

3rd INTERNATIONAL CONFERENCE ON SAFER FALLING FOR OLDER PEOPLE THROUGH JUDO

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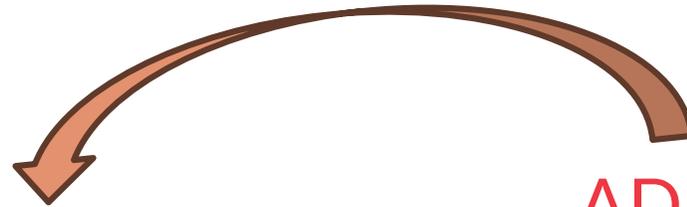


***Adapted Utilitarian Judo (JUA):
An Innovative Approach to Fall
Prevention in Older Adults***



Research Group:
Research in Physical Activity,
Quality of Life, and Physical
Education

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ADAPTED UTILITARIAN JUDO

The Arts and Sciences of Judo, Vol. 4 No.1 Original scientific paper

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

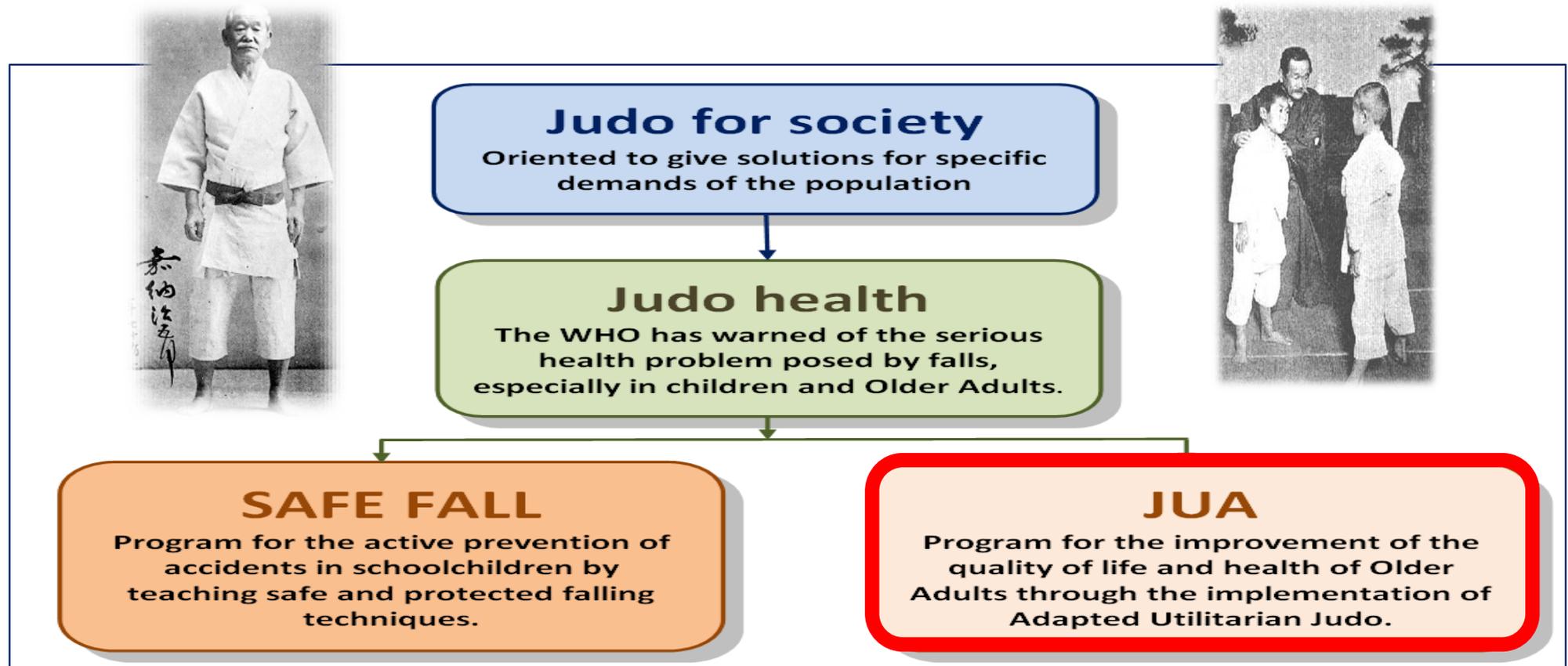
By Mike Callan¹, Charlotte Bird², Slavisa Bradic³, **María del Carmen Campos Mesa⁴**, **Oscar del Castillo Andrés⁵**, Maja Sori Doval⁶, Jean-Pierre Dziergwa⁷, Jim Feenan⁸, Michael Headland⁹, Akira Ikumi¹⁰, Kosei Inoue¹¹, Agathe Daria Jadczyk¹², Takeshi Kamitani¹³, Asako Katsumata¹⁴, Hisano Kawahara¹⁵, Nusa

“(...) adaptation form of Judo which, on the foundations of Kodokan Judo, develops specific adapted motor skills that allow integrating norms and habits of life to contribute to the well-being of the older adult, providing **autonomy in personal, domestic, and social contexts**”.

