#### Demystifying Judo ukemi's

Some thoughts after 10 years of Judo Flanders Carefree falling and the first International Hiratsuga Conference (2023)

International Consensus Conference on Safe Falling for older people through Judo, Hiratsuka 12-13 dec. 2024

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#### 1. Introduction

- 2. From standing position to the ground
- 3. Automatisation through motor vizualisation
- 4. Convince medical and paramedical professionals



#### Flanders

- North part of Belgium
- 6,8 million inhabitants, 13.700 km<sup>2</sup>
- 18.000 judoka's, 10% over 55

#### Judo Flanders

- Royal Belgian Judo
- European Judo Union and the International Judo Federation





### Organizational model

- Supported by Judo Flanders since 2014
- All info available on the website
- A staff member of Judo Flanders match an organisator with a certified judo trainer
- Organisator can be every elderly organisation or representatives





### Lesson

- . 1 lesson, 1 hour: tools how to land safe
- 2. Most common falls in daily life: tripping and slipping
- 3. Judo answer: mae ukemi and ushiro ukemi
- 4. All exercices repeatable at home, why not on your bed! (Lifestyle integrated functional exercices)



#### Insurance

VIP: Flanders has a collective insurance for every occasional sporting event



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#### Demystifying 1

For learning mae- and ushiro ukeming in the paraphrase W, Shaekespeare,...

"Much ado about nothing",,,



### Demystifying 2

- Prepare the landing the moment of loss of balance
- Forearms parallel with the surface and keep them in that position to the ground
- Position of forearms is almost the same for mae- and ushiro ukemi



### Demystifying 3

Paradox: the most important exercise is the easiest to learn and to memorize

We start from ground and gradually we rewind the 'fall movie' with little exercises until standing position

Conform the motoric learning model from Fitts & Posner



# Result in practice?

- I. For having result in practice it's absolutely necessary that partipants execute the full fall movement from standing position
- 2. Thick crash mats are necessary
- 3. The movement is neurological stocked somewhere in the brain and can be called up when necessary



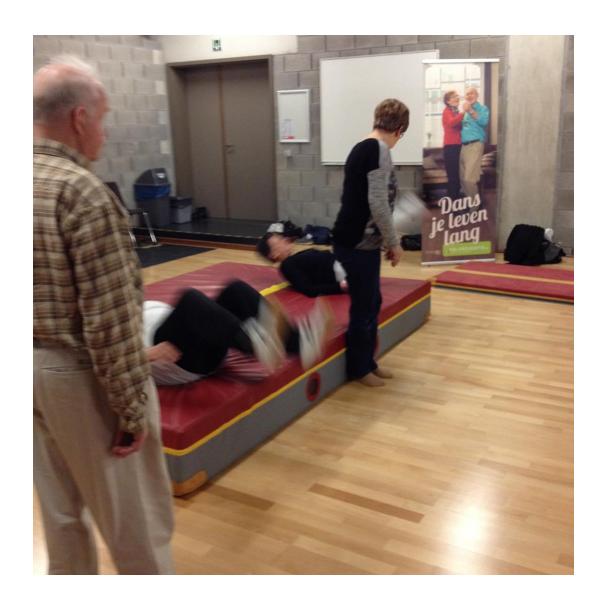






















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### Imagine....







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In social sciences Prevention is divided in **3 levels.** Applied to our theme, we then get

- Primary prevention: how to prevent a fall (worldwide on congresses the main paradigma)
- Secondary prevention: when fall occurs how to prevent injurie (judo ukemi's)
- **Tertiary** prevention: try to avoid the same in the future



- Primary prevention and secondary prevention are complementary
- Both are **necessary** to reduce the world wide problem of fall injuries
- In my opinion, here lies an important task for this meeting: to narrow the gap between medical and paramedical professionals and the judo world. unknown is unloved



## Arigato, Thank you, Gracias, Tack, Merci, Bedankt, Hvala, shkran lak

Special thanks to my colleagues and Judo Flanders

