

# “Judo for Successful Ageing: Evidence, Practice, and Future Directions”

SIMONE CIACCIONI, PHD<sup>1,2</sup>

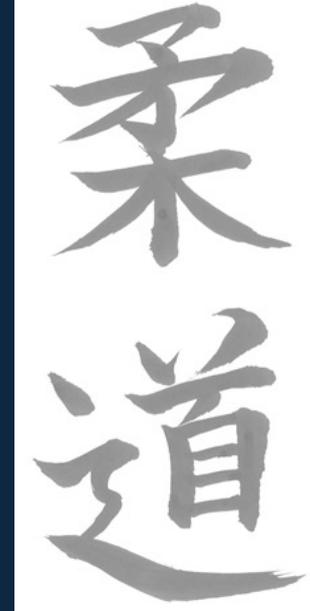
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INTERNATIONAL CONFERENCE  
SAFE FALLING for OLDER PEOPLE through JUDO

Keynote  
Lecture



12-14 Dec 2025  
Tokai University,  
Kanagawa Japan  
学校法人 東海大

## M.Sc.

Internship-based skill  
development:

- Anthropometry;
- Functional fitness tests;
- Mental health-related  
measures;
- Gait analysis.



Where I  
started my  
path...

# Healthy and Active Aging: Investigating older individuals ranging from master athletes to sedentary healthy individuals to those affected by type II diabetes...

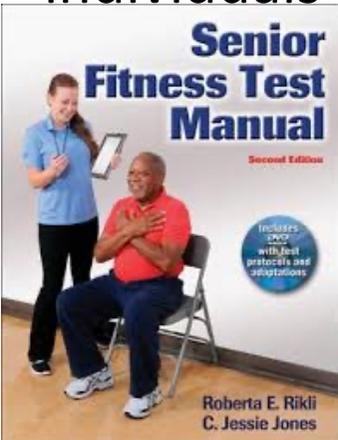
Progetti di Rilevante  
Interesse Nazionale  
PRIN

36-months:

Study1: physical and cognitive predictors of functional locomotor abilities;

Study2: single vs. motor-cognitive dual task with varying difficulty of motor-coordinative and cognitive-executive demands;

Study3: physical activity programme joining functional ability and executive function training in healthy older individuals and co-aged DM 2 patients



Article

# The Interlink among Age, Functional Fitness, and Perception of Health and Quality of Life: A Mediation Analysis

Simone Ciaccioni <sup>1</sup>, Caterina Pesce <sup>1</sup>, Roberta Forte <sup>1</sup>, Valentina Presta <sup>2</sup>, Angela Di Baldassarre <sup>3</sup>,  
Laura Capranica <sup>1</sup> and Giancarlo Condello <sup>2,\*</sup>

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**Abstract:** In aging societies, physical activity may benefit functional fitness influencing the health of older people. The aim of this study was to explore the interrelation between age and perception of health and quality of life, and the mediating effects of functional fitness in older individuals. One hundred and sixty-six late middle-aged (55–64 years, young-old (65–74 years), and old (75–84 years) adults, divided into senior athletes ( $n = 44$ ), physically active ( $n = 59$ ), and sedentary individuals ( $n = 63$ ) were evaluated for functional fitness (flexibility, strength, interlimb coordination, endurance) and physical (Physical Component Summary-PCS) and mental (Mental Component Summary-MCS) health and quality of life perception. Multiple mediation analyses were applied to assess the relationship between age and PCS and MCS indices and the role of functional fitness-related mediators. For MCS only, the mediation analysis showed a positive total and direct effect of age and a negative total indirect effect through mediators. No effects emerged for PCS. Despite a decline in their functional fitness, older individuals were able to maintain a mental health perception, also demonstrating how beneficial effects of physically active lifestyle on functional fitness can positively impact the cognitive-emotional dimension of mental health with advancing age.

**Keywords:** aging; physical fitness; senior athletes; mental health; mediating chains



**Citation:** Ciaccioni, S.; Pesce, C.; Forte, R.; Presta, V.; Di Baldassarre, A.; Capranica, L.; Condello, G. The Interlink among Age, Functional Fitness, and Perception of Health and Quality of Life: A Mediation Analysis. *Int. J. Environ. Res. Public Health* **2022**, *19*, 6850. <https://>



 **Università  
Pegaso**

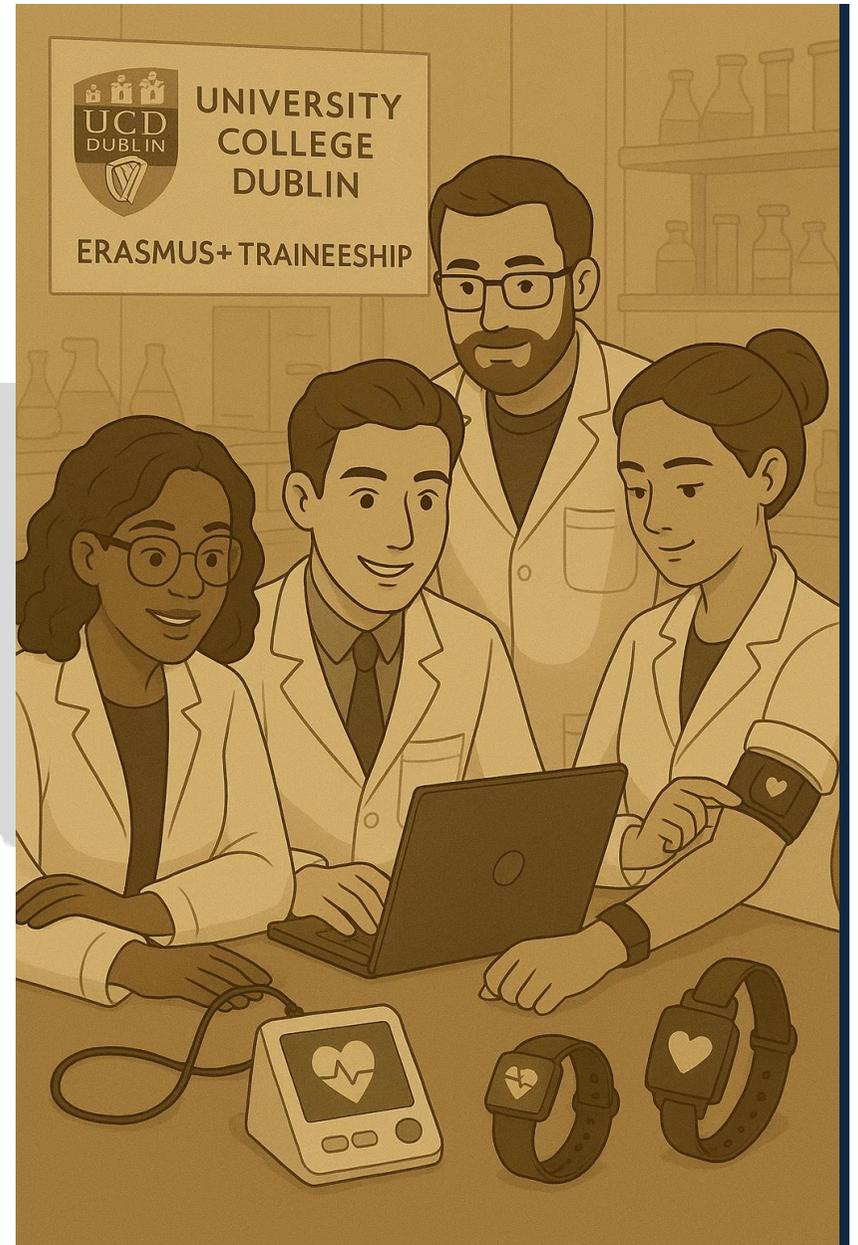


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**Erasmus+**



**Erasmus+**  
Traineeship





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# PhD: "The contribution of judo to a successful ageing."



