

# Introduction of the All Japan Judo Federation- approved **Training Course** for **Qualified Instructors in Fall Injury Prevention**

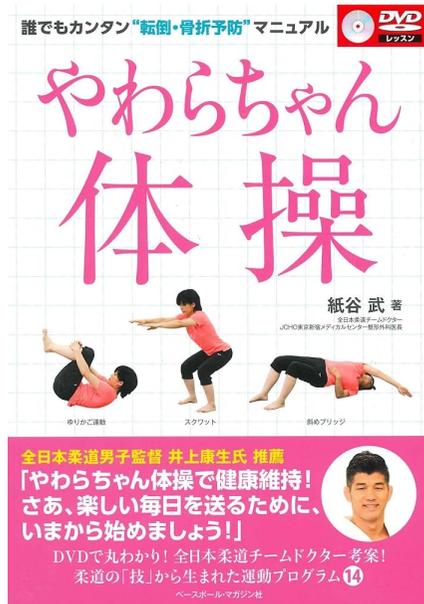
**OKeisuke Nakajima**

Ryota Yamada, Heiki Kunimoto, Masaomi Miura, Akira Ikumi, Naoki Sakuyama, Takeshi Kamitani

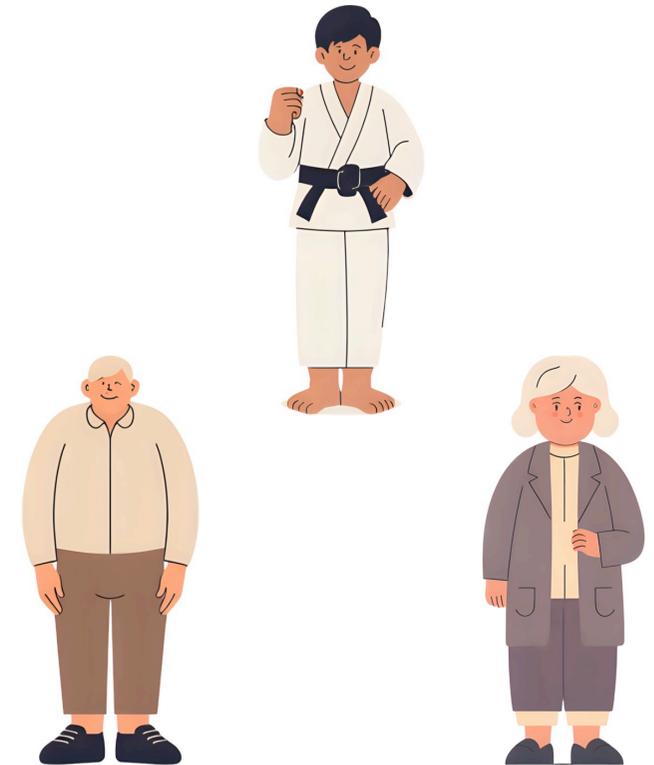
**Committee of Fall Injury Prevention Instructor System, All Japan Judo Federation, Tokyo, Japan**

