

Proceedings

INTERNATIONAL CONFERENCE SAFE FALLING for OLDER PEOPLE through JUDO

University of
Hertfordshire **UH**

TOKAI
UNIVERSITY



INTERNATIONAL JUDO FEDERATION
IJF ACADEMY



INTERNATIONAL
JUDOs
Research Organization

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supporting physical and mental development



DEFIER

12-14 December 2025

0830-1700

Organised by University of Hertfordshire

Hosted by Tokai University , Kanagawa Japan

学校法人 東海大学

SAFE FALLING for OLDER PEOPLE through JUDO

Conference: 3rd International Conference on Safe Falling for Older People through Judo.

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Hosts: Tokai University

Welcome

Professor Mike Callan

Professor of Judo Education, University of Hertfordshire

Scientific Committee, International Judo Federation



As 2025 draws to a close, the International Conference on Safe Falling for Older People through Judo is being held for the third time here in the beautiful region of Kanagawa, Japan, within sight of the iconic Mount Fuji. It is my pleasure to welcome you all to the conference and to meet again many esteemed colleagues in a spirit of *jita kyoei*.

Building upon the achievements of our previous events, this year's conference reflects significant progress in research, practice, and global collaboration. We are proud to showcase several pioneering projects dedicated to safer falling techniques through judo, with delegates representing all five continents and 16 universities.

The combination of world-class judo expertise and distinguished academic scholarship promises to advance our collective understanding of how judo can uniquely contribute to safer falling among older populations. This dialogue is essential for shaping evidence-based strategies that improve health outcomes and enhance quality of life worldwide.

Over the past year, programmes teaching safer falling through judo have grown rapidly across the world, drawing significant media attention. These initiatives are increasingly integrated into community health frameworks, reflecting a global recognition of judo's educational value in promoting longer, healthier lives.

We extend our sincere gratitude to Tokai University for hosting us in their exceptional facilities and for their longstanding tradition of judo excellence. Appreciation is also due to the academic leadership of the Institute of Sport at the University of Hertfordshire, in partnership with the International Judo Federation Academy, whose vision has made this event possible. We acknowledge the professional support of JUDOS NPO and thank our main sponsors, the Judospace Educational Institute, for their belief in this initiative.

As we convene, let us strengthen partnerships and foster collaborative research that will accelerate innovation and ensure safer futures for older people worldwide.

Welcome

Professor Shuichi Uchiyama

Dean of the School of Physical Education

Tokai University



On behalf of the organizing committee, it is our great pleasure to welcome you to the 3rd International Conference on Safe Falling for Older People through Judo. Falls represent a major global health challenge, particularly for older adults, and addressing this issue requires innovative and collaborative approaches.

This conference, co-hosted by the School of Physical Education, Tokai University, provides an important platform for researchers, practitioners, and educators from around the world to share knowledge, exchange ideas, and explore the potential of judo-based methods to enhance safety and quality of life. We are honored to host participants from such diverse countries and professional backgrounds. Your expertise and contributions will play a vital role in deepening our understanding and advancing our collective efforts toward safer aging.

We sincerely hope this conference will inspire academic and professional growth while fostering new international friendships and networks. Thank you for joining us, and we look forward to engaging discussions and meaningful outcomes in the days ahead.

SAFE FALLING for OLDER PEOPLE through JUDO

Friday 12 December 2025

Building 12, No 1 Meeting Room, 5th Floor

08:30 Arrival and Registration

09:00 Welcome Speeches

Professor Mike Callan

Professor of Judo Education
University of Hertfordshire

GBR

09:30 Keynote

09:30 Professor Mike Callan
Professor of Judo Education
University of Hertfordshire

The Mechanics of Ukemi

GBR

10:00 Dr Simone Ciacconi
Senior Researcher
Università Telematica Pegaso

Judo for Successful Ageing: Evidence,
Practice, and Future Directions

ITA

10:30 Break

11:00 Presentations (12 minutes) x 3

11:00 Mrs Karin Strömqvist Bååthe
Dalarna University & Mälardalen University

The Falling Competence/Safe Falling
Pin - Concept

SWE

11:15 Mr Matthew Scheib & Gabriella Marvin
Atlanta Judo Midtown

The Power of Play: Teaching Safe Falling
with Maximum Efficiency & Mutual Benefit

USA

11:30 Mr Raf Tits
Judo Flanders

The Programs Judo 55+ of Judo
Flanders Belgium & Ukemi for People
over 55: Beginners & Lifelong Judoka

BEL

11:45 Dr Maja Sori Doval
Tsuda University,
All-Japan Judo Federation

Question Panel

GER

Com Square

12:00 Break

Building 12, No 1 Meeting Room, 5th Floor

14:15 Presentations (12 Minutes) x 4

14:15 Dr Keisuke Nakajima, Ryota Yamada,
Heiki Kunitomo, Masaomi Miura,
Akira Ikumi, Naoki Sakuyama &
Takeshi Kamitani
Committee of Fall Injury Prevention
Instructor System, All-Japan Judo Federation

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

JPN

14:30 Dr Maja Sori Doval
Tsuda University, All-Japan Judo Federation;
Dr Akotoshi Sogabe
Konan University, All-Japan Judo Federation;
Dr Asako Katsumata Takekuma
University of Shizuoka, School of Nursing

