

# Ukemi for people over 55: beginners, boomerangs and lifelong judokas

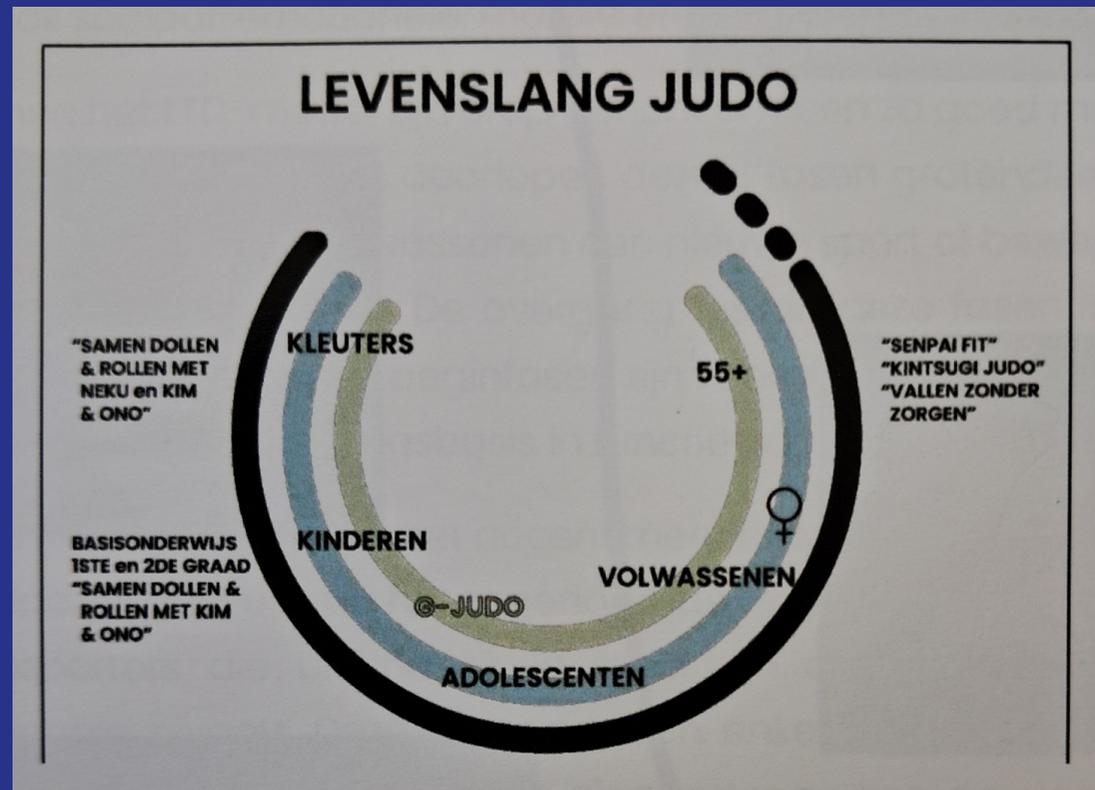
Conference on Safe Falling for Older People through Judo  
Tokai University 12th – 14th December 2025



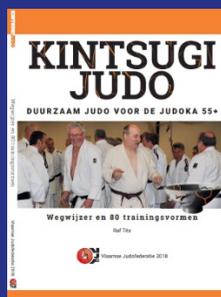
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# Circle of judo life in Judo Vlaanderen Belgium