# Introduce

“Yawara-chan Taiso”  
since 2018

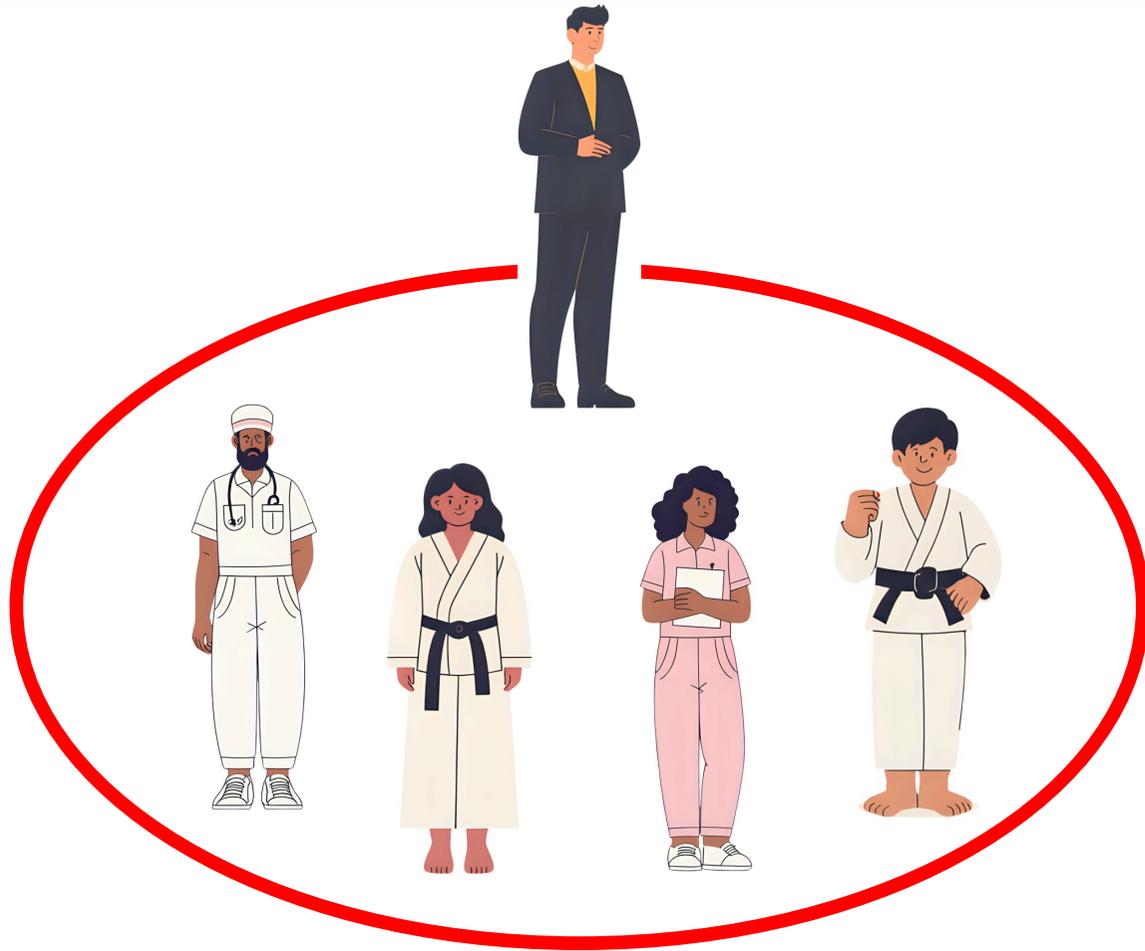


“The recommendation of UKEMI ”  
for senior



Further expansion is required. → The training of instructors is an urgent priority.

# Introduce



## Training Course for Qualified Instructors in Fall Injury Prevention

# Training Course for Qualified Instructors in Fall Injury Prevention

## ✓ Organizer

### Committee of Fall Injury Prevention Instructor System (Established in 2024)



公益財団法人 全日本柔道連盟  
All Japan Judo Federation

# Training Course for Qualified Instructors in Fall Injury Prevention

## ✓ Objective

- Training instructors providing exercise utilizing Judo movement and UKEMI techniques
- Contributing to the prevention of Fall injuries
- Promoting the social value of Judo while fostering community health initiatives and extending healthy life expectancy for all, from children to the elderly