Development of the Japanese Version
of the Fall Prevention Assessment
Tool "Strömqvist Bååthe Falling
Competence Test" (SBFC-Test)

GER

JPN

USA

SAFE FALLING for OLDER PEOPLE through JUDO

Friday 12 December 2025

Building 12, No 1 Meeting Room, 5th Floor

14:45	Mrs Julia Hamilton Sabbatsbergs Department of Geriatric Medicine, Sweden	The FallFitness for Physiotherapists: Experiences of Learning Safe Falling Techniques	SWE
15:00	Dr Abdelmonaim Elsayed Pharmacist, Creator & Owner of Judo Rx	Using Ukemi (Safe Falling) as Therapy: A Parallel to Exercise is Medicine®: The Role of the Safe Falling Program in Medication De-Prescribing	EGY
15:15	Dr Jade Eccles Lecturer in Sport Psychology, Regent College London	Question Panel	GBR
15:30	Break		
15:45	Presentations (12 Minutes) x 4		
15:45	Mr Jean-Pierre Dziergwa Judo Flanders	Judo Fall Techniques Against Ageism - A Psycho-Sociological Approach	BEL
16:00	Dr Georgios Bountakis Head Coach, Judofelag, Reykjanesbaejar, Iceland	Falls and their Impact on the Elderly in Iceland	GRE
16:15	Ms Kaitlan Cossington Programme Leader for Sport Sciences, University of Hertfordshire	Evaluating the Safety and Effectiveness of Judo-Based Fall Training for Older Adults Delivered by Non-Judo Health and Exercise Professionals	GBR
16:30	Mr Gaku Yoshida Assistant Coach, Tokai University Judo Club	Case Study on Judo Implementation for Preventing Injuries from Falling off a Horse	JPN
16:45	Dr Meera Verma Director, Dynamic Balance for Life University of Adelaide	Question Panel	AUS
17:00	Day One Conclusion, Professor Mike Callan		
18:30	Welcome Party in Com Square		

SAFE FALLING for OLDER PEOPLE through JUDO

Saturday 13 December 2025

08:30 Arrival

08:50 Changing

Main Dojo

09:10 Keynote

09:10	Professor Kenji Mitsumoto, 8 th Dan Shihan, Tokai University Judo Club	Ukemi Teaching Methods from Japan	JPN
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09:50 Practical Demonstrations (15 Minutes) x 2

09:50	Dr Georgios Bountakis, 6 th Dan Head Coach, Judofelag Reykjanesbaejar, Iceland	Ukemi-No-Kata	GRE
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10:10	Dr Simone Ciacconi, 4 th Dan Senior Researcher Università Telematica Pegaso	Ukemi as a Lifelong Skill: Safety, Adaptation, and Wellbeing	ITA
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10:30 Break

10:50 Practical Demonstrations (15 Minutes) x 3

10:50	Professor Mike Callan, 7 th Dan Professor of Judo Education, University of Hertfordshire; Mr Aleksandar Grigorov	Micro-Progressions toward Adapted Mae-Mawari-Ukemi	GBR BUL
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11:10	Mr Raf Tits, 7 th Dan Judo Flanders Jean-Pierre Dziergwa	Ukemi for Judoka over 55 & Carefree Falling for Elderly Non-Judoka	BEL
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11:30	Dr Oscar Del Castillo Andres, 5 th Dan Senior Lecturer, University of Seville, Royal Spanish Judo Federation; Dr Maria del Carmen Campos Mesa & Miss Marta Ortiz Molina, 1 st Dan	Adapted Utilitarian Judo (JUA) for Healthy Ageing	ESP
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11:50 Photographs

Com Square

12:15 Lunch

13:30 Changing

SAFE FALLING for OLDER PEOPLE through JUDO

Saturday 13 December 2025

Basement Dojo

13:45 Practical Demonstrations (15 Minutes) x 3

13:45	Mr Matthew Scheib, 4 th Dan Owner, Atlanta Judo Midtown	Guided Play & Ecological Learning: Applying Self-Determination & Fidelity to Safe Falling	USA
14:05	Mr Mike Liptrot, 2 nd Dan Head Coach, Kendal Judo Club	Safe Falling Project Kendal	GBR
14:25	Mrs Karin Strömquist Bååthe, 4 th Dan & Mrs Julia Hamilton, 4 th Dan Stockholm Judo4Balance Förening; with representatives from Senior Group for Judo4Seniors	Judo4Seniors - Adapted Judo for Older Adults	SWE

14:45 Break

15:20 Practical Demonstrations (15 Minutes) x 3

15:20	Dr Abdelmonaim Elsayed, 5 th Dan Pharmacist, Creator and Owner of Judo Rx; Foaud Hejazi, 6 th Dan	Tasuki over Tradition: Reviving Judo through Arab Culture & Elder Inclusion	EGY
15:40	Mr Michael Headland, 6 th Dan & Dr Meera Verma, 5 th Dan Adelaide University Judo Club	Safer Landings through Dynamic Balance for Life® - Floor Transfers	AUS
16:00	Dr Akitoshi Sogabe, 7 th Dan Konan University, All-Japan Judo Federation; Dr Maja Sori Doval, 4 th Dan Tsuda University, All-Japan Judo Federation; Dr Asako Takekuma Katsumata University of Shizuoka, School of Nursing	Core Training Using Judo Movements for Fall Prevention	JPN GER USA