Seiryoku  
u zenyo

精力善用

柔道

M° Jigoro Kano, 1882

Jita  
kyoei

自他共栄

# JUDO



Olympic  
Games

M 1964

F 1988



Physical, Mental  
and Ethical  
Education  
(HEPA)

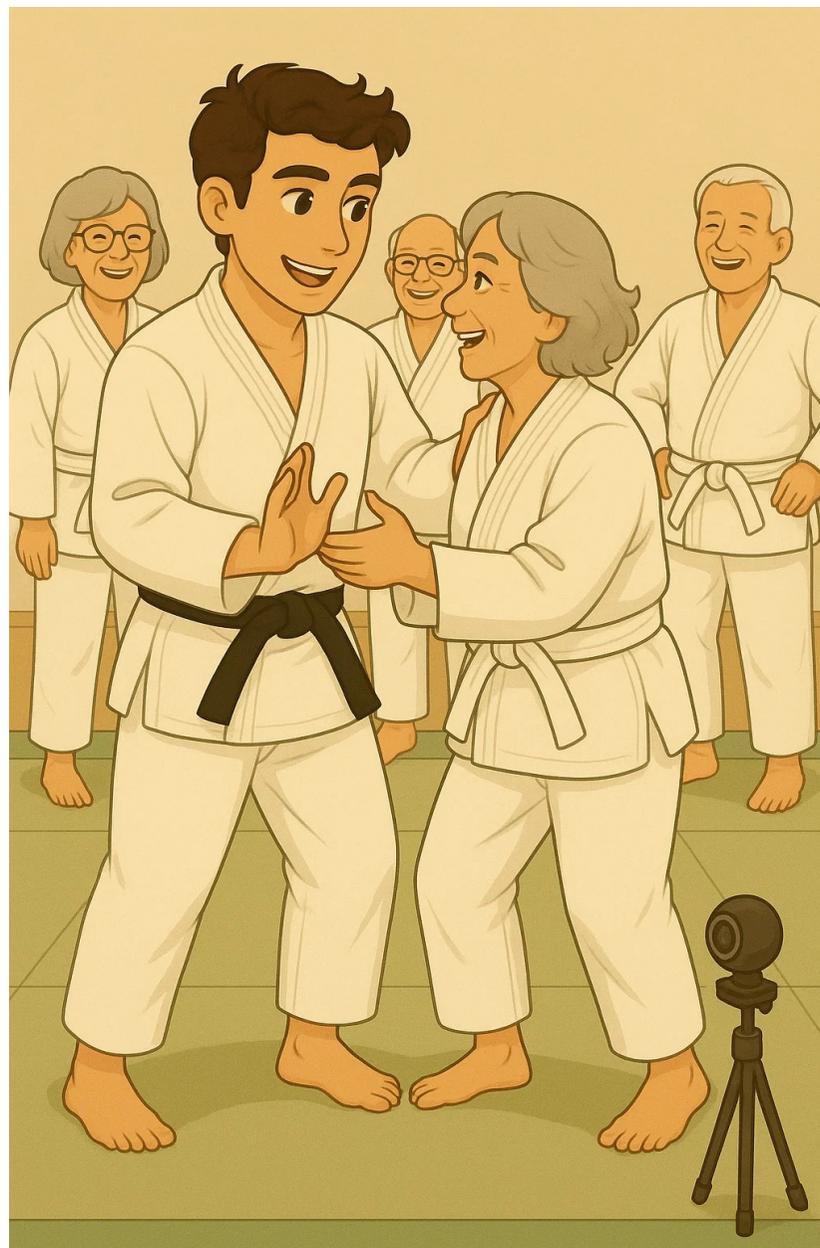




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Can older novice  
individuals practice  
judo?

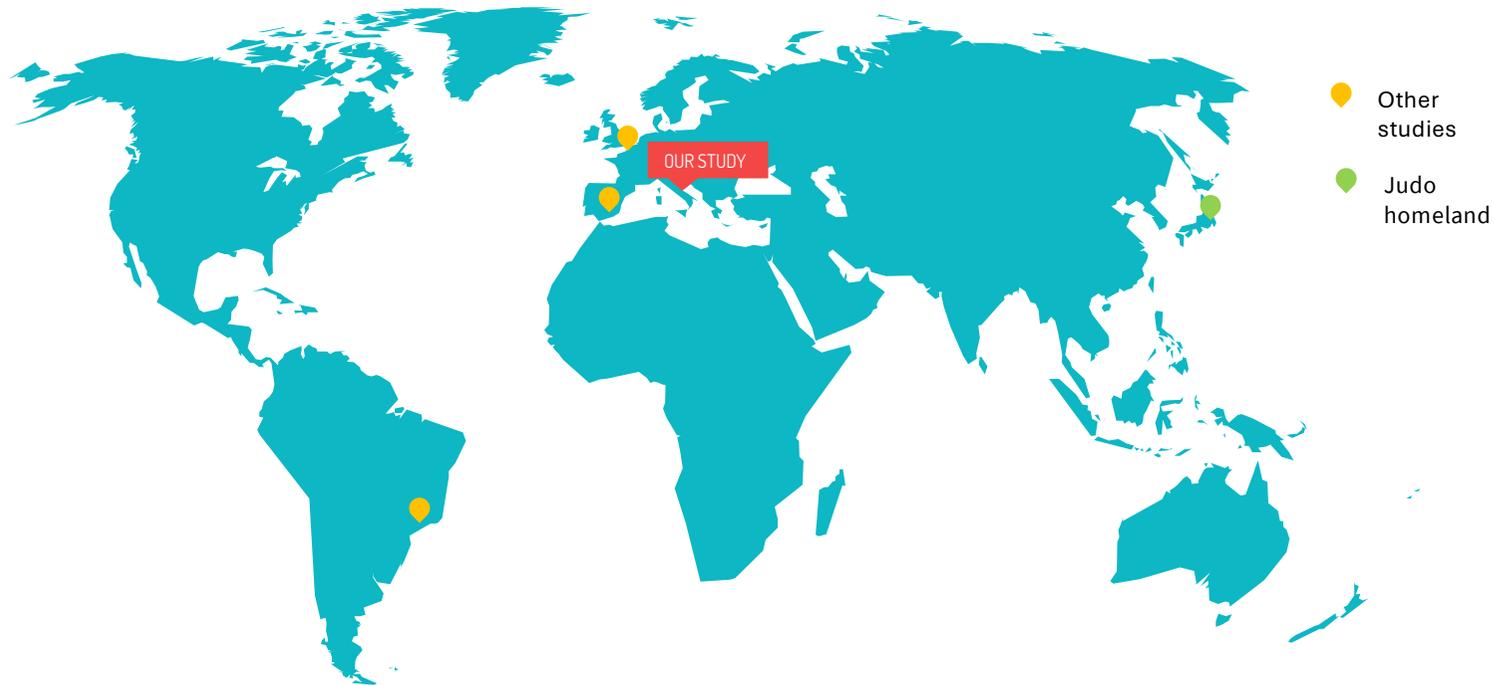
What are the effects of a  
4-month 1h be-weekly  
judo programme?