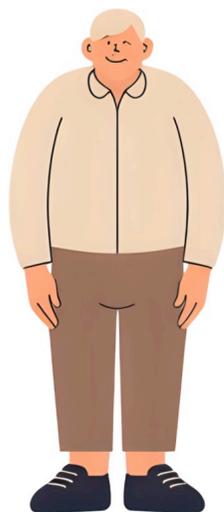
## ✓ Target Participants

- Judo practitioners
- Medical professionals

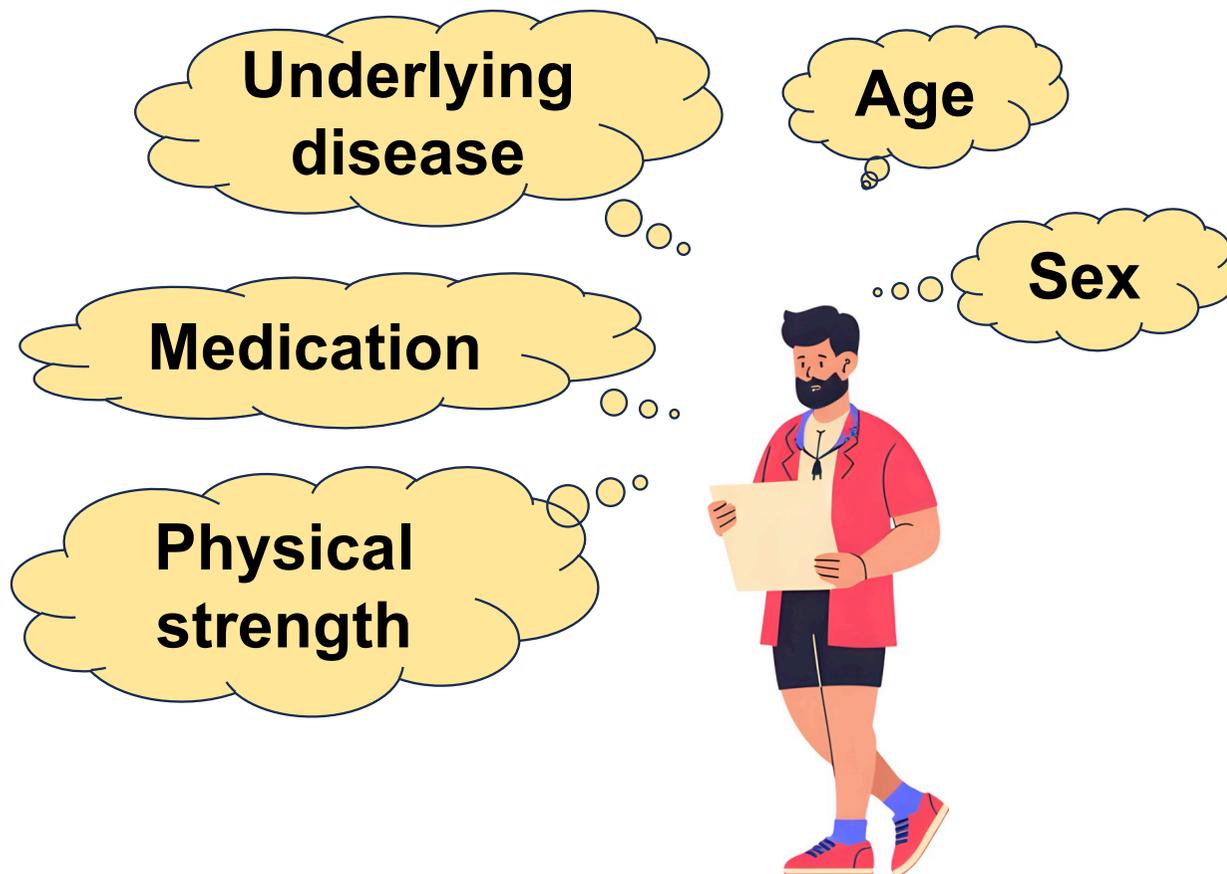


# Role-Playing Exercises are the most important

**The health status of the elderly varies.**



Class Participants



Instructor

# Components of the Training Course

- 1 — **Pre-assessment  
on-demand Lectures (50 minutes)**
- 2 — **Online Tests**
- 3 — **Short Classroom Lectures**
- 4 — **Role-Playing Exercises**