16:20 Day Two Conclusion, Professor Mike Callan

SAFE FALLING for OLDER PEOPLE through JUDO

Sunday 14 December 2025

08:30 Arrival and Changing

Basement Dojo

09:00 Practical Demonstrations (15 Minutes) x 2

09:00	Mrs Karin Strömqvist Bååthe, 4 th Dan Dalarna University & Mälardalen University; Dr Agathe Daria Jadcak Adelaide University with colleagues from Spain & Japan	Assessing the Reliability of the 9-Step SBFC-Test: A Multicountry Study	SWE
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09:20	Mr John Thacker, 6 th Dan Tsukuba United Judo Dr Asako Takekuma Katsumata University of Shizuoka, Japan	A Safe Falling and Fall Prevention Program Enhanced by Dynamic Movement Training	GBR
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09:40 Break

10:00 Group Sharing (20 Minutes) x 3 Rotations

10:00 Group Rotation 1

10:25 Group Rotation 2

10:45 Group Rotation 3

11:15 Break

11:30 Practical: Sharing of Best Practice

Com Square

12:00 Lunch

Building 12, No 1 Meeting Room, 5th Floor

13:00 Keynote

13:00	Dr Agathe Daria Jadcak Adelaide Geriatrics Training & Research with Aged Care (GTRAC) Centre, Adelaide Medical School, Adelaide University	THRF Study: Upskilling Allied Health Professionals and Judo Coaches in Teaching Safe Falling to Older Adults	AUS
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13:30 Question Panel

13:30	International Panel of Older Participants	Lived Experiences of Safer Falling Programmes
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14:00 Break

SAFE FALLING for OLDER PEOPLE through JUDO

Sunday 14 December 2025

Building 12, No 1 Meeting Room, 5th Floor

14:15 Presentations (12 Minutes) x 4

14:15	Dr Oscar Del Castillo Andres Senior Lecturer, University of Seville and Royal Spanish Judo Federation; Dr María del Carmen Campos Mesa Senior Lecturer, University of Seville; Miss Marta Ortiz Molina PhD Student, University of Seville	Adapted Utilitarian Judo (JUA): An Innovative Approach to Fall Prevention in Older Adults	ESP
14:30	Professor Keisuke Shima Yokohama National University		JPN
14:45	Dr Arezoo Amirpourabasi Research Fellow in Human Locomotion & Neuromechanics, University of Hertfordshire; U. Ghani New Zealand College of Chiropractic; A. Greenhalgh, A. Pujari, L. Bottoms School of Health, Medicine and Life Sciences, University of Hertfordshire; D. Taylor Auckland University of Technology; I. Niazi New Zealand College of Chiropractic	Neural & Biomechanical Differences between Overground & Treadmill Walking: Implications for Safe Falling Strategies in Older Adults	IRN NZL
15:00	Miss Marta Ortiz Molina PhD Student, University of Seville; Dr Oscar Del Castillo Andres Senior Lecturer, University of Seville and Royal Spanish Judo Federation; Dr María del Carmen Campos Mesa Senior Lecturer, University of Seville	Fall Competence & Self-Efficacy in Older Adults: Results from a JUA- Based Program	ESP
15:15	Dr Georgios Bountakis Head Coach, Judofelag, Reykjanesbaejar, Iceland	Question Panel	GRE
15:30	Break		
16:00	Day Three Conclusion, Professor Mike Callan		
16:15	Awarding Ceremony		

The Mechanics of Ukemi

Professor Mike Callan, GBR

Professor of Judo Education, University of Hertfordshire, UK

This study provides a biomechanical analysis of ukemi techniques as used in judo, with an emphasis on yoko-ukemi as a model for fall attenuation in older adults. The research applies 14 fundamental biomechanical constructs including mass, distance, area, time, velocity, acceleration, momentum and pressure, within the context of impact dynamics and energy dissipation during falls. Anthropometric variables such as stature, body mass, and Body Surface Area are examined for their influence on kinetic energy distribution and peak impact forces. The analysis incorporates principles of Centre of Mass displacement, equilibrium control, and kuzushi to elucidate how judoka optimise angular momentum and ground reaction forces to minimise injury risk. Newtonian mechanics underpin the interpretation of translational and rotational motion during a fall, highlighting the role of controlled deceleration and increased contact area in reducing pressure on specific landing points, such as hips or wrists. By integrating these biomechanical principles with judo-specific strategies, the study advances evidence-based frameworks for safer falling interventions in geriatric populations. The findings aim to inform interdisciplinary approaches combining sport science, rehabilitation, and ageing research to develop scalable training protocols for safer falling.

