidence

Pensioners to get JUDO lessons to improve their balance and teach them how to fall safely

• [READ MORE: Secret to beating menopause may be muscle-building supplement](#)

By [SHAUN WOOLLER HEALTH EDITOR](#)

PUBLISHED: 13:26, 8 May 2024 | UPDATED: 13:32, 8 May 2024



Share



68

shares

13

View comments

Pensioners will be given judo lessons to improve their balance and teach them how to fall safely in a bid reduce injuries and hospital admissions.

Coaches from sports body British Judo will touch on 18 different judo techniques that have been adapted for elderly Britons at risk of harm.

The exercises and movements aim to boost strength and balance, reduce the fear of falling and minimise the injuries from a fall.

The experts will also demonstrate how to get up easily after taking a tumble, as part of the nationwide Finding Your Feet programme.

There are around 210,000 fall-related hospital admissions for over-65s in England each year, according to Age UK.



© Alamy Stock Photo

+1
View gallery

Coaches from sports body British Judo will touch on 18 different judo techniques that have been adapted for elderly Britons at risk of harm

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



Learn to fall safely: using judo techniques to reduce the fear and impact of falls in

Oct 30 at 4:30PM - 5:15PM

Hertfordshire Sports Village

Mosquito Way
Hatfield
AL10 9EU

Free

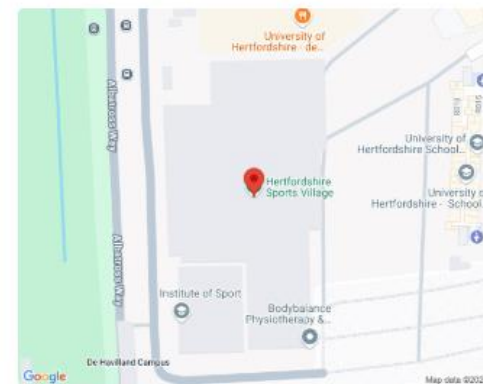


A free, practical workshop which invites participants to take part in exercises that teach the principles of safe falling, devised from the sport of judo. Limited to 30 places - pre-booking required.

This free event is offered by the University of Hertfordshire as part of this year's national Festival of Social Science, with a focus on lifelong health and wellbeing.

Falls are a common cause of injury in older people, and a source of worry for many people as they age. According to the NHS, 1 in 3 people over the age of 65 will have at least one fall per year.

Using simple and accessible techniques from judo, this workshop aims to reduce the fear of falling, as well as teaching practical ways to prevent injuries if a fall occurs. No previous experience is required, just a willingness to learn and get involved. Participants should wear comfortable clothing and will be asked to remove shoes and socks to avoid slipping.



[View on Google Maps](#) [Get Directions](#)

Promoted by Anna Hammerin

iaa@herts.ac.uk



LIFESTYLE | FITNESS

If You're Going to Fall Down, This Is the Right Way

Martial-arts instructors teach seniors how to avoid serious injuries when the inevitable slip happens

By [Jen Murphy](#) [Follow](#)

Updated Nov. 13, 2023 12:45 pm ET

[SHARE](#) [TEXT](#)

318 RESPONSES

[Listen to article](#) (2 minutes)

[Explore Audio Center](#)

In any tug of war between Barbro Finndin Stål and her large poodle, Sally, the dog usually wins.

Holsbybrunn

Här tränar pensionärerna på att ramla – och judo

23 juli 2024 18:00

Bara för att man är pensionär innebär det inte att man måste sitta hemma på kammaren. Inte om man ser till det gäng som besöker Ädelfors folkhögskola för att träna fallteknik och kampsporten judo i alla fall.



