

JUDO, FALL TECHNIQUES and AGEISM : A brief Psycho-Sociological Approach.

International Consensus Conference on Safe Falling
for older people through Judo, Tokai University,
Kanagawa 12-14 dec. 2025

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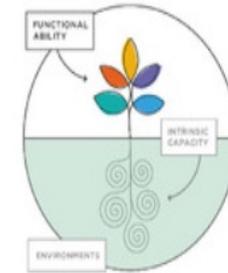
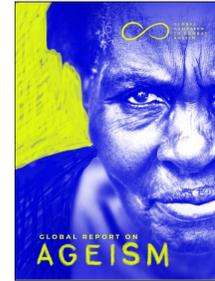
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Flanders - Furandasu

- North part of Belgium
- 6,8 million inhabitants, 13.700 km²
- 18.000 judoka's, 10% over 55

- Mae & Ushiro Ukemi took me to Japan
- Creator of the Carefree falling lesson around 2013

2 Global reports



World Health Organization 2021

<https://www.un.org/development/desa/dspd/wp-content/uploads/sites/22/2021/03/9789240016866-eng.pdf>

<https://www.who.int/publications/i/item/9789240017900>
(United Nations: decade of healthy ageing 2021-2030)

A Spectre is Haunting the World – The Spectre of Ageism

- Ageism and judo are words from 2 different worlds but they have to do with each other
- What is ageism?
- The aim of WHO is to change how we think, feel and act towards ageism
- A matrix shows how judo fits into that WHO target

Ageism

- Contraction between **AGE** and **ISM**
1969, Robert Butler
- Relatively new concept in sport science
- It refers to stereotypes and prejudices based on age
- It has negative effects on both, mental & physical health (isolation, depression)

'Ageism' doesn't exist in every language

- If there is a word it ends often with 'discrimination':
- **Japanese:** エイジズム (*eijizumu*) or 年齢差別 (*nenrei sabetsu*, literally "age discrimination")
- **Spanish:** edadismo or discriminación por edad
- **German:** Altersdiskriminierung or Ageismus
- **Swedish:** ålderism or åldersdiskriminering

Differences between ageism and discrimination

- Ageism has to do with attitudes, beliefs, stereotypes, prejudices
- Ageism is a mindset: “Judo is nothing for elderly”
- Discrimination is worse. People are excluded because of their age (to rent a house f.i.)

Other characteristics are

- Ageism everybody is susceptible
- Discrimination involves bias to a relatively stable subpopulation
- Ageism often emerge on the work floor but also at home (after active period)
- WHO: ageisme starts in early childhood (schoolbooks, anime, elderly portrayed in media...)

Ageism Matrix

3 levels

- Institutional ageism
- Interpersonal ageism
- Self-directed ageism

2 forms each level

- Explicit ageism (conscious)
- Implicit ageism (unconscious)

Matrix: Ageism x Judo

Institutional ageism:

Expl: The responsible organisation for fall-prevention guidelines said: "No judo fall techniques for elderly"

Impl: Treating all older adults as 'fragile'

Interpersonal ageism:

Expl: "You do judo ? You must be joking..."

Impl: Kind of overprotection – suggesting you are too old

Self-directed ageism:

Expl: "I'm too old for judo; I suffer from a fear of falling"

Impl: Internalisation due to general societal influences?

Conclusion

- On all levels adaptive judo influences the way of thinking in direction of 'Yes you can'
- Judo do even more than ensure safer falling, it also fights ageism conform WHO recommendations
- I thought it was worth bringing this to your attention
- Look the body talk in a short movie...