2015



# EFFECTS OF JUDO TRAINING ON BONES: A SYSTEMATIC LITERATURE REVIEW

SIMONE CIACCIONI, GIANCARLO CONDELLO, FLAVIA GUIDOTTI, AND LAURA CAPRANICA

*Division of Human Movement and Sport Sciences, Department of Movement, Human and Health Sciences, University of Rome*

34 Studies

## Main Findings

- Judoka show **higher BMD** than sedentary peers and several other sports.
- **Positive BMD effects** across age groups, including postmenopausal women.
- **Larger bone diameters** in relation to sex, age, and weight category.
- **Fall techniques (ukemi)** reduce hip impact forces by **17–30 percent**.
- **Weight cycling** increases bone resorption but **does not reduce BMD**.

## Implications

- Judo offers strong **osteogenic benefits** and **protective fall skills**.
- Careful monitoring of **weight-cutting practices** is advisable.



**RECRUITMENT**



**ETHICAL COMMITTEE APPROVAL**

**T1 LAB EVALUATION**



**4-MONTH INTERVENTION**



**T2 LAB EVALUATION**



**DATA ANALYSIS**



**FOLLOW-UP**



**PAPERS**



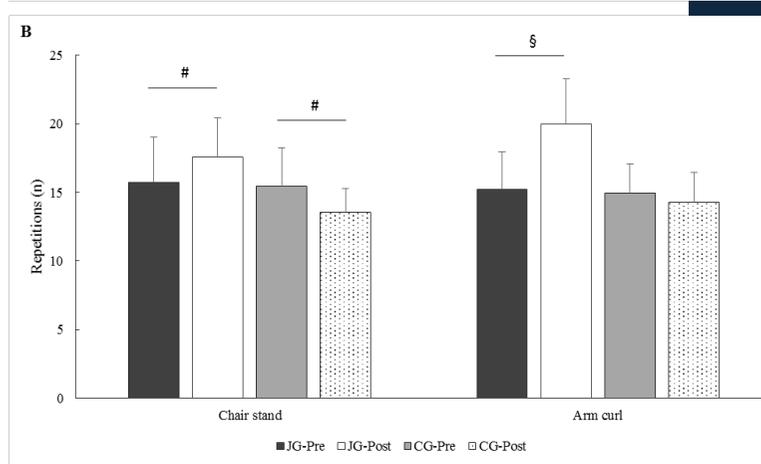
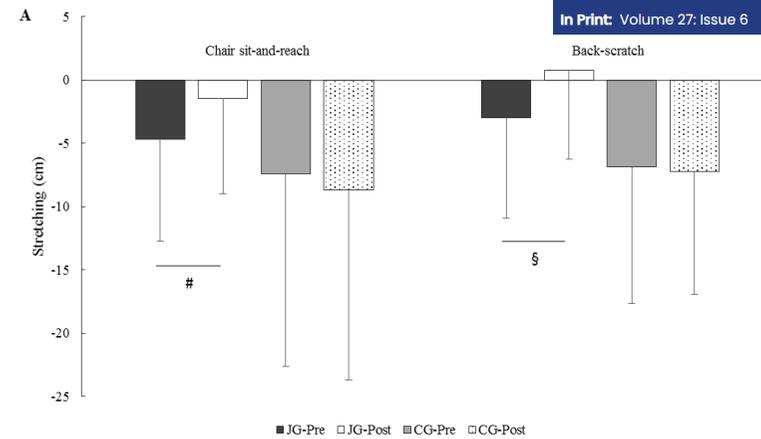
Phase	Activity	Items	Length (min)
Etiquette	Rei-Ho	Opening bowing ceremony (seiza-kneeling, rei-bow to show respect, kiritsu-all rise)	1'
Warm-up	Taiso	Walking at different speeds	10'
		Light running	
		Dynamic movements of different body segments	
		Preparatory exercises to the ukemi (rolling over, squatting...)	
		Seiryoku Zen'yo Kokumin Taiiku no kata	
Central	Shisei	Postures: 1.Shizen-hon-tai, 2.Migi-shizentai, 3.Hidari-shizentai	30'
	Shintai Tai-sabaki	Linear movements: 1.Tsugi-ashi, 2.Ayumi-ashi Circular movements: 4.Tai-sabaki	
	Ukemi	1.Mae, 2.Ushiro, 3.Yoko, 4.Mae-mawari	
	Tachi-waza	1.Uki-goshi, 2.O-soto-gari, 3.De-ashi-barai, 4.O-goshi	
	Ne-waza	1.Hon-gesa-katame, 2.Yoko-shio-gatame, 3.Mune-gatame	
	Uchi-komi	Repetitions of the learnt techniques	
	Kata	1.First 5 techniques of Ju-no-kata	
	Nage-ai	Projections with the support of thick and thin mats	
Kumi-kata	Dynamic grab training		
Cool-down	Exercises	Light movements comprising all joints	20'
	Stretching	Static and dynamic stretching of all joints	
	Techniques	Ju-no-kata techniques performed at very low speed	
Etiquette	Rei-Ho	Closing bowing ceremony (as above)	1'

# RESULTS (Training effects on anthropometric and functional fitness variables)

**Table 2.** Means ± SD and Time x Group Differences ( $p < 0.05$  in the ANOVAs) of Anthropometric and Functional Fitness Variables.