Hannes Björklund
Text



Helen Frisk (till vänster) i samspel med Nina Bergman under ett av träningspassen på Ädelfors folkhögskola.
Bild: Hannes Björklund

受け身の技術で転倒から身を守れ 柔道金メダリスト井上康生さん（45）が高齢者向けに教室を開く

シドニーオリンピック柔道男子100キロ級で金メダルを獲得した井上康生さんを講師に招き、40代から80代の参加者、約20人が、病院の柔道場で転びにくくするための体づくりの方法や、転んだ場合に衝撃を少なくするための受け身の取り方などを学びました。



2023年11月6日(月) 20:0

国内



(参加者)

フィールドの向こうに

転んだ後のつえ = 田原和宏

田原和宏 オピニオン | 夕刊総合

毎日新聞 | 2024/5/23 東京夕刊 有料記事 940文字



動きの手本を見せる、1996年アトランタ五輪柔道金メダリストの中村兼三さん(奥)＝東京都千代田区で2024年5月1日午前10時22分、田原和宏撮影

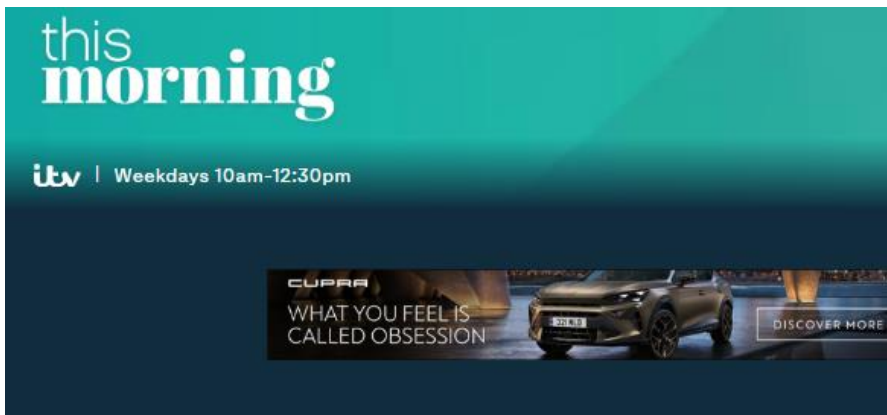
何もないところをつまずいたり、小さな段差で転んだり。そんな経験はないだろうか。転ばぬ先のつえ、あるいは転んだ後のつえとして、全日本柔道連盟が高齢者向けの転倒予防教室を始めた。

「自分の身は自分で守りましょう」。1日、東京・千代田区立スポーツセンターの柔道場で、講師役の1996年アトランタ・オリンピック男子71キロ級金メダルの中村兼三さん(50)はそう語

った。

初回のこの日は、柔道とは縁のない50～70代の11人が参加。受け身を会得するため、両手で膝を抱えて体を丸め、ゆりかごのように揺れるなどして体を動かした。最年

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



The judo instructor teaching us techniques to fall correctly

Tuesday 24 September at 10:55am



One third of people aged 65 and over will fall at least once a year, but could an ancient martial art save a fall from becoming a serious injury? Dr Zoe has been finding what happens to our bodies as we age, and is joined by judo coach and Senior Lecturer in Sports Coaching at Anglia Ruskin University, Dr Katrina McDonald, who is using the principles of her sport to help pensioners put themselves back in control of their bodies.



THE FITNESS CLASSES TEACHING US HOW TO FALL SAFELY

Whether you fall on your front, side or back, Dr Katrina demonstrates the correct way to help reduce the risk of injury. Here's her guide to ensure you're falling safely.



Social Media 社会的メディア

- Colleagues have been active in promoting their initiatives
- 同僚たちは自分たちの取り組みを積極的に推進しています



DNA - Craven Judo Academy · Follow

25 September · 🌐

🙏🏻 SAFER FALLING 🙏🏻

Calling all individuals aged 60+ or those looking to support their loved ones in leading long, independent lives!

Check out our innovative Safer Falling class at our judo club. We're dedicated to using break falling skills to enhance health and independence, ensuring a fulfilling retirement.

Wa... See more



ITV.COM

The judo instructor teaching us techniques to fall correctly

Judo coach and sports therapist Dr Katrina McDonald shows us techniques on how to fall corr...