(DelCastillo-Andrés et al., 2016)



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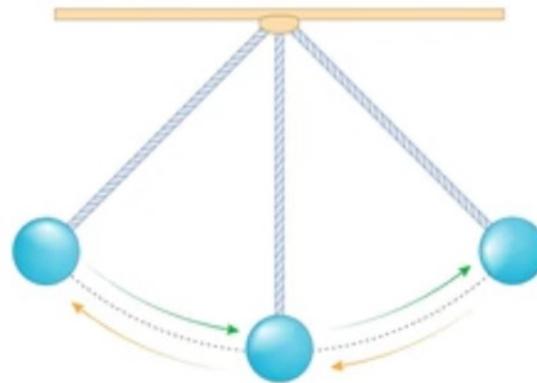
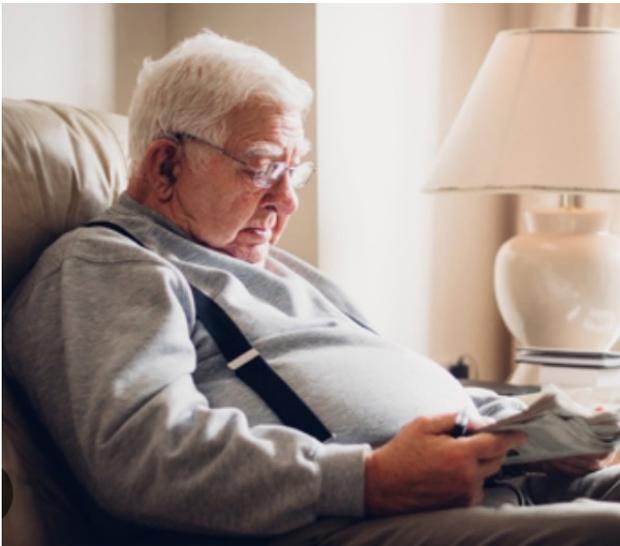


Judo and its educational approach

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CURRENT AGING SOCIETY



WHO (2021) "... Prevention strategies should emphasize **education, training**, creating safer environments, **prioritizing fall-related research** and establishing effective policies to reduce risk.

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Adapted Utilitarian Judo (JUA)

(American Geriatric Society, 2024; British Geriatric Society, 2022; American Academy of Orthopaedic Surgeons Panel on Falls Prevention, 2025)

Lower body strength



Grip strength



Joint movement



Balance



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56,7%

83,8% of falls result in **head injuries** of varying degrees of intensity and severity.



13%

20-35%



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ADAPTATIONS

SIGNIFICANT ADAPTATIONS

UKEMIS

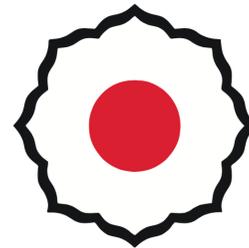
Hands protect head

SHINTAI & TAI SABAKI

Heel-to-toe gait

KAKE

Transitions to the ground, not projections



講道館
KODOKAN



NON-SIGNIFICANT ADAPTATIONS

Modifications in the technical position based on the practitioner's capabilities



“Enhance and develop specific floor mobility work, adapting to the context”



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ISSN 2550-4250

EFFECTOS DE UN PROGRAMA DE JUDO UTILITARIO ADAPTADO SOBRE UN ADULTO DE 54 AÑOS. ESTUDIO DE CASO

EFFECTS OF AN ADAPTED UTILITARIAN JUDO PROGRAM ON AN OLDER-OLD ADULT. CASE STUDY

International Journal of Environmental Research and Public Health

Instrumentos	Pre-test	Post-test	Valores de mejora
FES+*	27	22	5
Función Física	75	80	5
Rol Físico	0	25	25
Dolor	45	57,5	12,5
Salud general	55	60	5
Vitalidad	45	50	5
IF-36*			
Función social	22,5	32,5	10
Rol emocional	0	33,33	33,33
Salud mental	32	32	0
Transición de la salud	50	-	-

Effects of the Application of a Program of Adapted Utilitarian Judo (JUA) on the Fear of Falling Syndrome (FOF) for the Health Sustainability of the Elderly Population