Judo for Successful Ageing: Evidence, Practice, and Future Directions

Dr Simone Ciacconi, ITA

Senior Researcher, Università Telematica Pegaso

The progressive ageing of societies worldwide calls for innovative strategies to promote health, independence, and quality of life in older adults. Judo, traditionally recognised as a martial art and Olympic sport, has recently gained increasing attention as a lifelong physical activity with significant potential for successful ageing. This keynote lecture will synthesise current evidence on the physiological, psychological, and social benefits of judo practice for older adults [1,2]. Research demonstrates positive effects on balance, fall prevention, functional fitness, and overall wellbeing, as well as opportunities for cognitive stimulation and social inclusion. Special emphasis will be placed on the pedagogical principles of judo, including safety, adaptability, and respect, which make it particularly suitable for intergenerational and inclusive practice [3]. Examples from European and international projects will be presented to illustrate good practices and scalable models of implementation [4]. Future directions will address the integration of judo into health promotion policies, cross-sectoral collaboration with healthcare and community organisations, and the development of evidence-based guidelines for coaches. By bridging science, practice, and policy, this contribution aims to highlight the role of judo not only as a sport, but as a comprehensive educational tool for enhancing the ageing experience and fostering active, engaged communities.

[1] Palumbo, F., Ciacconi, S., Guidotti, F., Forte, R., Sacripanti, A., Capranica, L., & Tessitore, A. (2023). Risks and benefits of judo training for middle-aged and older people: a systematic review. *Sports*, 11(3), 68. <https://doi.org/10.3390/sports11030068>

[2] Ciacconi, S., Castro, O., Bahrami, F., Tomporowski, P. D., Capranica, L., Biddle, S. J., ... & Pesce, C. (2024). Martial arts, combat sports, and mental health in adults: A systematic review. *Psychology of sport and exercise*, 70, 102556. <https://doi.org/10.1016/j.psychsport.2023.102556>

[3] Ciacconi, S., Perazzetti, A., Magnanini, A., Kozsla, T., Capranica, L., & Doupona, M. (2024). Intergenerational Judo: Synthesising Evidence- and Eminence-Based Knowledge on Judo across Ages. *Sports*, 12(7), 177. <https://doi.org/10.3390/sports12070177>

[4] Ciacconi, S., Guidotti, F., Palumbo, F., Forte, R., Galea, E., Sacripanti, A., Lampe, N., Lampe, Š., Jelušić, T., Bradić, S., Lascu, M.-L., Rodica-Borza, A., Camacho Pérez, R., Rodríguez-Montero, F. D., Kapan, M., Gezeke, K., Capranica, L., & Tessitore, A. (2024). Development of a Sustainable Educational Programme for Judo Coaches of Older Practitioners: A Transnational European Partnership Endeavor. *Sustainability*, 16(3), 1115. <https://doi.org/10.3390/su16031115>

“The Falling Competence/Safe Falling Pin” – Concept

Mrs Karin Strömqvist Bååthe, SWE

Dalarna University and Mälardalen University

Falls are the most common cause of injury in Sweden, leading to over 270,000 emergency care visits annually—more than those caused by traffic accidents, fires, poisonings, and drownings combined. Despite this, public awareness and structured prevention efforts remain limited. To address this, the Swedish non-profit organization Judo4Balance Stockholm and Dalarna University have developed the Fallborgarmärket [The falling competence/safe falling pin]—a new four-level certification system in falling competence inspired by traditional Swedish merit badges like the “200 meter swimming pin” (Simborgarmärket). The Fallborgarmärket certifies individuals’ fall-related knowledge and practical falling techniques, ranging from basic awareness (White level) to advanced falling skills (Black and gold level). This initiative builds on the Strömqvist Bååthe Falling Competence Test, a tool designed to assess falling competence reliably and efficiently at different levels. This test has been used in scientific studies and allows for standardized evaluation of the effects fall training programs. This presentation will introduce the Fallborgarmärket system, explore its scientific foundation, and demonstrate how falling competence can be trained, measured, and integrated into public health, elderly care, occupational safety programs as well as school programs. By combining behavioral motivation with evidence-based practice, this national initiative seeks to make falling competence a lifelong skill—just as swimming has been for generations.

More reading:

www.sj4b.se

<https://www.senioren.se/nyheter/fallolyckorna-darfor-behovs-en-nollvision/>

<https://via.tt.se/pressmeddelande/3851048/nu-lanserar-vi-fallborgarmarket-for-att-alla-kan-falla?publisherId=3237125&lang=sv>



The Power of Play: Teaching Safe Falling with Maximum Efficiency and Mutual Benefit

Mr Matthew Scheib and Mrs Gabriella Marvin, USA

Atlanta Judo Midtown

Play is more than recreation. It is a biological and behavioral state that enables efficient learning, adaptability, and social connection across the lifespan. Research shows that playful physical activity links emotion, movement, and cognition, providing vital stimulation for older adults and often surpassing the benefits of purely physical exercise (Bronikowska et al., 2011). Falls remain one of the most serious challenges of aging, with fear of falling contributing to inactivity, isolation, and functional decline. Judo-based safe falling programs address this by teaching individuals to manage impact safely, reducing both injury risk and anxiety (Callan et al., 2024).

So how can we maximize the acquisition of these life-saving skills in the shortest amount of time? The ecological dynamics model, which includes constraints-based and nonlinear pedagogy, provides a framework for understanding how people learn through guided play, exploration, and adaptation to realistic environmental challenges (Renshaw and Davids, 2022). Rather than rehearsing static movements, learners actively solve problems that link perception and action in contextually rich scenarios. Applied to older adults, this play-based approach values efficiency and engagement while supporting confidence and autonomy.