👍 7

14 shares

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



Mike Callan is 😊 feeling thankful at University of Hertfordshire.
17 June · Hatfield · 🧑

Busy day today with TernTV at [University of Hertfordshire](#) sharing my work on safer falling for older adults. Pleasure to work with the amazing [Katrina McDonald](#). Thanks to everyone who made it possible and my fantastic participants for their positivity.



👍❤️ Slaviša Bradic, George Bountakis and 64 others

3 comments

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO

Kettering Library · Follow
15 September · 🌐

The wonderful [British Judo Association](#) are holding sessions at The Corn Market Hall starting Monday 23rd September to help those prone to falls by teaching safer falling techniques, and helping with balance and coordination! Plus who doesn't love a free tea and coffee after the session? ☺☺

For more information please visit: <https://www.britishjudo.org.uk/what-is-finding-your-feet/>

BRITISH JUDO
Finding your Feet

11:00am - 11:45am
Every Monday from 23rd September
£3.00 per session or 8 sessions for £20

Kettering Corn Market Hall,
42 London Rd, Kettering,
NN15 7QA

Finding Your Feet is a programme aimed at the older population to reduce the impact of falling by teaching basic judo techniques to help you fall safely.

- Gain confidence
- Learn techniques to help should you have a fall
- Reduce the fear of falling

Improve:

- Balance
- Co-ordination
- Strength

REGISTER NOW

☎️✉️
07854 215 654
laurence.kenyon@britishjudo.org.uk

👍👍👍 3 3 comments 2 shares

British Judo Association · 🌐
29 April · 🌐

Another successful Finding Your Feet workshop delivered in York

We have two more workshops to deliver, so register today and enhance your coaching portfolio

<https://www.britishjudo.org.uk/british-judo-launch.../...> See more

Jim Feenan and 52 others

14 comments 1 share

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



Jo Hunt is with Chris Hunt and Richard Stevens.

15 April · 🌐



I will be running this course along with some coaches from our Judo club. Please share with your older people who may be able to benefit, there is no actual Judo involved and aimed at the over 65 year old age group ! Thanks xx

**IS FEAR OF FALLING IMPACTING YOUR LIFE ?
HAD A FALL OR NEAR MISS ?**

We are recruiting a small group of older people for our pilot class of

FREE !
Six Week Course in
Keynsham

Simple Judo Based skills will help improve balance to keep you steady on your feet and if you do take a fall you will have the knowledge to land more safely and be able to get back on your feet safely

Learn in a safe welcoming environment with Male and Female Instructors
Improve Balance & Co-ordination
Strength and Mobility
Ability to Fall safely
Social Interaction

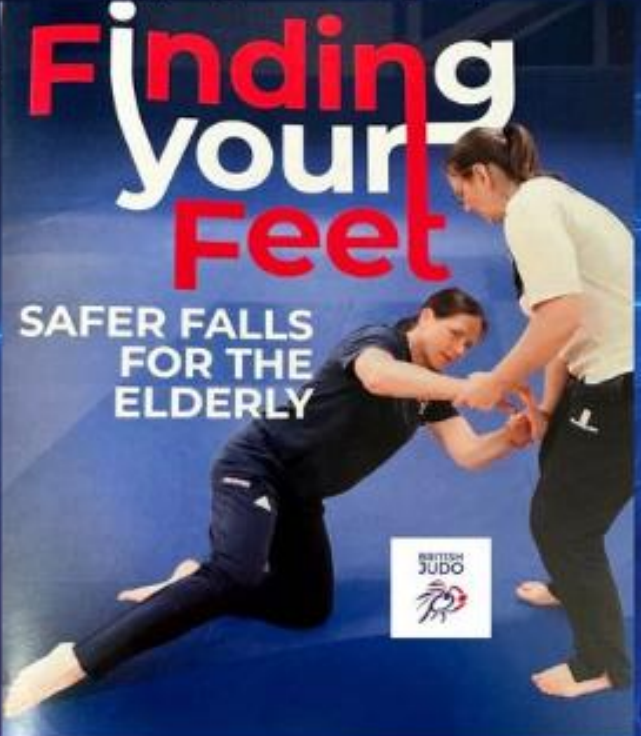
Finding your Feet

SAFER FALLS FOR THE ELDERLY

In conjunction with the British Judo Association Classes will be run by instructors from Japan Arts Centre Police Sport UK Judo Club