		Judo Group		Control Group		<i>p</i>
		F (n=8)	M (n=8)	F (n=5)	M (n=9)	
<b>Anthropometry</b>						
BMI ( $kg\ m^{-2}$ )	Pre	25.7±3.3	27.0±2.0	24.7±2.9	29.3±2.8	n.s.
	Post	25.1±3.3	26.4±2.0	24.6±3.1	28.9±2.8	
Hip Circumference (cm)	Pre	85.0±8.0	98.2±7.9	81.5±7.6	106.6±7.7	n.s.
	Post	84.4±7.0	97.7±7.5	83.5±11.4	107.3±6.8	
Waist Circumference (cm)	Pre	99.6±5.9	101.8±5.9	100.0±9.1	105.7±4.9	.004
	Post	99.3±4.9	100.1±5.8	100.6±8.6	105.9±4.7	
<b>Functional fitness</b>						
<b>Flexibility</b>						
Sit and Reach (cm)	Pre	-3.4±7.4	-6.0±8.9	2.8±14.3	-13.1±13.1	.002
	Post	-1.0±8.1	-1.9±7.5	2.3±14.4	-14.8±12.0	
Back Scratch (cm)	Pre	-1.2±6.5	-4.8±9.2	-2.2±9.6	-9.4±11.0	.001
	Post	2.6±6.5	-1.0±7.5	-3.0±5.7	-9.6±10.9	
<b>Strength</b>						
Handgrip (kg)	Pre	27.4±6.5	42.5±6.9	23.9±4.7	40.0±6.6	n.s.
	Post	27.2±6.7	41.5±7.6	24.5±4.7	38.5±6.6	
Chair Stand (n repetitions)	Pre	15.4±2.6	16.1±4.1	15.4±1.1	15.4±3.5	>.001
	Post	17.5±2.6	17.6±3.3	13.6±.9	13.6±2.1	
Arm Curl (n repetitions)	Pre	15.6±2.8	14.9±2.8	15.6±2.1	14.6±2.2	>.001
	Post	21.0±3.0	19.0±3.3	13.2±2.9	13.8±1.6	
<b>Coordination</b>						
IP 80 bpm	Pre	54.6±10.9	57.9±6.0	60.0±.0	60.0±.0	n.s.
	Post	60.0±0.0	60.0±.0	60.0±.0	60.0±.0	
IP 120 bpm	Pre	42.4±24.9	42.8±20.8	48.4±19.5	43.3±18.9	n.s.
	Post	54.6±15.2	55.1±10.1	48.4±22.2	45.2±18.4	
IP 180 bpm	Pre	9.3±7.3	15.0±11.8	11.6±8.6	14.0±10.5	n.s.
	Post	27.9±15.8	27.8±10.0	14.6±9.2	19.4±20.0	
AP 80 bpm	Pre	19.1±24.2	10.6±20.7	20.4±25.3	6.8±8.5	n.s.
	Post	33.8±25.0	27.6±26.3	15.2±25.5	13.8±19.3	
AP 120 bpm	Pre	6.6±12.0	4.5±7.9	5.2±5.4	3.3±5.6	n.s.
	Post	10.3±12.6	13.3±21.4	4.6±10.3	6.3±12.1	
AP 180 bpm	Pre	.9±2.5	.1±0.4	.0±.0	.3±1.0	n.s.
	Post	1.5±3.0	1.5±2.3	.4±.9	.3±1.0	

M=male; F=female; IP =in phase; AP=anti-phase; n.s.=no significant difference.



# RESULTS (Training effects on psychological variables)

Journal of Aging and Physical Activity

**Table 3.** Means ± SD of Female (F) and Male (M) Participants' Psychological Aspects Before and After the Experimental period.

	Judo Group			Control Group			P
	F (n=8)	M (n=8)	Total (n=16)	F (n=5)	M (n=9)	Total (n=14)	
<b>SF-12v2 (pt)</b>							
<i>PCS</i>							
pre	52.3±1.9	55.2±4.6	53.7±3.7	53.8±4.7	56.2±3.0	55.3±3.7	n.s.
post	55.7±3.0	55.3±4.7	55.5±3.8	54.2±7.0	54.8±6.2	54.6±6.3	
<i>MCS</i>							
pre	48.7±6.8	49.8±9.1	49.3±7.8	47.6±11.7	49.0±6.1	48.5±8.1	n.s.
post	51.6±8.2	50.5±11.8	51.0±9.8	46.4±9.6	49.0±5.7	48.1±7.1	
<b>BIDA (%)</b>							
<i>BD</i>							
pre	21.7±17.8	18.8±11.3	20.2±14.5	17.6±6.6	28.4±16.7	24.6±14.6	.004
post	15.4±20.3	16.5±16.1	16.0±17.7	11.8±12.3	19.6±10.4	16.8±11.3	
<i>SxBD</i>							
pre	18.0±22.0	23.2±13.5	20.6±17.8	8.8±8.1	30.1±15.9	22.5±16.9	n.s.
post	13.6±20.7	16.9±10.5	15.3±16.0	5.9±13.2	27.8±17.2	20.0±18.8	
<i>CBD</i>							
pre	-13.2±12.5	-12.5±16.5	-12.9±14.1	-20.6±13.2	-9.8±13.1	-13.7±13.7	n.s.
post	-14.7±18.2	-19.9±16.5	-17.3±17.0	-29.4±18.0	-2.6±17.3	-12.2±21.5	
<i>BDI</i>							
pre	19.4±9.5	19.4±7.2	19.4±8.2	15.7±2.2	23.2±9.1	20.5±8.1	n.s.
post	17.8±8.0	19.0±7.6	18.4±7.6	15.7±4.1	19.9±9.0	18.4±7.7	
<i>BSDI</i>							
pre	7.5±3.5	2.5±3.3	5.0±4.2	7.9±7.8	5.5±2.8	6.4±5.0	.003
post	3.1±2.6	1.9±1.6	2.5±2.2	5.9±2.4	2.9±2.0	4.0±2.6	
<b>FES (pt)</b>							
pre	20.1±2.0	19.5±4.2	19.8±3.2	22.0±4.5	19.1±1.6	20.1±3.2	n.s.
post	19.1±.8	18.8±1.8	18.9±1.4	21.6±3.8	20.6±2.4	20.9±2.9	

PCS=Physical Component Summary; MCS=Mental Component Summary; BD=Body Dissatisfaction; SxBD=Sexual Body Dissatisfaction; CBD=Comparative Body Dissatisfaction; BDI=Body Dissatisfaction Index; BSDI= Body Size Distortion Index; FES=Falls Efficacy Scale; pt=points. P indicates the pre-post intervention differences.

