

THE JUDO FLANDERS CAREFREE FALLING PROJECT FOR ELDERLY PEOPLE

DEVELOPMENT, METHODOLOGY, IMPLEMENTATION AND RESULTS IN FLANDERS 2015 – 2019

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THEORETICAL FRAMEWORK

WHO global report 2007
Week van de valpreventie.
Introspection: my own 'fall history' ...
Black box between loss of balance
and lying on the floor.

Can judo fall techniques become
an evidence based strategy?
Advantage of judo fall techniques: they enlarge the
surface of contact, so impact is distributed over
more points.
VTS courses 'safe sports with seniors' and 'G-sport'.

A fall is physics, measurable.
Limited to tripping and slipping.
The fall isn't the problem, it's the landing.
Paradox: the most important exercise is the simplest.
A fall is a movie. We rewind that movie with small
exercises starting from the floor.

Can vulnerable people learn these exercises,
without hurting themselves? Would they like it?
Thus...test lessons (2014) with a homogeneous
gym group and a randomly composed one.

RESULT:

1 standard lesson

1 hour

1

WARMING UP

Awareness raising about prevention (week van de
valpreventie)
Balance, strength and flexibility exercises...
Safety first also at home (wall support f.i.).
Notion of 'life style integrated (functional) exercises'

WHY?

If we want to do
something on fall
and/or injury
prevention, we need
more qualified
trainers!



2

FALL EXERCISES

based on Learning Model Fitts & Posner

FITTS & POSNER	TRIPPING	SLIPPING
Cognitive stage Flex of the forearms		
Associative stage Bottom up		
Variations		
Unexpected		
Automatic stage	Motor imagery – visualization: mixed drill Walking in the street, suddenly Slippery path, mud, ice, snow....	

2014 JUDO FLANDERS COORDINATES

JF: link between organizer and trainer.
Only certified trainers
All info on www.judovlaanderen.be
Data collection questionnaire
2015-2019: KBC Insurance sponsor contract
2017: book edition isbn 9789090306278
2019: part of trainers course judo 55+ VTS
2020 -2021: covid 19
2022: restart

TRAIN THE TRAINERS



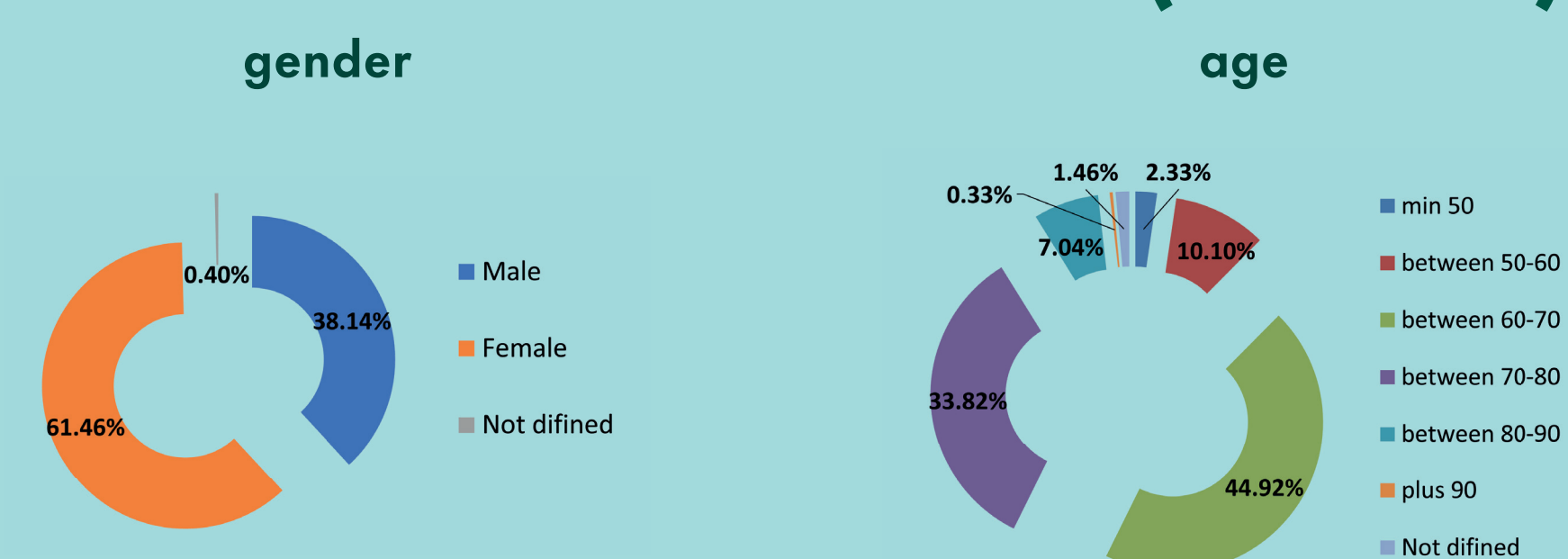
2015: in 2 sessions over 80 certified trainers
Mindset: think out of the dojo in function of health issue