Contact Jo :
paajudo@aol.com
07500040182 for more details






Laurence Kenyon Bja and 22 others

5 comments



INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



MVYSI · Follow

30 September · 🌐



Fall Protection Courses are available with us at Mount Austin and SouthKey, Johor Bahru! PM us for enquiries to safer falling.

#mvysi #FallProtection #saferfalling #fallingdown #judo #ukemi #breakfall



YOUTUBE.COM

The Judo Instructor Teaching Us Techniques to Fall Correctly | This Morning

One-third of people aged 65 and over will fall at least once a year, but could an ancient martia...



1

1 share

INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



Karin Strömqvist Bååthe

22 July · 🌐

#pensionärskollo #judolägerförseniorer #ageisjustanumber #judo4balance #judo4life



👍❤️ You, Jim Feenan and 54 others



Judo klub Golovec

Admin · 13 November at 22:24 · 🌐

Discover the #EdJCO online tool – a multilingual educational program designed to equip judo coaches worldwide with the knowledge and skills to effectively work with the elderly.

To start click here: <https://rise.articulate.com/.../jnRRZ1-chwwCMM6aUdo...>



👍❤️ 7

1 comment Seen by 24



INTERNATIONAL JUDO FEDERATION
IJF ACADEMY



judospace.com
supporting player and coach education



INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO

Beltran Judo is with **Osona Judo**.
8 February · 🌐

Last week I attended a video conference presented by the British, Professor Michael Callan @m.chaelcallan **Mike Callan** from the University of Hertfordshire and Development Director, British Judo- Karen Roberts Oly @britishjudo **British Judo Association** who spoke about: Falling for Judo.

Webinar promoted and organized by Herts Sports & Physical Activity Partnership @sportinherts **Herts Sports Partnership**

Seeing this type of work, remind you that Judo is not just a sport, nor a ... See more



Living Longer Better in Hertfordshire

Rising to falls with Judo

Falling for Judo.

Professor Mike Callan FRSA
University of Hertfordshire

Webinar: 30 January 2024

Live Longer Better.
in Hertfordshire

The final aim of judo

The burden of falls is substantial. Investing in further research, fall prevention strategies and access to care is critical.
- James St. Lucchesi DA, Biogeronte, 2018

The final aim of judo practice and study is to make ourselves perfect, and work for the benefit of society.
- Professor Iguro Kuni


Living Sport

University of Hertfordshire UH
British Judo

George Bountakis, Richard Kenney and 3 others

Laurence Kenyon Bja
25 November at 17:17 · 🌐

Great to be involved with this initiative showcasing the Finding Your Feet programme over the next two weeks, ably delivered by Colin Fordham
British Judo Association



Supported by funding from
Cambridgeshire Community Foundation

LIVING SPORT
THE ACTIVE PARTNERSHIP

Living Sport · Follow
25 November at 17:04 · 🌐

We're looking forward to another Active Waterbeach session this Thursday! 🌊

We have wrapped up two successful Yoga and Strength conditioning sessions in the pa... See more

You, Mike Liptrot and 1 other



INTERNATIONAL CONFERENCE SAFE FALLING for the ELDERLY through JUDO



Judo Australia · Follow

23 September · 🌐

Judo Australia are proud supporters of the Dynamic Balance Program and the work by our members Meera and Michael in South Australia.

Research is still being conducted, but the plans to roll this out to our members and coaches forms part of our longer-term Judo in Australia Participation Plan.