**KINESIOLOGY & COACHING**

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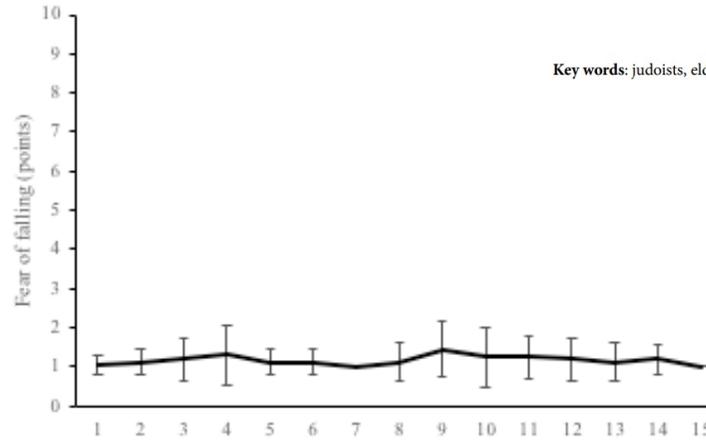
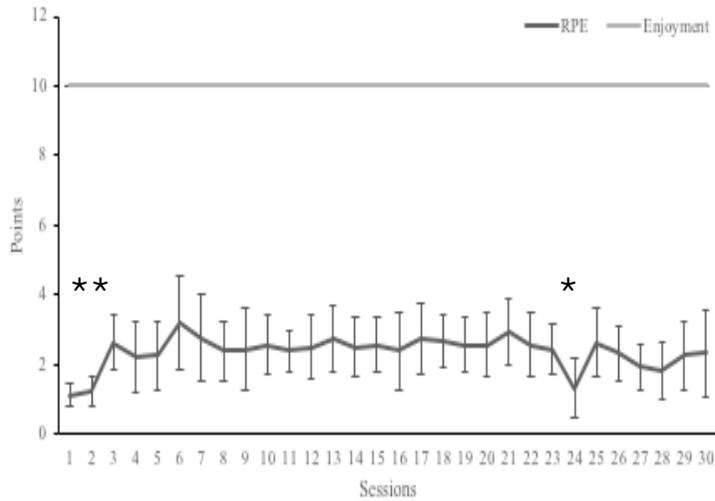
Phone +886-2-28718288 ext 5811, Fax +886-2- 28753383

# RESULTS (Pre-post differences in participants' enjoyment, perceived efforts and fear of falling)

## Effects of a judo training program on falling performance, fear of falling and exercise motivation in older novice judoka

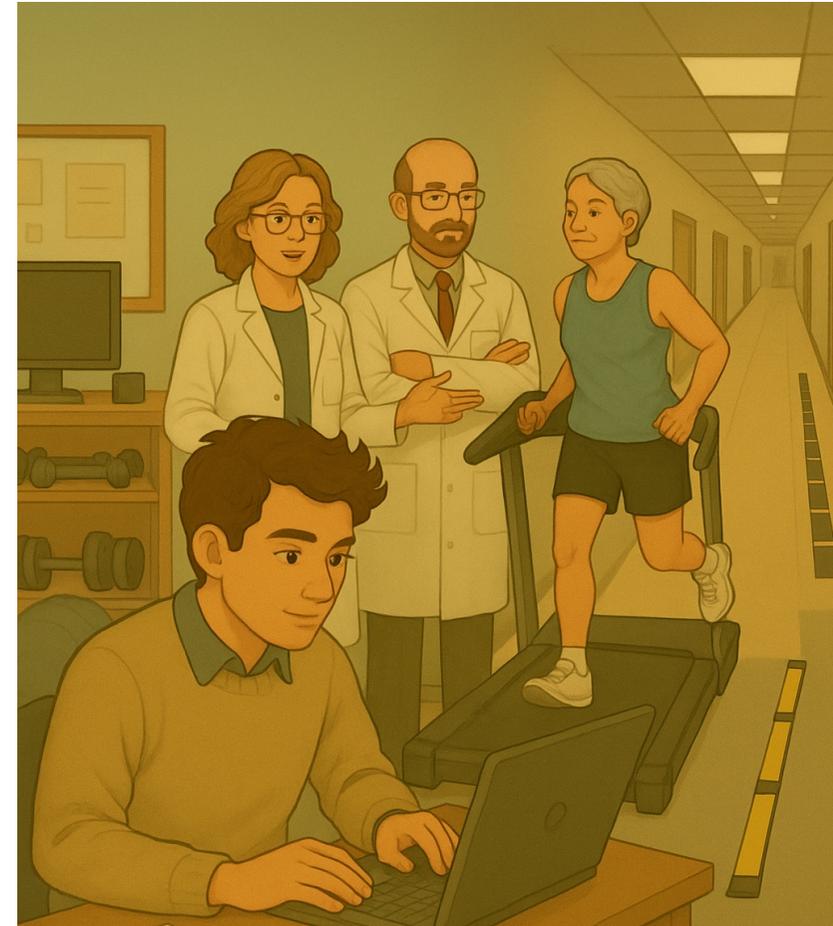
Submission: 22.10.2019; acceptance: 27.04.2020

**Key words:** judoists, elderly, health, self-regulation, fall prevention

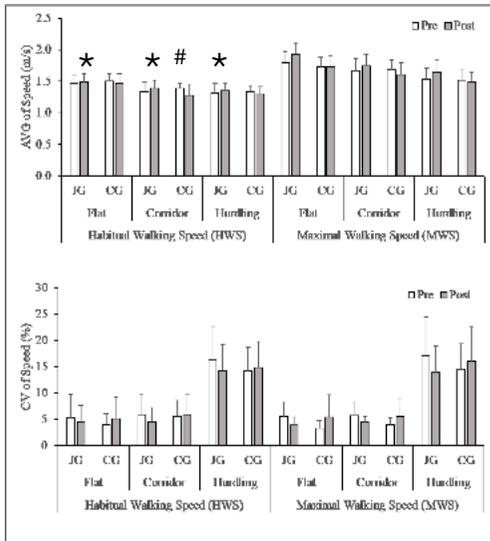


# Lab research

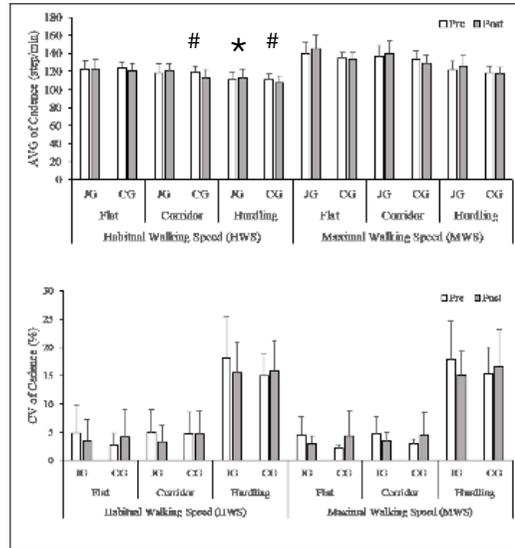
## RESULTS



### Speed



### Cadence



= significant improvement  
# = significant decrement

ORIGINAL ARTICLE EXERCISE PHYSIOLOGY AND BIOMECHANICS

**The Journal of Sports Medicine and Physical Fitness 2020 May;60(5):685-92**

DOI: 10.23736/S0022-4707.20.10446-8

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language: English

**Effects of a 4-month judo program on gait performance in older adults**

Simone CIACCIONI <sup>1</sup>, Laura CAPRANICA <sup>1</sup>, Roberta FORTE <sup>1</sup>, Caterina PESCE <sup>1</sup>, Giancarlo CONDELLO <sup>2</sup>

<sup>1</sup> Department of Movement, Human and Health Sciences, University of Rome Foro Italico, Rome, Italy; <sup>2</sup> Graduate Institute of Sports Training, Institute of Sports Sciences, University of Taipei, Taipei, Taiwan

## CONCLUSION 1

Judo as:

an effective activity to improve **bone health**;

a **preventing tool** of successful **falling** strategies especially for adult and older individuals against the damages caused by the "natural" falls.