In-person



公益財団法人 全日本柔道連盟

All Japan Judo Federation

# Pre-assessment On-demand Lectures and Online Tests

## 転倒外傷予防指導員 養成講習テキスト

柔道を通じた転倒予防の実践のために

2024年6月24日現在 委員会編集

### Text Book

 公益財団法人 全日本柔道連盟

Chapter 1 Fundamentals of fall prevention

Chapter 2 Judo's positive effects for elderly adults

Chapter 3 Factors increasing the risk of falls

Chapter 4 Fall risk and functional assessment

Chapter 5 Overview of exercise content

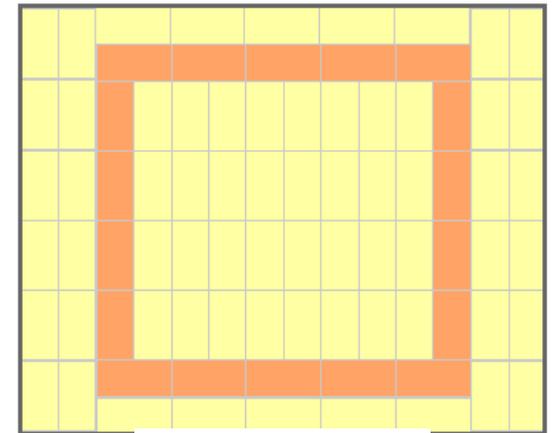
# Theme

You have decided to hold **a Fall Injury Prevention Class** at the JUDO DOJO **for local elder citizens.**

The class is scheduled to be held once a month, approximately 10 times a year, and this session will be the first one. There are 10 participants.

Please consider **safe and effective exercise guidance** for participants.

We will proceed with **the Role-Playing Exercises** according to the following 4 sessions.



Venue Map



公益財団法人 全日本柔道連盟

All Japan Judo Federation

# Role-Playing Exercises (Composed of 4 sessions)

1

Risk Assessment of Participants (30min)

2

Exercise Program Planning (40min)

3

Environmental Adjustments (30min)

4

Group Presentation (15min per group)



# Role-Playing Exercises (Composed of 4 sessions)

1

## Risk Assessment of Participants (30min)



In the role-play, you will be asked to consider **risk assessment**, **risk management**, and **exercise content** for the virtual participants we have prepared.

4

## Group Presentation (15min per group)



公益財団法人 全日本柔道連盟

All Japan Judo Federation

# 1. Risk Assessment of Participants

**Information** regarding the 10 participants is as follows:

No.	Age	Sex	Heart Disease	Cerebrovascular disease	Parkinson's disease	Diabetes Mellitus	Rheumatoid Arthritis	Hypertension	Osteoporosis	Medication	Blood pressure on the day	One-Leg Stand Hold Time
1	82	M					✓		✓	steroid medication	133/95	10 sec
2	75	F				✓				Diabetes medication	135/71	25 sec
3	55	M								sleeping pills	125/95	17 sec
4	60	M						✓			155/90	20 sec
5	85	F		✓	✓					Unknown	150/70	5 sec
6	67	M									159/74	25 sec
7	76	F							✓		141/78	20 sec
8	72	F						✓			152/85	16 sec
9	68	M	✓			✓		✓		Anticoagulant/ Diabetes/ antihypertensive	140/70	13 sec
10	70	M									135/71	30 sec

# 1. Risk Assessment of Participants

Assess the participant's **medical risks**, **physical risks**, and **overall risk** based on their information.

	Medical risk ○/×/△	Physical risk ○/×/△	Overall risk ○/×/△
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

1<sup>st</sup> step: Personal Consideration  
2<sup>nd</sup> step: Group Discussion