This presentation demonstrates how combining ecological dynamics principles with play-based learning transforms safe falling instruction into a dynamic, socially connected process that fosters resilience, enjoyment, and long-term movement competence for both learners and instructors.

The Programs Judo 55+ of Judo Flanders Belgium and Ukemi for People over 55: Beginners and Lifelong Judoka

Mr Raf Tits, BEL

Judo Flanders

For Judo Flanders Belgium, 2012 marked the start of the development of programs for people aged 55 and over. The programs were developed based on:

- research on the sports experience of older adults,
- studies on basic physical skills training for older adults,
- guidelines of the Flemish sports authority,
- experiences of the developers.

The main program is called Kintsugi Judo. It is about traditional judo with adapted rules to maximise safety, the experience of pleasure while sporting and social contact. The same goals are targeted in the Senpai Fit program. Senpai Fit is a kind of gymnastics based on judo. The third program is Carefree falling. The implementation of the programs was supported by video materials and books. To train instructors in coaching older judokas and non-judokas, a 22-hour training course is available.

Regarding judo fall training, the programs emphasise 7 points of attention:

1. using four levels of falling,
2. maintaining the classical falling techniques,
3. reducing the impact when practicing the classical falling techniques,
4. following guidelines for the learning process for beginners,
5. implementing throw-specific preparation for the fall,
6. incorporating surprise into the falling exercises,
7. falling for life (outside the dojo).

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

Dr Keisuke Nakajima, Ryota Yamada, Heiki Kunitomo, Masaomi Miura, Akira Ikumi, Naoki, Sakuyama, Takeshi Kamitani, JPN

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

Japan has the highest aging rate in the world, and there is an urgent need to extend healthy life expectancy. The All Japan Judo Federation has administered the All Japan Judo Federation-approved training course for qualified instructors in fall injury prevention since 2024, with the objective of cultivating instructors who can contribute to local communities. To date, two training courses have been held, with 72 participants completing the training. The training course is comprised of two components: a pre-assessment on-demand lecture and a face-to-face training course. The in-person training course comprises role-playing exercises that emulate a qualified individual conducting a fall injury prevention seminar. The course is structured into four sessions. The following four steps are to be followed in sequence: 1) risk assessment of participants, 2) exercise program planning, 3) environmental adjustments, and 4) group presentation. Reviewing the survey results after the workshop, 91.3% of respondents reported being satisfied with the workshop. However, only 62% stated they felt confident about implementing fall injury prevention classes in the future. In the interest of future development, it is imperative to establish a collaborative relationship with qualified individuals until they are actively engaged in instructional roles. One potential avenue for this collaboration could involve their participation in fall injury prevention classes organized by the All Japan Judo Federation, thereby facilitating the acquisition of practical experience.

Development of the Japanese Version of the Fall Prevention Assessment Tool “Strömqvist Bååthe Falling Competence Test” (SBFC-Test)

Dr Maja Sori Doval, Tsuda University, All Japan Judo Federation (AJJF), GER

Dr Akitoshi Sogabe, Konan University, All Japan Judo Federation (AJJF), JPN

Dr Asako Takekuma Katsumata, University of Shizuoka, School of Nursing, USA

Falls often lead to serious head injuries and other severe outcomes, even when they do not result in fatal accidents. The WHO has requested that countries implement countermeasures. In response, our global team developing a universal fall prevention program utilizing judo, is considering the development of a common fall assessment tool for all countries. Existing fall assessment tools have focused on predicting “whether a fall will occur,” lacking the perspective of “how to fall safely.” This has led to issues with evaluation accuracy and practical applicability in the field. However, the “Strömqvist Bååthe Falling Competence Test (SBFC-Test)” developed by Strömqvist et al. (2020) shifts the perspective from “not falling” to “falling safely” and further assesses self-efficacy, physical ability, and breakfall skills. In other words, it is a comprehensive tool combining practical evaluation based on judo and psychological aspects, features absent in existing assessment tools. Therefore, this study aims to develop a Japanese version of the SBFC-Test. Translation from the English version to Japanese by experts, and back-translation from the Japanese version to English, were conducted to confirm consistency. We propose a globally applicable Japanese version of SBFC-Test that contributes to fall prevention assessment in Japan.

The FallFitness for Physiotherapists: Experiences of Learning Safe Falling Techniques

Mrs Julia Hamilton, SWE

Sabbatsbergs Department of Geriatric Medicine, Sweden

Falls represent a major public health challenge, placing a substantial burden on healthcare systems worldwide. The global cost of fall-related injuries among older adults is estimated at approximately USD 50 billion annually. Most fall prevention programs delivered by healthcare professionals focus primarily on physical exercise and strategies for getting up from the floor, while safe falling techniques are typically taught only in martial arts settings.

The FallFitness program, developed in close collaboration with older adults in Region Sörmland, Sweden, is one of the few fall prevention programs combining physical training, methods for safely getting up from the floor, and fundamental techniques for safe falling. The program is specifically designed to be delivered by leaders without martial arts experience and has been successfully tested in peer-led groups among older adults.