## CONCLUSION 2

A **multicomponent** and **multimodal** judo programme is suitable for novice senior practitioners and particularly beneficial to ameliorate their **functional fitness** and **falling skills**.

Positive effects in the **motivational** domain (e.g., importance of enjoyment for the efficacy of exercise programmes).

**Facilitating** stable and safe **walking** kinematics, the benefits of the judo programme on the gait spatio-temporal parameters could have indirect positive effects on the general quality of life and in particular on the fall risk prevention.





TFA SOSTEGNO 2020

Special Education  
Specialization

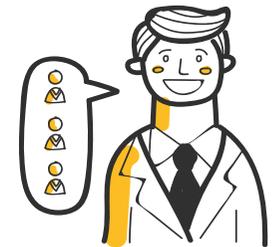
PE in hospitals

4<sup>th</sup> dan

PostDoc

PREMIO GIOVANE RICERCATORE  
IN SCIENZE MOTORIE E SPORTIVE  
2023  
Menzione d'Onore  
Oral Presentation

Young Researcher  
Award



2019

Sport Sciences PhD

IJF Instructor

2020



2021



2022



2023



2024

MSCA PF Time!



# 2020: Erasmus+ Sport Project proposal



UNIVERSITÀ DEGLI STUDI DI ROMA "FORO ITALICO"



Participants map



Older individuals who train are considered an ideal model for successful aging. To structure sound training programmes for older individuals, coaches need a multi-dimensional knowledge of physiological (body composition, skeletal, cardiovascular, pulmonary, and endocrine functions), pathological (incidence of multiple chronic diseases), psychological (body image, motivation, enjoyment, perception of efforts), and performance (functional fitness, falling skills) aspects of aging. The primary aim of the EdJCO project is to structure an evidence- and eminence-base e-learning multi-lingual educational programme specifically tailored for judo coaches of older individuals, thus contributing to the European policies on health-enhancing physical activity and the recent Minimum Requirements in Skills and Competencies for Coaches. To achieve its educational objective, EdJCO will generate a thorough evidence- and eminence-base research grounded on the opinions, needs and experiences of judo coaches, as well as on the experimental approaches of scholars in geriatric physical activity and related sciences. Based on these outcomes, EdJCO will create modules for a specialization course for certified judo coaches. In fact, EdJCO will benefit from a Team of academic and sports experts with a combined scientific and practical experience from the Partners representing diverse European geographic areas and physical activity culture (Croatia, Italy, Malta, Romania, Slovenia, Spain, Turkey). An added value will be the education body of the International Judo Federation (e.g., IJF Academy Foundation), which licenced >1,500 Alumni in 125 countries. Furthermore, judo Partners (Judo Club Golovec, Liberty Judo Club, Rijeka Sport's Association, Club de Judo Newton, and Izmir Ju-te-ka Youth and Sport Club) intend to maintain this valuable educational resource, thus contributing to the health enhancement of the European and International judo community during and beyond the project lifespan.

**Project Reference:** 622155-EPP-1-2020-1-IT-SPO-SCP

<b>Project Status</b> Ongoing	<b>Start date</b> 01-01-2021 <b>End date</b> 31-12-2023	<b>EU Grant</b> 399.995,00 €
<b>Programme</b> Erasmus+	<b>Key Action</b> Sport	<b>Action Type</b> Collaborative Partnerships
<b>Countries covered</b> 7		



08 – Dec – 2023



# 2023: Izmir (10-14 Apr), Ljubljana (01-04 Sep), Forum ENSE Rome (21 Sep), Sismes (1-5 Nov), Malta (1-2 Dic)





Co-funded by the  
Erasmus+ Programme  
of the European Union

# Educating Judo Coaches for Older practitioners - EdJCO

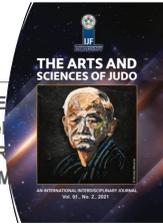
EDJCO (Project ref. 622155-EPP-1-2020-1-IT-SPO-SCP)

# Main Deliverables

The Arts and Sciences of Judo, Vol.2, No.01., Research note

## 1 Educating Judo Coaches For Older Practitioners

By Simone Ciaccioni<sup>1</sup>, Federico Palumbo<sup>1</sup>, Roberta Forte<sup>1</sup>, E. Kozsla<sup>2</sup>, Attilio Sacripanti<sup>2</sup>, Alexis Milne<sup>2</sup>, Nuša Lampe<sup>3</sup>, Špela Jelušič<sup>4</sup>, Slaviša Bradić<sup>4</sup>, Maria-Loredana Lascau<sup>5</sup>, Alina Rodica-Borza<sup>6</sup>, Raúl Camacho Pérez<sup>7</sup>, Fernando Diéguez Rodríguez-Montero<sup>8</sup>, Mesut Kapan<sup>8</sup>, Kaya Gezeke<sup>7</sup>, Antonio Tessitore<sup>1</sup>, Laura Capranica<sup>1</sup>



4

**Keywords:** judo, martial arts, older individuals, coaches, successful aging, education, survey, needs

**Citation:** Ciaccioni S, Guidotti F, Palumbo F, Forte R, Galea E, Sacripanti A, Lampe N, Lampe Š, Jelušič T, Bradić S, Lascau M-L, Rodica-Borza A, Camacho Pérez R, Diéguez Rodríguez-Montero F, Kapan M, Gezeke K, Capranica L and Tessitore A (2024) Judo for older adults: the coaches' knowledge and needs of education. *Front. Sports Act. Living* 6:1375814. doi: 10.3389/fspor.2024.1375814

**Received:** 24 January 2024; **Accepted:** 18 March 2024;  
**Published:** 2 April 2024.



Systematic Review

## 2 Risks and Benefits of Judo Training for Middle-Aged and Older People: A Systematic Review

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Article

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

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Empowering judo coaches with proper knowledge, skills and attitudes for teaching and training older practitioners is the primary aim of the EDJCO project and online education program.

This handbook showcases the outcomes of the Educating Judo Coaches for Older practitioners' EDJCO project ref. n. 622155-EPP-1-2020-1-IT-SPO-SCP.