# Kintsugi Judo



Adapted judo for 55+

高齢の柔道家向けに改良された柔道

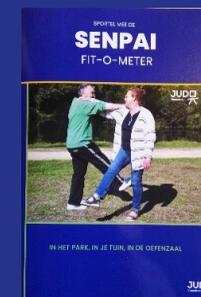
# VZZ



See the next speaker J.P. Dziergwa

次の講演者、J.P. Dziergwa です

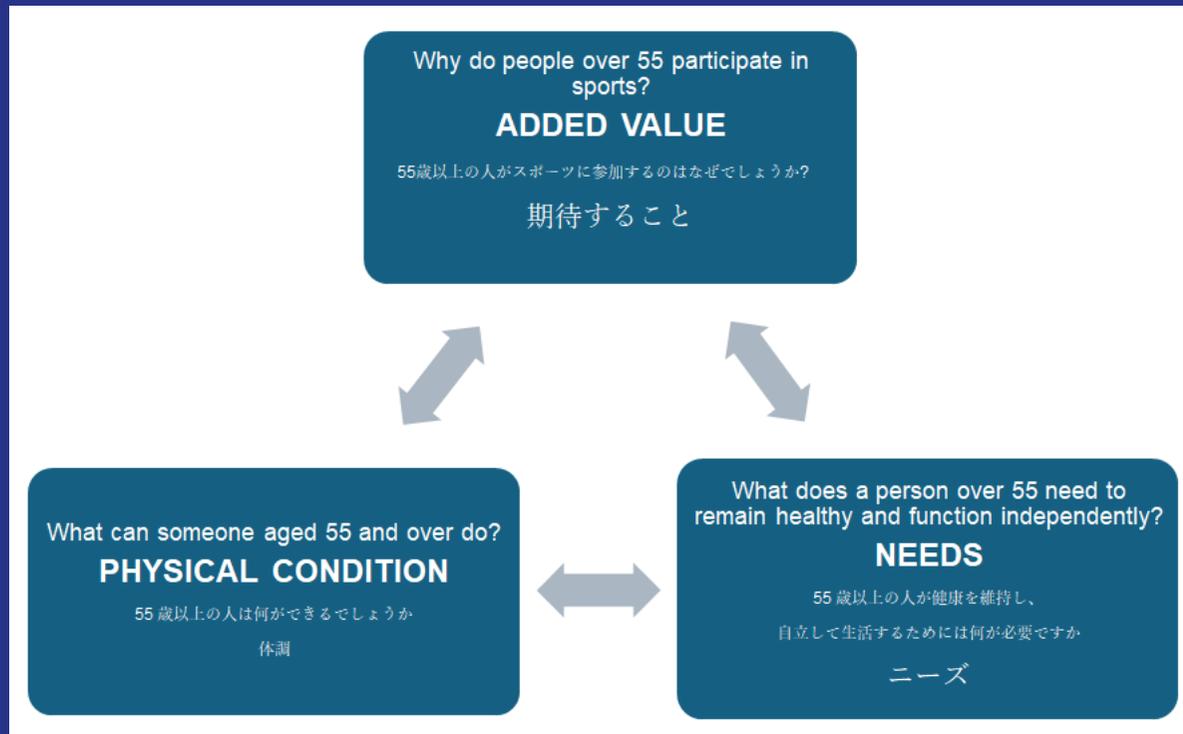
# Senpai Fit



Judo-based movement forms

柔道に基づく運動形式

# Attention triangle for judo with people aged 55+



興味の三角形のポイント

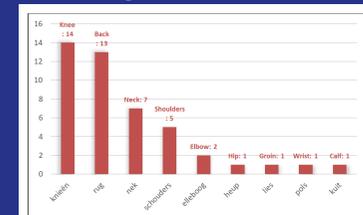
## Added Value

Pleasure  
Health  
Social contact

## Needs

Posture Segment  
Breathing  
Muscle Tension and Relaxation  
Spatial Orientation  
Temporal Orientation  
Spatial-Time Perception  
Reaction Time  
Memory Training and Concentration  
Hand-Eye Coordination  
Balance  
Self-Training  
Experiencing Joy  
Social Interaction  
Self-Esteem and Self-Confidence  
Problem-Solving Ability  
Considering Others

## Competencies



Number of physical limitations among 30 judokas aged 55 and over in the Duffel/Lier group  
Duffel/Lierグループの55歳以上の30柔道家における身体障害の数

# Ukemi for people over 55: beginners, boomerangs and lifelong judokas

7 points of attention:

1. 4 levels to fall on a throw
2. maintaining the classical falling techniques (mae, ushiro, yoko, zenpo kaiten)
3. reducing the impact when practicing the classical falling techniques
4. guidelines for the learning process for beginners
5. throw-specific preparation for the fall
6. incorporating surprise into the falling exercises
7. falling for life (outside the dojo)

# 1. 4 levels to fall on a throw

- Level 4: no fall.
- Level 3: a soft fall, rolling without impact, uke controls the entire fall.
- Level 2: a fall on a softer mat.
- Level 1: a fall on a regular judo mat.



## 2. maintaining the classical falling techniques (mae, ushiro, yoko, zenpo kaiten)

# 3. reducing the impact when practicing the classical falling techniques

for example 例えは



## 4. guidelines for the learning process for beginners

- from keeping both feet in contact with the tatami to having the feet come off the tatami
- from being in control to falling by surprise
- from falling alone to being thrown by a partner
- from seeing to blind
- from general fall to throw-specific fall

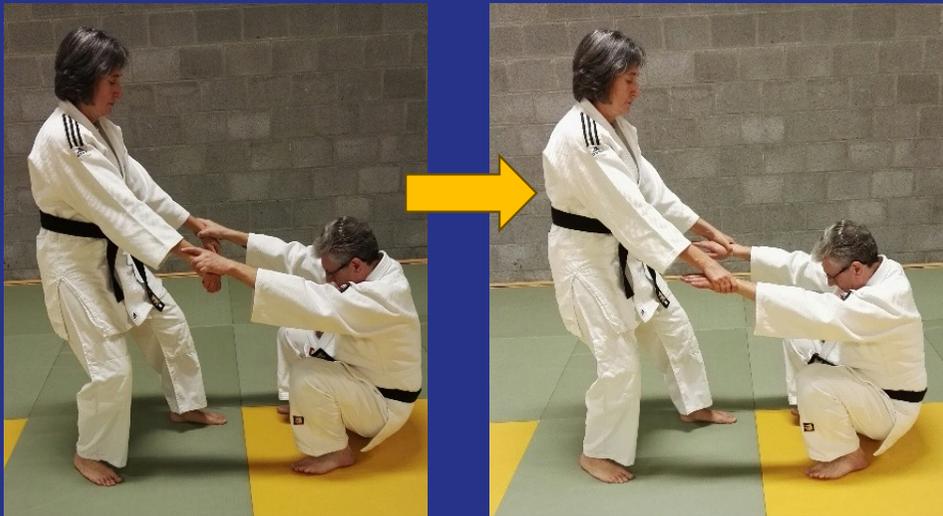
# 5. throw-specific preparation for the fall

for example 例えは



## 6. incorporating surprise into the falling exercises

for example 例えは



# 7. falling for life (outside the dojo)

for example 例え

Santa Claus falls from the roof



tripping over a tree root in the park



bicycle collision with car



slide on an icy spot



# Coaching training Flanders Belgium

24.5 hours with internship



コーチング研修  
インターンシップを含む24.5時間

You are very welcome to  
participate in the session  
on the tatami!

畳の上でのセッションへ  
ご参加を待ちしています