In the next phase, 20 physiotherapists from Region Sörmland completed a FallFitness instructor course. Their experiences of learning the program were evaluated through a mixed-method questionnaire designed to collect both quantitative and qualitative data. The questions primarily addressed the process of learning safe falling techniques and the overall experience of the FallFitness program.

Using Ukemi (Safe Falling) as Therapy: A Parallel to Exercise is Medicine®

The Role of the Safe Falling Program in Medication De-Prescribing

Dr Abdelmonaim Elsayed, EGY

Pharmacist, Creator & Owner of Judo Rx

In alignment with the global health initiative Exercise is Medicine®, which advocates for physical activity as a core component of clinical care, this presentation explores the innovative concept of Ukemi—the art of safe falling—as a therapeutic modality akin to medication. Drawing from the American College of Sports Medicine’s tailored exercise prescriptions for individuals with chronic conditions, we propose that safe falling is not merely a physical skill but a strategic intervention that enhances safety, autonomy, and medication optimization.

Candidates enrolled in the Safe Falling Program often live with complex chronic conditions such as Alzheimer’s, Parkinson’s disease, and Type 2 Diabetes. For these individuals, exercise is not contraindicated—it is essential. However, it requires an additional layer of safety and personalization. The Safe Falling Program, especially when led by healthcare professionals with judo expertise—such as sports pharmacists—offers a unique platform to integrate physical activity with proactive and reactive medication management.

This presentation will showcase how the Safe Falling Clinic model, introduced at the Second International Safe Falling Conference, empowers pharmacists to tailor exercise prescriptions that support dose adjustment and possible deprescribing efforts, reduce polypharmacy risks, and improve functional outcomes. By reframing Ukemi as a form of “therapy,” we invite stakeholders to recognize its potential in bridging the gap between movement, safety, and pharmaceutical care—especially in culturally diverse and medically complex populations.

Judo Fall Techniques and Ageism: A Brief Psycho-Sociological Approach

Mr Jean-Pierre Dziergwa, BEL

Judo Flanders

This is the third time I have the honor of speaking at this conference.

In 2023, I presented an overview of ten years of the **Carefree Falling** project adopted by Judo Flanders. As lifelong judoka, I have always believed that ukemi can help reduce fall-related injuries, even in later life for non judokas. Collected data showed that older adults can learn and even enjoy falling in a single one-hour session focused on **mae-ukemi** (tripping) and **ushiro-ukemi** (slipping).

In 2024, I spoke about the “**demystification**” of **ukemi**, paraphrasing Shakespeare’s *Much Ado About Nothing*. The selected techniques, addressing the most common fall injuries in daily life, are simple to learn and easy to reproduce through **motoric visualization**.

Yet hesitation often arises the moment the word “judo” is mentioned. Even without the “fighting spirit,” doubts remain.

This resistance led me to reflect on **ageism**—the often-hidden prejudices about ageing that can influence choices by decision makers, potential organizers, elderly themselves and even starting trainers.

Besides strength, balance, flexibility, injury prevention, social contact all judo for elderly projects have an additional less measurable value, namely countering prejudices linked to older age.

Falls and their Impact on the Elderly in Iceland

Dr Georgios Bountakis, GRE

Head Coach, Judofelag, Reykjanesbaejar, Iceland

Statistics reveal a concerning number of falls in Iceland, with elderly individuals being particularly vulnerable. Despite the high frequency of falls, there is no specific training or prevention program currently in place to protect the elderly population. This issue is especially prominent in rural areas, where fall-related injuries are even more common. In terms of overall fall rates, Iceland is ranked at a medium level compared to other European countries, but the impact on older adults is still significant. Furthermore, the statistics highlight noticeable differences across various groups, genders, and living environments, particularly between urban and rural settings. In rural areas, the risk of falling is higher due to factors such as limited access to healthcare facilities and more challenging living conditions. This underlines the urgent need for targeted fall prevention strategies and specialised care for the elderly, especially in remote regions. The first substantial step was taken earlier this year, in September, with the collaboration of JRB Judo Club, local authorities in the Reykjanesbaer area and the Icelandic Olympic Committee by inviting Professor Mike Callan from the University of Hertfordshire, an expert in the field, where the acquaintance of Icelanders with the safe falls began in earnest.

Evaluating the Safety and Effectiveness of Judo-Based Fall Training for Older Adults Delivered by Non-Judo Health and Exercise Professionals

Ms Kaitlan Cossington, GBR

Programme Leader for Sport Sciences, University of Hertfordshire

In response to the annual rise of falls worldwide, the global adoption of Judo-based "safer falling" techniques has gained traction over the past 15 years. Within the United Kingdom, this approach is currently delivered through 15 programmes, facilitated exclusively by certified British Judo coaches. This raises the question can Judo-based break-fall techniques be delivered safely and effectively to older adults by trained Health and Exercise Professionals, thereby increasing accessibility and national impact. The proposed study seeks to assess the safety and effectiveness of such training when delivered by practitioners outside the Judo discipline. The research will adopt a two-phase design. Phase 1 will involve the identification of inclusion and exclusion criteria for Health and Exercise professionals, followed by the recruitment and structured training of 10 participants. Phase 2 will focus on the implementation of the safer falling programme by these trained professionals. Data will be collected through pre-validated questionnaires and focus groups, administered before and after training, involving expert Judo coaches, participating health and exercise professionals, and older adult course participants. If successful, the findings could inform broader dissemination of the programme across healthcare and community settings, fostering interdisciplinary collaboration to mitigate fall-related injuries.