EUROPEAN HANDBOOK  
"EMPOWERING JUDO COACHES WITH KNOWLEDGE, SKILLS AND ATTITUDES FOR TEACHING OLDER PRACTITIONERS"  
Simone Ciaccioni, Laura Capranica, Antonio Tessitore et al.



Article

## 3 Educational Needs for Coaching Judo in Older Adults: The EdJCO Focus Groups

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# Guidelines of Judo for Older people



<https://www.youtube.com/watch?v=UbFjqvjHo1Y>

# The initial and final salutation (Rei-Ho)



- Supports physical readiness and safety**

A brief moment of postural alignment, controlled breathing, and focused attention, which helps older adults regulate balance, reduce anxiety, and prepare for safe interaction on the tatami.

- Strengthens psychosocial engagement**

Bowing fosters mutual respect, trust, and group cohesion. For older practitioners it enhances motivation, perceived inclusion, and positive affect, contributing to adherence to practice.

- Requires specific coaching attention**

Coaches should monitor joint mobility, pain, balance stability, and the ability to transition to/from kneeling. **Adaptations** (standing bow, supported postures, slower pacing) should be used to maintain safety and preserve the ritual's meaning without imposing excessive physical load.

# Warm-up with PE and judo-specific drills (Taiso)



## •Importance

Promotes joint mobility, neuromuscular activation, balance regulation, and gradual cardiovascular engagement, reducing injury risk in older adults.

## •Key components

Gentle mobility exercises, progressive locomotor tasks, core and postural activation, and simple partner-based drills adapted to functional capacity. Add judo-specific drills.

## •Coaching attention

Monitor fatigue, pain, dizziness, and balance instability; avoid excessive range of motion or rapid transitions; ensure clear pacing and safe partner pairing.

# Central training phase



Here are elements and techniques that could be introduced in a 1-year progression (2 weekly training)

- **Tachi-waza**

Ex: 1.Uki-goshi, 2.O-soto-gari, 3.De-ashi-barai, 4.O-goshi

- **Ne-waza**

Ex: 1.Hon-gesa-katame, 2.Yoko-shio-gatame, 3.Mune-gatame

- **Uchi-komi** (repetitions of the learnt techniques)

- **Kata**

Ex.: 1.First 5 techniques of Ju-no-kata

- **Nage-ai** (projections with the support of thick and thin mats)

- **Kumi-kata** (dynamic grab training)



# Cool-down



- Importance**

Facilitates gradual return to baseline, supports cardiovascular recovery, and reduces post-exercise stiffness in older adults.

- Essential elements**

Low-intensity movements, controlled breathing, light stretching, and brief relaxation or mindfulness tasks.

- Coaching attention**

Avoid overstretching, monitor dizziness or hypotension, and adapt positions to individual mobility and comfort. Consider individual needs and preferences.

# The beginning is the end and the end is a new beginning (Rei-Ho)



## A ring composition

### •Creates a bounded learning environment

A clear temporal and symbolic frame for practice. It marks the transition between ordinary life and the controlled training setting, promoting attentional focus and self-regulation.

### •Reinforces normative and relational principles

The symmetrical structure highlights core judo values such as respect, reciprocity, and mutual responsibility. The salutation acts as a shared behavioural contract, supporting prosocial conduct throughout the session.

### •Promotes reflective closure and coherence

Concluding with the same ritual used at the start encourages reflection on the work performed, restores calm, and reaffirms group cohesion. This cyclical format supports learning consolidation and emotional regulation.



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Systematic Review

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

by **Simone Ciaccioni**<sup>1</sup>  , **Andrea Perazzetti**<sup>1</sup>  , **Angela Magnanini**<sup>1</sup> , **Tibor Kozsla**<sup>2</sup> ,  
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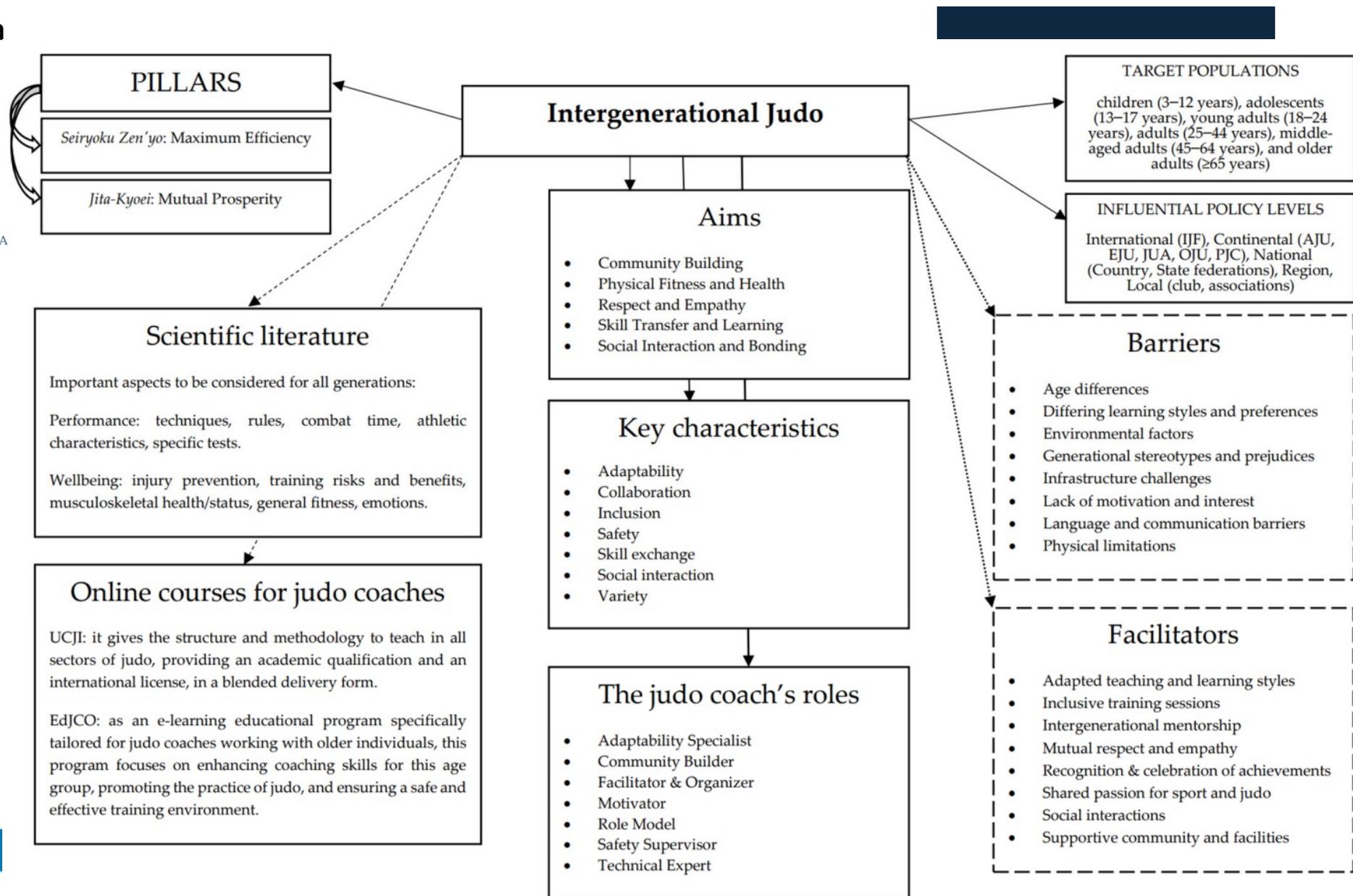
\* Author to whom correspondence should be addressed.