N SESSIONS FLANDERS

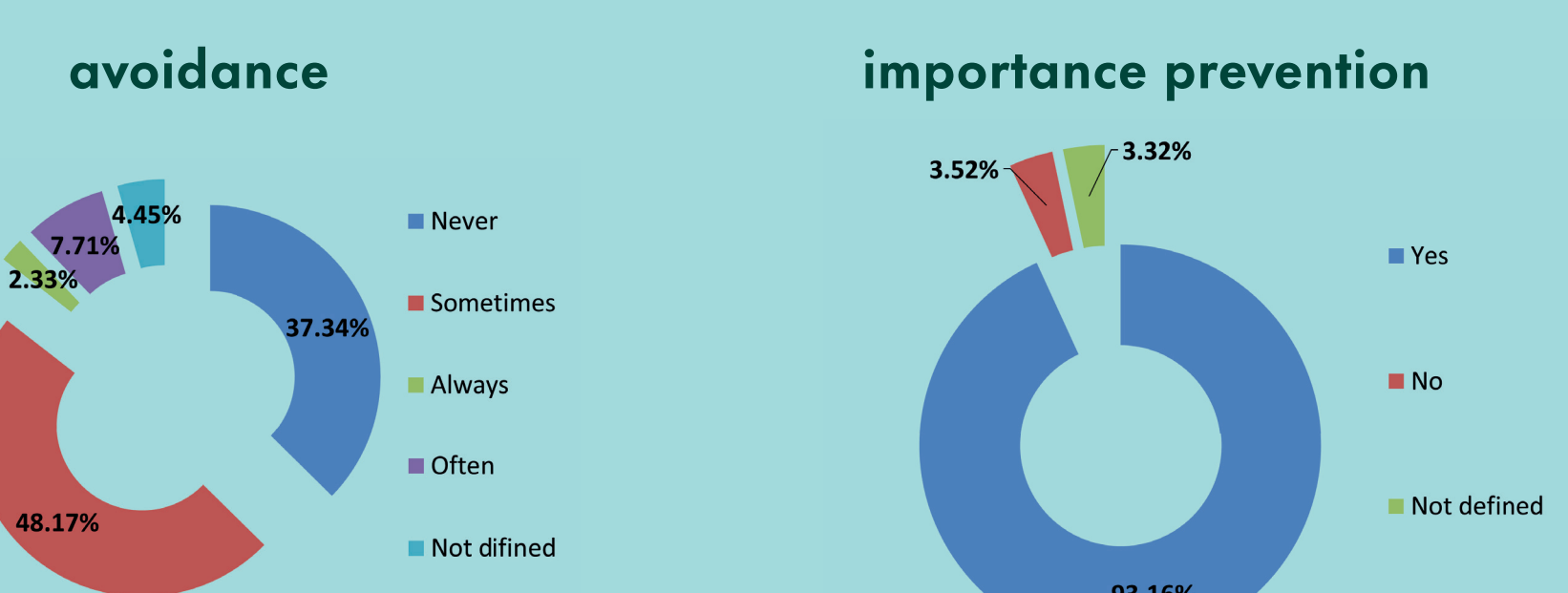
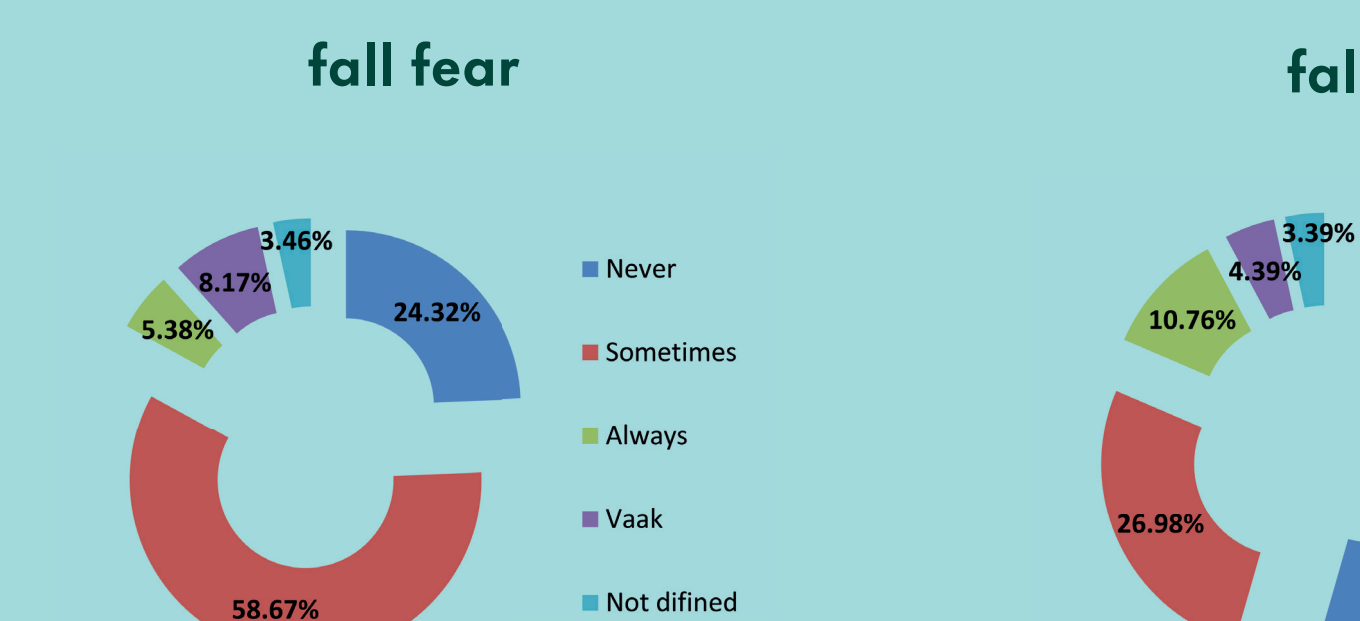
Organizers*	2015	2016	2017	2018	2019	Total
Antwerpen	12	7	9	2	6	36
Vlaams Brabant	17	12	17	23	12	81
West Vlaanderen	2	8	2	2	3	17
Oost Vlaanderen	8	4	2	2	5	21
Limburg	15	5	1	1	6	28
Total	54	36	31	30	32	183

