

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. Automatisatisation through motor visualisation

4. Convince medical and paramedical professionals

Flanders

- North part of Belgium
- 6,8 million inhabitants, 13.700 km²
- 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 schedule

1. 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 exercises repeatable at home, why not on your bed! (Lifestyle integrated functional exercises)

Insurance

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

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Demystifying 1

1. For learning mae- and ushiro ukemi
I 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?

1. For having result in practice it's absolutely necessary that participants 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 paradigm)
- **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
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