Case Study on Judo Implementation for Preventing Injuries from Falling Off a Horse

Gaku Yoshida, JPN

Assistant Coach, Tokai University Judo Club

Horse racing is a popular sport in Japan. At JRA horseracing School, judo classes are mandatory to reduce the number of falls from horses. The main contents of this class is to acquire ukemi. The purpose of this study was to report on the content and impressions of this class.

JRA horseracing school focuses primarily on not throwing techniques but mastering ukemi. Though techniques are also practiced as students advance through the grades. First-year and third-year students show differences in their Ukemi techniques. The Ukemi techniques of third-year students were observed to be at the same level as those of their peers with judo experience. Therefore, it is believed that Ukemi techniques can be mastered during the three years at the horseracing school.

However, students who focused solely on Ukemi seemed to be losing interest in judo. Since there was no throwing technique, it seems that students get bored with judo. Therefore, it might be a good idea to experience randori with someone who has judo experience. Evidence is now required to demonstrate that throwing techniques are effective in preventing falls.

Ukemi Teaching Methods from Japan

Proefssor Kenji Mitsumoto, 8th Dan, JPN

Shihan, Tokai University Judo Club

The first skill that one must acquire in judo is ukemi — the art of falling safely.

Ukemi is the most fundamental technique for progress in judo.

It is a defensive posture that protects the body when falling, helping not only to prevent injury but also to eliminate the fear of falling.

Furthermore, ukemi serves as an important means of self-protection in everyday life, for instance, when one slips, falls, or becomes involved in an accident.

Ukemi-no-Kata

Dr Georgios Bountakis, 6th Dan, GRE

Head Coach, Judofelag Reykjanesbaejar, Iceland

Judo is internationally recognised for its effective techniques in preventing injuries from falls. One such method is the teaching of breakfalls through a structured form, known as kata. This approach was introduced during the graduation ceremony of an NPO seminar in November 2018. The aim was to use judo's established techniques as a way to educate people on how to fall safely, reducing the risk of serious injury. By incorporating kata, a formalised method of practice, this teaching method highlights judo's potential as a valuable tool in fall prevention, especially for vulnerable populations such as the elderly.

Ukemi as a Lifelong Skill: Safety, Adaptation, and Wellbeing

Dr Simone Caiccioni, 4th Dan, ITA

Senior Researcher, Università Telematica Pegaso

Ukemi, the art of safe falling, represents one of the most distinctive and valuable contributions of judo to lifelong health. This practical session will focus on adapting ukemi techniques for older practitioners, emphasising safety, gradual progression, and individualization [1]. Participants will experience how learning to fall safely can reduce the risk of injury, enhance confidence, and support autonomy in daily life. The session will also highlight links between ukemi, physical literacy, and wellbeing, illustrating its relevance beyond the dojo. Simple, evidence-informed adaptations will be presented to enable participants of different ages and abilities to benefit from this lifelong skill [2,3].

[1] Caiccioni, S., Capranica, L., Forte, R., Chaabene, H., Pesce, C., & Condello, G. (2019). Effects of a Judo Training on Functional Fitness, Anthropometric, and Psychological Variables in Old Novice Practitioners. *Journal of Aging and Physical Activity*, 27(6), 831-842. Retrieved Sep 23, 2025, from <https://doi.org/10.1123/japa.2018-0341> [2] Caiccioni, S., Pesce, C., Capranica, L., & Condello, G. (2021). Effects of a judo training program on falling performance, fear of falling and exercise motivation in older novice judoka. *Ido Mov. Culture. J. Martial Arts Anthropol.* 21, 9-17. <http://doi.org/10.14589/ido.21.3.2> [3] Caiccioni, S., Capranica, L., Forte, R., Pesce, C., & Condello, G. (2020). Effects of a 4-month judo program on gait performance in older adults. *The Journal of sports medicine and physical fitness*, 60(5), 685-692. <https://doi.org/10.23736/50022-4707.20.10446-8>

Micro-Progressions Toward Adapted Mae-Mawari-Ukemi

Professor Mike Callan, 7th Dan, GBR, Professor of Judo Education, University of Hertfordshire, and Mr Aleksandar Grigorov, BUL

This presentation explores a structured approach to teaching safer falling techniques through micro-progressions, focusing on an adaptation of mae-mawari-ukemi. The teaching method is specifically designed for use with older adults and draws on practical experience working with the demographic. It emphasizes incremental skill acquisition to reduce injury risk and enhance confidence. Micro-progressions break down complex movements into manageable stages, based on a virtuous cycle of competence and confidence. This enables learners of diverse abilities to develop competence in forward falls. Practical demonstrations will illustrate how these progressions align with evidence-based principles of motor learning and safety. The session aims to equip skilled judo coaches with adaptable strategies for inclusive practice.