* welfare, senior gym- or sport associations, municipal sport(days)...

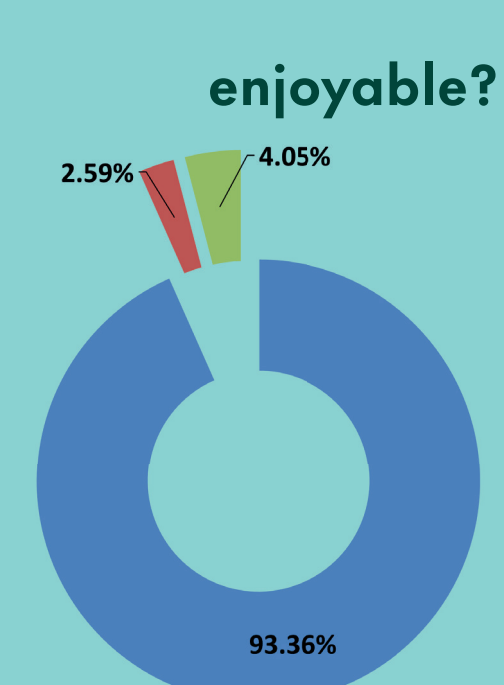
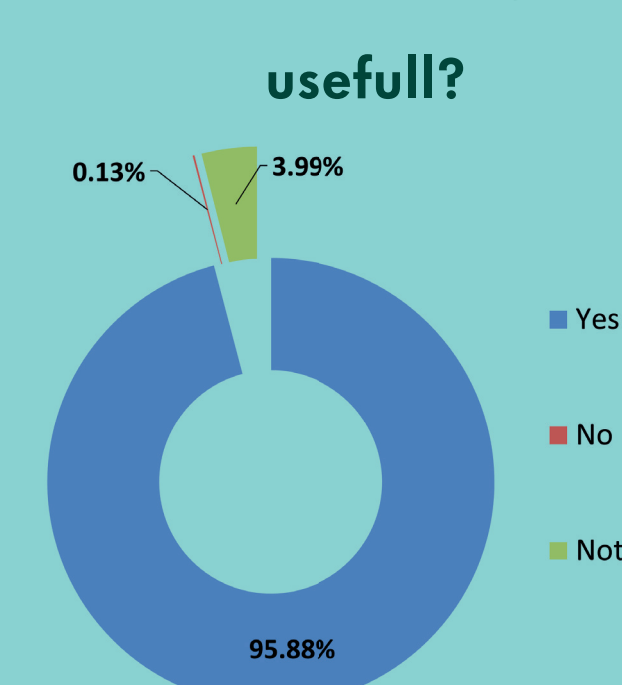
PROFILE PARTICIPANTS (N=1505)