○ : Low risk   × : High risk   △ : Moderate

# 2.Exercise Program Planning

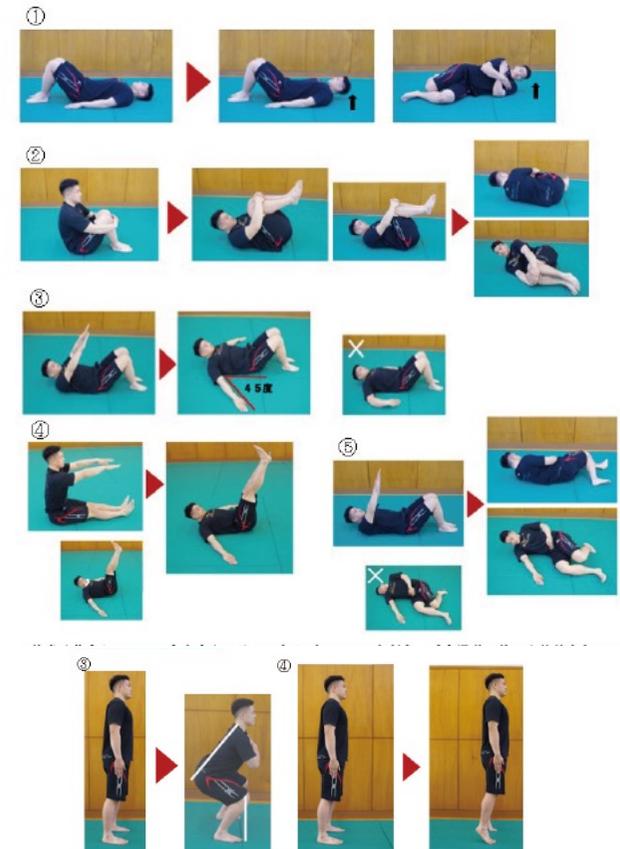
**Step1** involves **basic exercises**

**(UKEMI-exercises, body conditioning exercises).**

**Refer to the textbook and decide on an exercise program**

**of up to 6 exercises totaling 30 minutes within your group.**

- |          |                             |
|----------|-----------------------------|
| 1. _____ | Repetition _____ sets _____ |
| 2. _____ | Repetition _____ sets _____ |
| 3. _____ | Repetition _____ sets _____ |
| 4. _____ | Repetition _____ sets _____ |
| 5. _____ | Repetition _____ sets _____ |
| 6. _____ | Repetition _____ sets _____ |



**Sample (refer to the textbook)**

# 2.Exercise Program Planning

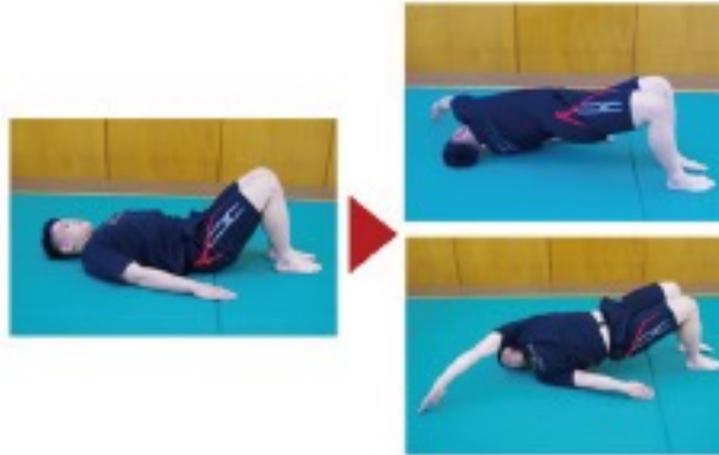
**Step 2:** Each group should devise **its own exercise menu.**

Clearly state the purpose and effects of the exercises,  
and indicate the adjustments made to the load levels.

