



**AJM**  
ATLANTA JUDO MIDTOWN

# THE POWER OF PLAY

Teaching Safe Falling with Maximum Efficiency & Mutual Benefit

# MOM VS SENSEIS



# ZEKER BEWEGEN TRAINING



# STRONG & STABLE

- Originally modeled after our mentors in the Netherlands
- Students not interested in socializing
- How can we foster a sense of community?



# STRONG & STABLE METHOD

UKEMI INSTRUCTION

FIDELITY

ENVIRONMENT

ECO

INDIVIDUAL

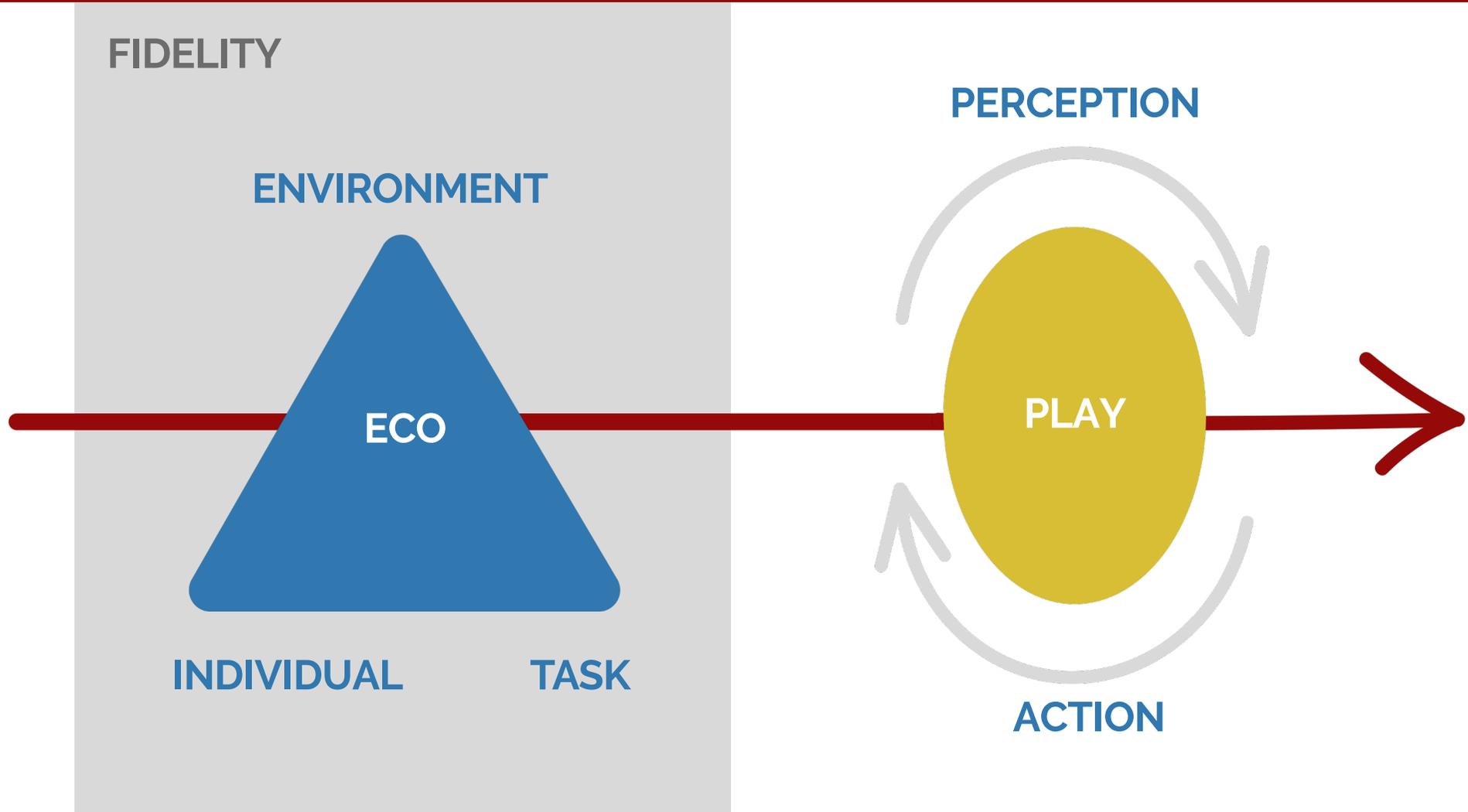
TASK

PERCEPTION

PLAY

ACTION

SKILL



# ECOLOGICAL L DYNAMICS THEORY



→ **TASK  
CONSTRAINTS**



→ **ENVIRONMENTAL  
CONSTRAINTS**



→ **INDIVIDUAL  
CONSTRAINTS**

# THE TASK CONSTRAINT

- Solve different fall problems
- Adapt skills to complete the task



# THE ENVIRONMENTAL CONSTRAINT

- Small, realistic environmental challenges
- Representativeness



# THE INDIVIDUAL CONSTRAINT

- Make the challenge accessible to each person's ability



# WHAT IS GUIDED PLAY?

- Sits between free exploration and formal instruction
- Converts constraint manipulation into skill acquisition
- Accelerates learning and drives interaction



# **THE POWER OF PLAY**

**Maximum Efficiency and Mutual Benefit**

# MUSICAL FALLS



# DOG LEASH PULL





“

"When I fell, I was aware of falling and the next thing I know, I'm on the ground- my arms were crossed on my chest, my head was tucked in...It happened so fast. I attribute it to the training we have been going to for the previous 3 weeks. I was impressed and a little shocked... I said damn, nothing is hurting!" -Cliff Bottin, 82

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# STRONG & STABLE SUMMARY



↓  
**JUDO  
UKEMI**



↓  
**ECOLOGICAL  
DYNAMICS  
THEORY**



↓  
**GUIDED  
PLAY**

# WHATSAPP GROUP



Scan the QR code to join the  
**Global Games for Safe Falling**  
Group

# RESOURCES

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