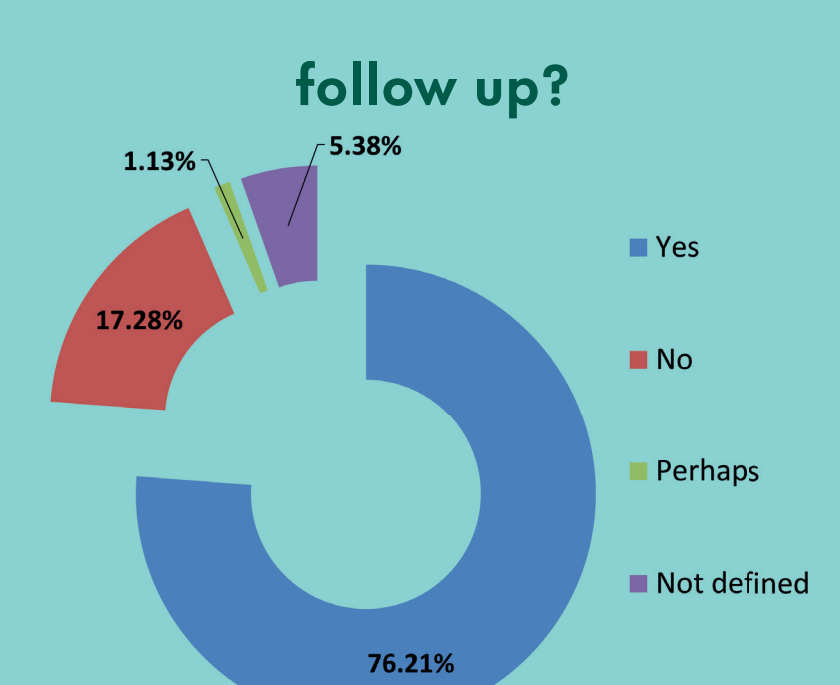
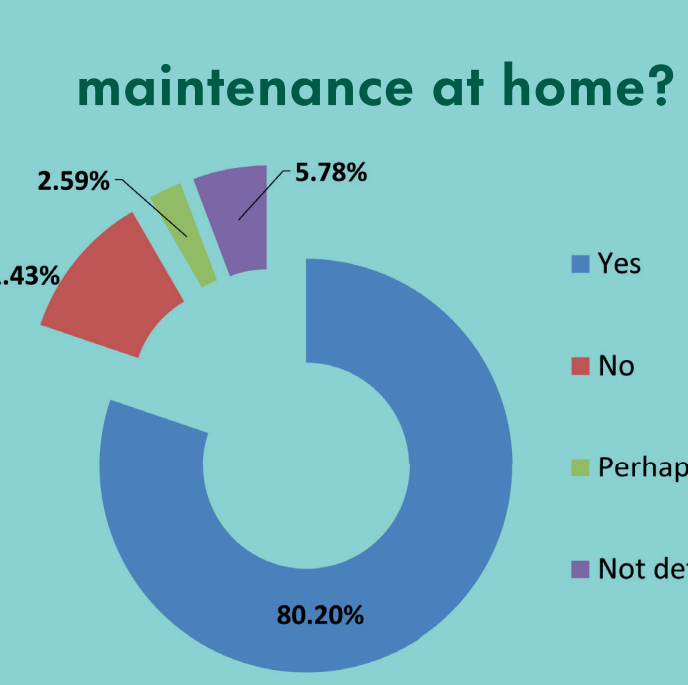
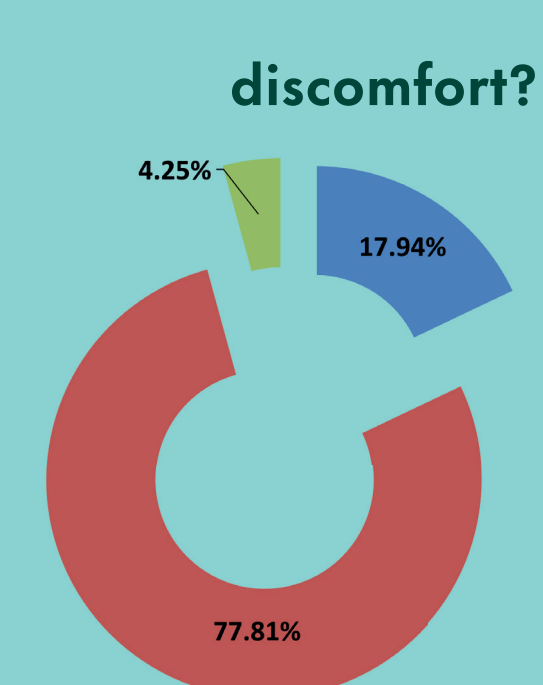
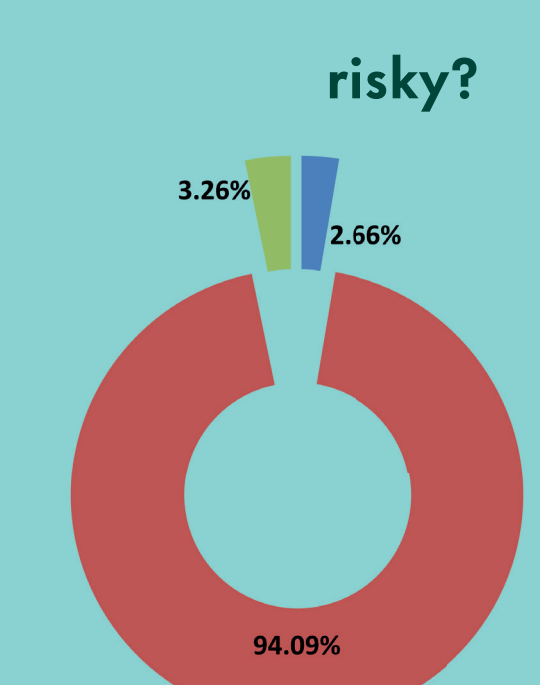
FREE QUESTIONNAIRE AFTER EACH LESSON



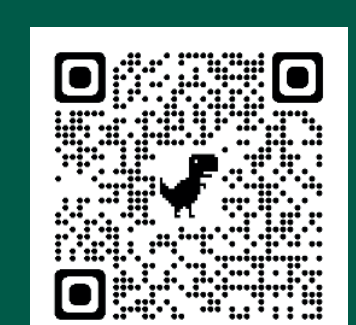
FEED BACK



FREE QUESTIONNAIRE AFTER EACH LESSON



PRACTICE



To see a trailer
and a longer
movie (in
Dutch) of a
practical lesson
click 'afspelen'
= play.

CONCLUSION AND PERSONAL RECOMMENDATIONS

Judo Flanders at least proved that judo falling techniques can be learned by elderly people and that they liked it.
The better the landing the less chance of injury!
Change worldwide the fall icons to show the right example.
Learning to fall should be something like learning to swim.