Wish them well in their future work to truly demonstrate the effectiveness of Judo for our communities. ... See more



HOSPITALRESEARCH.ORG.AU

Judo helping older Aussies to fall safely - The Hospital Research Foundation Group

👍❤️ 85

1 comment 11 shares



Renkeido Judo Kwai · Follow

10 April · 🌐

Not just a young persons game!

Judo has benefits for everyone, especially for those in later life who want to feel safer in the event of a fall.

Coach Dave recently completed a Finding Your Feet coaching workshop and took away a lot of new ideas and understanding of what judo can offer to the elderly.



Laurence Kenyon Bja

10 April · 🌐

Finding Your Feet Coach Education Workshops

You may have heard about the Finding Your Feet workshops and thought what will that do for my club, coaching a few ... See more

👍❤️ Laurence Kenyon Bja and 1 other



INTERNATIONAL JUDO FEDERATION
IJF ACADEMY



judospace.com
supporting player and coach education





JOY - Judo connecting Older and Younger generations

10 April · 🌐



👤 **Embracing Judo for Parkinson's Patients: Introducing Gensoku No Genkei** 📌

At JOY project, we're committed to exploring the profound impact of Judo beyond conventional realms. Today, we shine a light on an innovative approach: Judo for Parkinson's disease patients.

Enter Gensoku No Genkei (原則の原型), a kata infused with the simplest yet biomechanically assessed human movements, coupled with safe falling techniques. But it's not just a sequence of motions; it's a gateway to neu... See more



👍❤️ 38

11 comments 14 shares

Progress in 2024 2024年の進展

- Fantastic progress in raising awareness of the possibilities of judo
- Through academic articles, press coverage and social media
- 柔道の可能性に対する認識を高めるための素晴らしい進展が、学術論文、報道記事、そしてソーシャルメディアを通じて達成されました



Vision 展望

To create a 'movement' 「運動を作る」

movement *noun* (GROUP OF PEOPLE)

C1 [C, + sing/pl verb]

a group of people with a particular set of aims or ideas :

- *The suffragette movement campaigned for votes for women.*



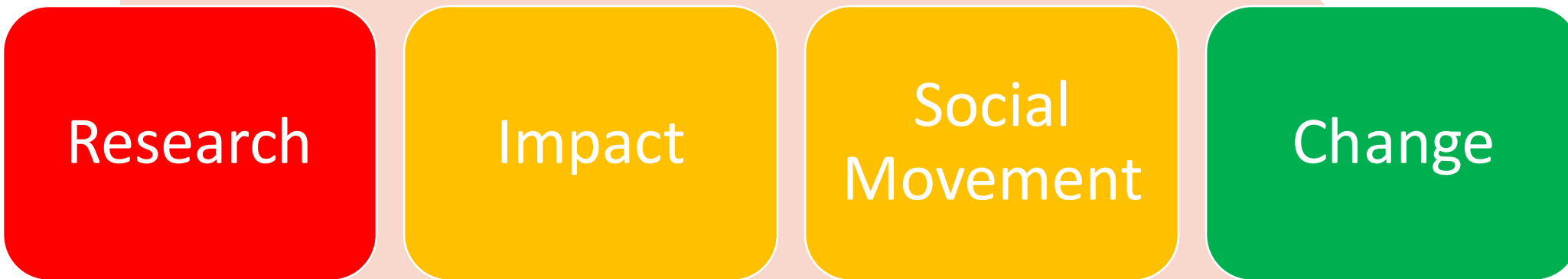
- Judo has been important in previous social movements
- Such as the suffragettes
- 柔道は過去の社会運動、例えば婦人参政権運動において重要な役割を果たしてきました

My challenge 私の挑戦

- Build the 'movement'
- Through leadership in your communities
- Raise awareness about the value of judo for safer falling
- 「地域社会でのリーダーシップを通じて「ムーブメント」を作り、柔道の安全な転倒のための価値について認識を高めましょう」



Research-led change 研究主導の变革



研究 - 影響 - 社会運動 - 変化

Thank you 有難うございます

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