Luis Toronjo-Hornillo, Carolina Castañeda-Vázquez, María del Carmen Campos-Mesa*, Gloria González-Campos, Juan Corral-Peria, Fátima Chacón-Borrego and Oscar DelCastillo-Andrés

Physical Education and Sports Department, University of Sevilla, 41013 Sevilla, Spain; ltoronjo@gmail.com (L.T.-H.); carolina.vazquez@us.es (C.C.-V.); gloria.gonzalez@us.es (G.C.-C.); juarcorral@us.es (J.C.-P.); fatima.chacon@us.es (F.C.-B.); oscar.delcastillo@us.es (O.D.-A.)

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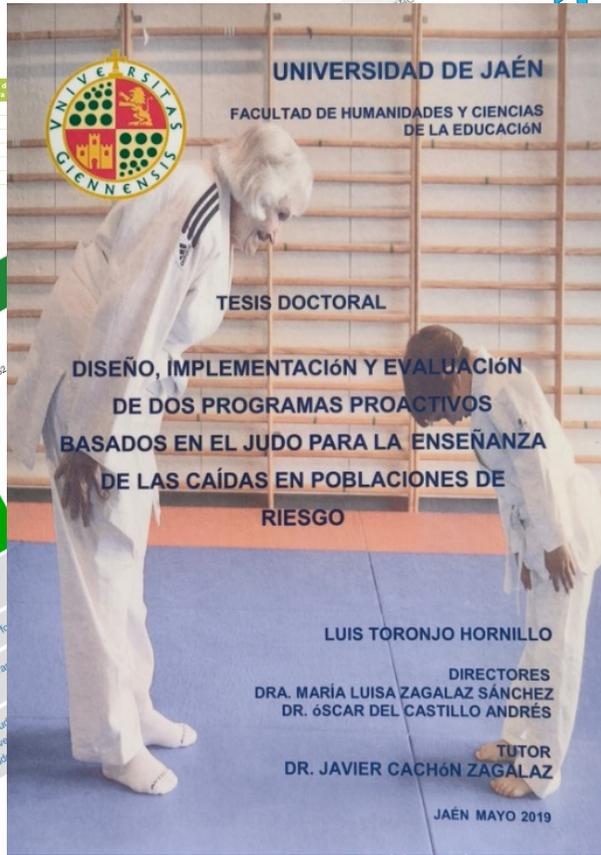
Abstract: This research analyzes the fall history of a group of elderly people and the effects of an intervention program based on Adapted Utilitarian Judo (JUA) to teach them to fall safely.

The WHO questionnaire of the experimental group, in a quasi-experimental design with pre-post measurement of the Fear of Falling (FOF). We applied the 16-item version of the Falls Efficacy Scale (FES), in a 60-minute program with 12 sessions.

Results: In the pre-test, we found that the FES score was 27 (SD=18.17). The results show a significant improvement in subjects' perception of fear of falling before the intervention.

Conclusion: The results show that the JUA program is an effective tool for improving the health sustainability of the elderly population.

Keywords: elderly people, fear of falling, health sustainability, Judo, falls, older adults



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JAÉN MAYO 2019

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RESEARCH

Evaluating the effectiveness of an exercise program based on the Adapted Utilitarian Judo Fall program by analyzing fall competence in older adults

Marta Ortiz-Molina¹, Karin Strömqvist Bååthe^{2,3*}, Oscar DelCastillo-Andrés¹, María del Carmen Campos-Mesa¹

Abstract: Population aging increases the risk of falls, particularly in older adults. Research suggests that exercise programs can improve the effectiveness of an exercise program to safely manage falls. This study aimed to evaluate how to fall safely.

Keywords: falls, older adults, exercise program, fall competence, adapted utilitarian judo

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THEORY AND PRACTICE
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idad Motriz
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ESPAÑA
Dae do
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Judo, by teaching us how to move, fall, and rise again, reveals that in every fall and in every return to standing, a motor talisman against fragility is born.

柔道は、動き方、転び方、そして再び立ち上がる方法を教えることで、あらゆる転倒と立ち上がりの瞬間に、脆さに対する動的な護符が生まれることを明らかにする

Jūdō wa, ugoki, taore, soshite futatabi tachiagaru koto o oshieru koto de, taoreru tabi ni, tachiagaru tabi ni, morosa o mamoru “ugoki no omamori” ga umareru koto o shimeshite kureru.

DelCastillo-Andrés, Campos-Mesa and Ortiz-Molina (2025)

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Thank You...

誠にありがとうございます
Makoto ni arigatō gozaimasu