① Exercise name

② Purpose and Effects

③ Methods

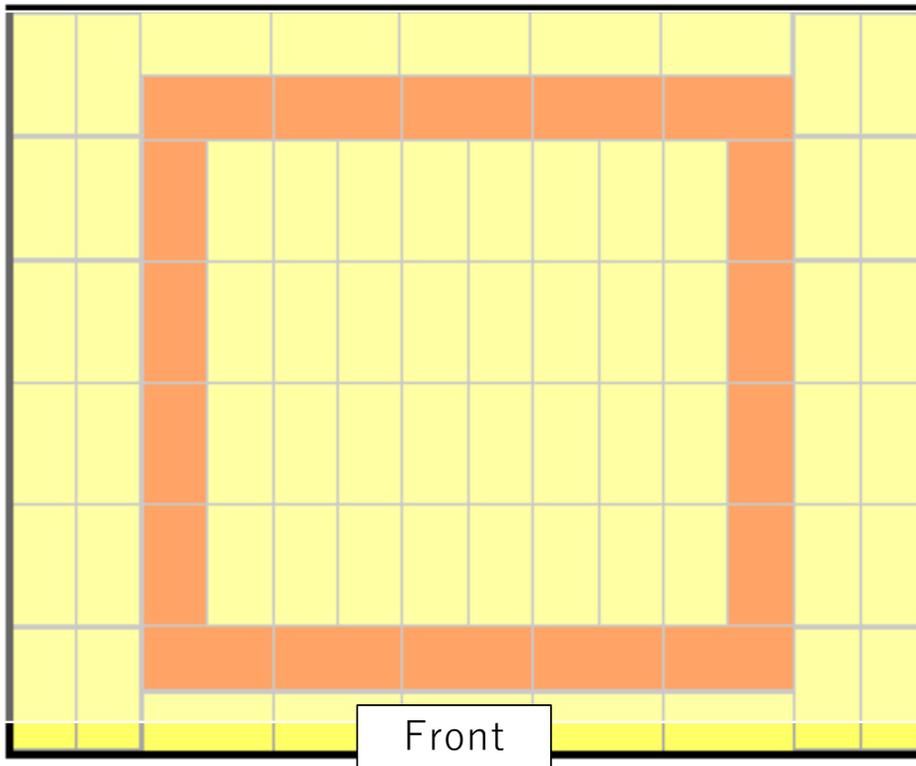


公益財団法人 全日本柔道連盟

All Japan Judo Federation

# 3.Environmental Adjustments

Please consider the placement of participants and instructors based on the risk assessment discussed in the group.



1<sup>st</sup> step: Personal consideration  
2<sup>nd</sup> step: Group Discussion

## Point !

Please also consider the number of instructors required for a total of 10 participants, including those at risk of falling.

# 4.Group Presentation



【課題】

あなたは町会等の指導者です。  
 地域在住の高齢者を対象に柔道場で転倒予防教室を開催することになりました。  
 教室は月に1回、年10回程度を予定しており、今回はその第1回目になります。  
 教室中の転倒事故・トラブルに注意して、  
 ①受身運動と転倒にくい身体づくり運動を含めた基本プログラム(30分)と、  
 ②オリジナルプログラム1種(10分)を考えてください。  
 今回応募のあった10名の参加者の情報は以下の通りです。

年齢	性別	心疾患	脳血管疾患	パーキンソン病	糖尿病	関節リウマチ	高血圧	前庭神経障害	内服薬	歩道の幅	片足立ち
1	82	男							ステロイド薬	120/95	10秒
2	75	女			○				血糖値を下げる薬	135/71	25秒
3	55	男							降圧薬	125/85	17秒
4	60	男					○			155/90	20秒
5	85	女	○	○					不明	150/70	5秒
6	67	男								159/74	25秒
7	76	女						○		141/78	20秒
8	72	女								152/83	16秒
9	68	男	○		○				抗凝固剤 血糖値を下げる薬 血圧を下げる薬	140/70	13秒
10	70	男								135/71	30秒
例	81	男		○					抗凝固剤	136/78	11秒

《参加者の転倒リスクを評価してください》

	内臓的リスク (○/△/△)	体力的リスク (○/△/△)	総合的リスク (○/△/△)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
例	×	×	× 11秒 × 特要注意

《基本プログラム》

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_

《オリジナルプログラム》

<運動の名称>  
 \_\_\_\_\_  
 \_\_\_\_\_

<運動の目的>  
 \_\_\_\_\_  
 \_\_\_\_\_

<内容>  
 \_\_\_\_\_  
 \_\_\_\_\_

《注意事項》

正面

《メモ》

・正常血圧  
 収縮期：120～139mmHg  
 かつまたは  
 拡張期：80～84mmHg

・肩膝片脚立位  
 15秒未満：運動量不安定度リスク高  
 20秒以下：転倒リスク高

Present the results of group discussions from each session so far and demonstrate the exercise program you devised

