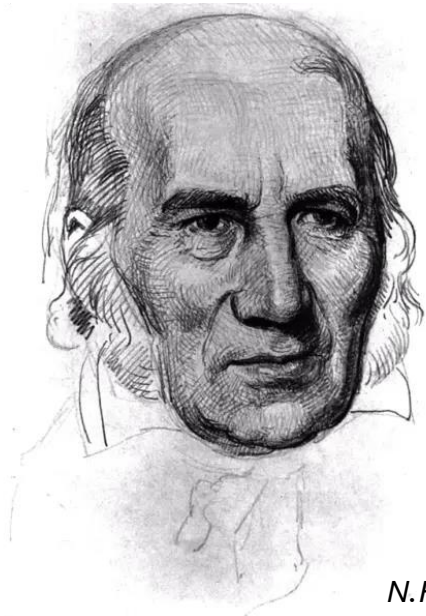


Safe Fall Denmark in the tradition of “Højskole” education



*N.F.S. Grundtvig:
“We don't learn for school, but for life.”*



Tadao Chiba



Dr. Matsumae (center) visited Askov Folk High School in Denmark (1934).

Julie Vilhelmsen, HD, projektmanager
Holger-Henning Carlsen, MD, MFT, judoka

Here we are!



Background:


October 2020, registration of all contulsations in my klinik: 7.5 % ware related to fall

Carlsen; Månedsskrift for almen praksis, 716-721, oktober 2021

Faldproblemer i almen praksis

Spørgeskema faldulykker

Sørløv lægepraksis



- 1) Kan det tænkes at fald eller snublen kan være årsag til dit ubehag?
- 2) Hvornår er du faldet? (ca).
- 3) Sket på arbejde? ved idræt? hjemme?
- 4) Gled du? Faldt du over noget? Faldt du fra højde?
- 5) Symptomer
Forstuvning? Brud? Hovedpine? Hukommelsesbesvær?
Træthed?
- 6) Sygemelding ja nej



SAFEBALLING IN
SAFE FALL
SCHOOL - WORK - LIFE JUDO

Month: _____ Date: _____ Age: _____ Sex: _____

	Weight	Age	Sex	Weighting
1. Did you fall or stumble at work or at home?				
2. Did you fall or stumble at work?				
3. Did you fall or stumble at home?				
4. Did you fall or stumble at school?				
5. Did you fall or stumble at leisure?				
6. Did you fall or stumble at the gym?				
7. Did you fall or stumble at the playground?				
8. Did you fall or stumble at the swimming pool?				
9. Did you fall or stumble at the sports field?				
10. Did you fall or stumble at the sports field?				
11. Did you fall or stumble at the sports field?				
12. Did you fall or stumble at the sports field?				
13. Did you fall or stumble at the sports field?				
14. Did you fall or stumble at the sports field?				
15. Did you fall or stumble at the sports field?				
16. Did you fall or stumble at the sports field?				
17. Did you fall or stumble at the sports field?				
18. Did you fall or stumble at the sports field?				
19. Did you fall or stumble at the sports field?				
20. Did you fall or stumble at the sports field?				





EJU medical seminar, Istanbul 2022



Education of judo instructors for fall instructors for the elderly



Training session with older people in our private dojo

Idea: Making a "Fall højskole"

Program – topic of the day:
Dizzines and poor balance



- 1 Presentation of the participants,
- 2 Discussion of expectations
- 3 A song from the højskole songbook
- 4 Warming up at the mat
- 5 Fall techniques
- 6 Break and theory
- 7 Training according to the theory of the day.
- 8 Evaluating of the day and desires for the next training



Both falling and getting back up are practiced



Ukemi for riders



- Tokai University
- European center
- Vedbæk , Denmark