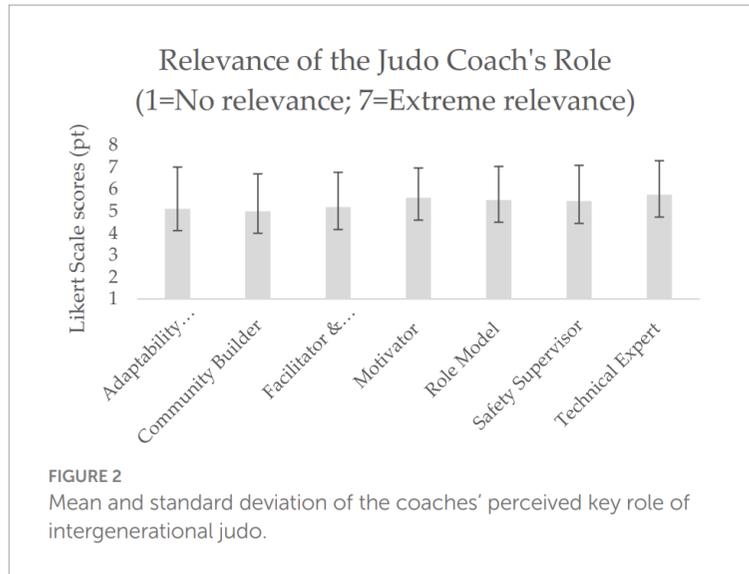
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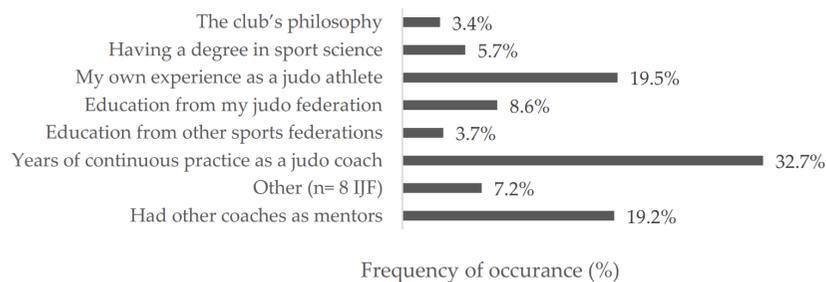
(This article belongs to the Special Issue **Maintaining a Healthy Lifestyle: Sustainability of Promoting Physical Activity**)





**FIGURE 2**  
Mean and standard deviation of the coaches' perceived key role of intergenerational judo.

Which of the following aspects have most influenced your current coaching philosophy?



**FIGURE 5**  
Answers' percentages of the coaches' perceived most influencing aspects of their coaching philosophy.

ORIGINAL RESEARCH article

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Combat Sports and Well-being: Prevention,  
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# Judo across ages: coaches' perspectives on key elements of intergenerational training programmes

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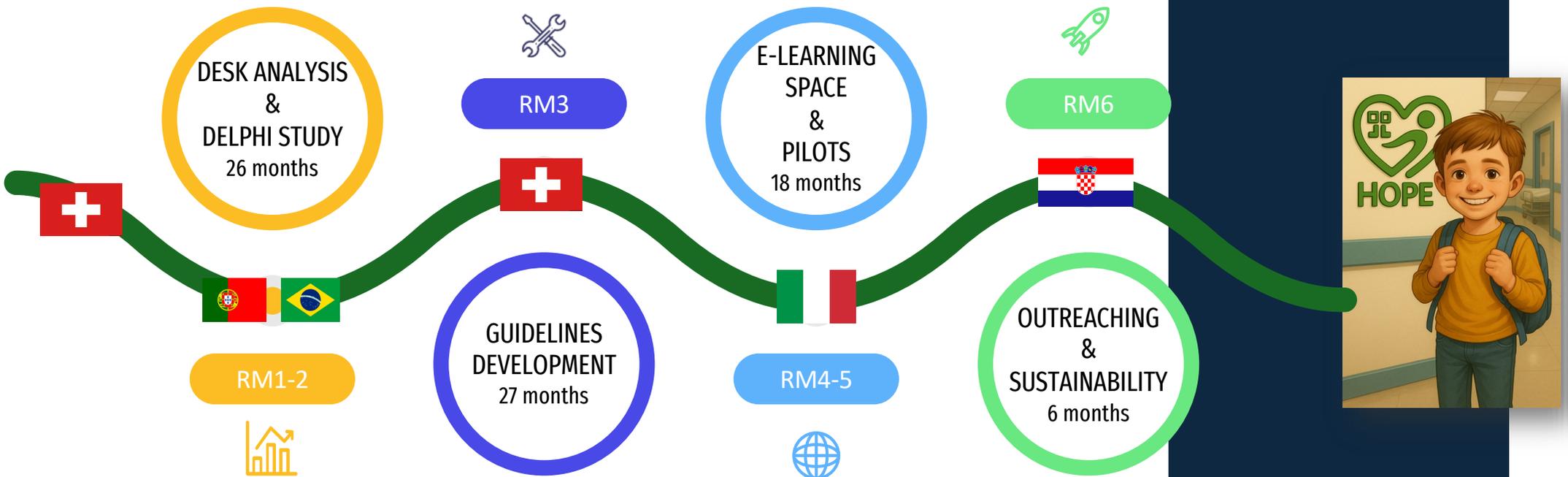
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# HOSPITAL SCHOOLS' GUIDELINES ON PHYSICAL EDUCATION



## Judo for hospitalised youth

- Judo can be adapted into low-impact, space-efficient activities that help maintain mobility, balance, and coordination during hospitalisation.
- Ritual structure and predictable routines support emotional regulation and reduce anxiety in hospitalised youth.
- Cooperative, non-contact exercises enhance social connection and engagement, counteracting isolation.
- Educational elements of judo (respect, discipline, cultural components) reinforce positive behaviour and autonomy.
- All activities require strict medical alignment, avoidance of impact techniques, and continuous monitoring for safety.





**THANKS FOR YOUR ATTENTION!**

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## USING MATS WITH DIFFERENT SHAPES



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