Receive questions and advice from other groups

# Key point throughout the 4 sessions

【結果票】  
 あなたは町連盟の指導者です。  
 地域在住の高齢者を対象に柔道場で転倒予防教室を開催することになりました。  
 教室は月に1回、年10回程度を予定しており、今回はその第1回目になります。  
 教室中の転倒事故・トラブルに注意して  
 ①受身運動と転びにくい身体づくり運動を含めた基本プログラム（30分）と、  
 ②オリジナルプログラム1種（10分）を考えてください。  
 今回応募のあった10名の参加者の情報（以下の通り）です。

年齢	性別	心疾患	脳血管疾患	パーキンソン病	糖尿病	前立腺リウマチ	高血圧	呼吸器障害	内服薬	前回の参加回数	身長	体重
1	82	男							ステロイド薬	122/95	170cm	70kg
2	75	女							血糖値を下げる薬	135/71	155cm	65kg
3	55	男							降糖薬	125/95	175cm	75kg
4	60	男								155/90	180cm	75kg
5	83	女							不明	150/70	155cm	55kg
6	67	男								159/74	175cm	70kg
7	76	女								141/78	160cm	60kg
8	72	女								152/85	165cm	65kg
9	68	男							抗凝固剤 血糖値を下げる薬 自律神経を整える薬	140/70	170cm	70kg
10	70	男								135/71	160cm	60kg
例	81	男							抗凝固剤	136/78	170cm	70kg

※参加者の転倒リスクを評価してください。

年齢	内臓的リスク (○/×/△)	体力的リスク (○/×/△)	総合的リスク (○/×/△)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
例	×	×	× 時に要注視

【参考】  
 ・正常血圧  
 収縮期：120～129mmHg  
 拡張期：80～84mmHg  
 ・閉鎖片剥離  
 15秒未満：運動量不安定リスク種  
 20秒以下：転倒リスク種

The key point is **“consistency”**.

For participants at risk of falling , instructors must be positioned to provide support as needed and adjust the exercise load accordingly.

# Reviewing

## ✓ Event History

Held **4 times** since 2024

## ✓ Participants

total **112** persons



# Results of post-training course surveys

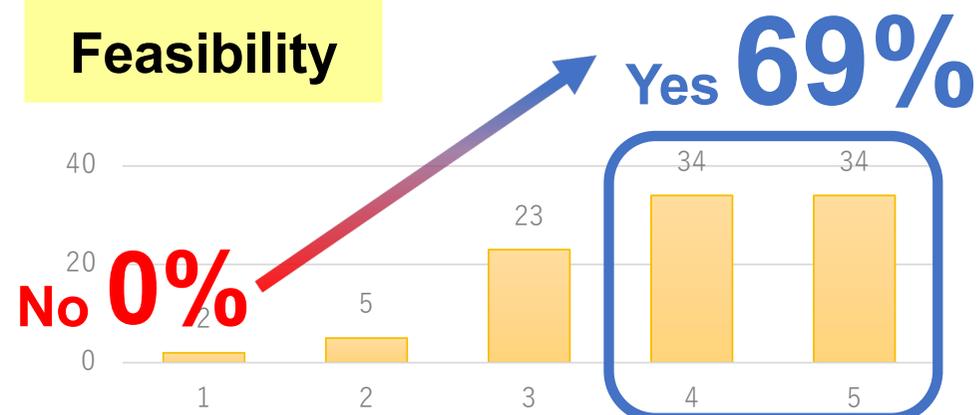
Response rate  
88%

The surveys revealed concerns regarding **recruiting participants and staff** for fall injury prevention classes, as well as **requests for opportunities to observe actual classes**.

## Satisfaction



## Feasibility



# In the interest of future development

Providing follow-up support to enable instructors to conduct classes across various locations

Sharing of practical examples during refresher courses and cooperation in fall injury prevention classes organized by the AJJF

Enhancing JUDO's contribution to local communities, develop initiatives to expand the scope of activity for instructors.



公益財団法人 全日本柔道連盟

All Japan Judo Federation