Ukemi for Judoka over 55 & Carefree Falling for Elderly Non-Judoka

Mr Raf Tits, 7th Dan, and Mr Jean-Pierre Dziergwa, 1st Dan, BEL

Judo Flanders

Following the theory lecture, participants can try out some examples of exercises for the 7 points of attention regarding fall training for judokas over 55: beginners, boomerangs and lifelong judokas. Carefree falling for elderly non-judokas teaches elderly non-judokas to land safely after tripping or slipping. Since 2017, it has been offered by Judo Flanders due to certified judo trainers. In 1 hour, participants learn mae- and ushiro-ukemi. Highly important is the position of the forearms just before ground contact. Collected data demonstrate that both ukemis can be taught quickly, enjoyably, without injuries! And with motoric visualization as homework.

Adapted Utilitarian Judo (JUA) for Healthy Ageing

Dr Oscar Del Castillo Andres, 5th Dan, Senior Lecturer, University of Seville,

Royal Spanish Judo Federation, Dr Maria del Carmen Campos Mesa, and

Miss Marta Ortiz Molina, 1st Dan, ESP

The practical session introduces participants to the principles of JUA through safe and adapted physical activities that promote mobility, balance, and self-confidence. Practical exercises focus on safe falling techniques, strategies for getting up from the ground, and movements that strengthen coordination and functional strength. Beyond the physical benefits, the workshop encourages social interaction and positive reinforcement, creating an active, motivating, and inclusive learning environment. Its ultimate goal is to prevent falls and enhance quality of life in daily activities

Guided Play and Ecological Learning: Applying Self-Determination and Fidelity to Safe Falling

Mr Matt Scheib, 4th Dan, USA

Owner, Atlanta Judo Midtown

This session demonstrates how judo-based, game-informed practice builds real-world falling skills through ecological fidelity. In short, how can we structure training that reflects the environments where falls actually happen? Participants will explore how perception-action coupling enables learners to solve movement problems rather than repeat rehearsed actions.

Grounded in self-determination theory, this play-based session emphasizes autonomy, competence, and relatedness. Learners choose, adapt, and collaborate as they practice. By replacing rote repetition with guided play, participants experience authentic problem-solving, higher motivation, and faster, more transferable skill acquisition that makes safe falling both efficient and mutually beneficial.

Safe Falling Project Kendal

Mr Mike Liptrot, 2nd Dan, GBR

Head Coach, Kendal Judo Club

The Safe Falling Project Kendal provides practical instruction in safe falling techniques for adults aged 55 and over within the local community. Drawing on adapted judo principles, the project teaches participants how to reduce injury risk from everyday falls through progressive, confidence-building exercises. Sessions are free at the point of contact and accessible to all ability levels, promoting balance, mobility, and independence. This practical workshop will demonstrate key teaching methods, safety considerations, and community outcomes achieved through Kendal Judo Club's partnership work across local organisations and wellbeing initiatives.

Judo4Seniors – Adapted Judo for Older Adults

Mrs Karin Strömqvist Bååthe, 4th Dan, and Mrs Julia Hamilton, 4th Dan, with representatives from Senior Group for Judo4Seniors, SWE
Stockholm Judo4Balance Förening

Judo4Seniors is a natural progression of the **Judo4Balance** program and can be implemented in judo clubs for participants who have practiced Judo4Balance for at least one year. The main objective during the first semester of adapted judo training is to achieve a half yellow belt, following the modified Kyu grading recommendations of the Swedish Judo Federation. Judo4Seniors provides a structured and safe introduction to judo for older adults, offering fall training in a new context where balance is challenged through controlled interaction with a partner.

Tasuki Over Tradition: Reviving Judo Through Arab Culture and Elder Inclusion

Dr Abdelmonaim Elsayed, 5th Dan, Pharmacist, Creator and Owner of Judo Rx and Fouad Hejazi, 6th Dan, EGY

Last year, we introduced an adaptive safe falling program designed by Hejazi Fouad Sensei, tailored for Arab communities—especially in the Gulf—where traditional clothing like the thobe and abaya can limit movement. During our discussion, Lance Gatling Sensei suggested using the Japanese tasuki, a sash that secures sleeves and symbolizes teamwork and heritage. By adapting the tasuki over Arab garments, we improved elderly participation in judo, making movement safer and more culturally respectful. This approach helps teach ukemi (safe falling), encourages group games, and builds bridges between cultures—merging Japanese tradition with Arab values to promote inclusion and physical activity.

Safer Landings through Dynamic Balance for Life® - Floor Transfers

Mr Michael Headland, 6th Dan, and Dr Meera Verma, 5th Dan, AUS
Adelaide University Judo Club

The Introductory Program builds participants' confidence in trip recovery, safer landing, and strategies for getting up after a fall. However, not all participants are able to descend to the mat safely, often due to painful knees, arthritis, previous injury, or limited joint flexion.

Three groups are typically observed: (i) those who descend and rise independently or with minimal effort, (ii) those requiring some assistance due to discomfort, and (iii) those unable to descend or rise without substantial help.

Three methods of enabling modified ukemi will be demonstrated to accommodate these varying abilities.

Core Training Using Judo Movements for Fall Prevention

Dr Akitoshi Sogabe, 7th Dan, Konan University, All Japan Judo Federation (AJJF), JPN, Dr Maja Sori Doval, 4th Dan, Tsuda University, All Japan Judo Federation (AJJF), GER, and Dr Asako Takekuma Katsumata, University of Shizuoka, School of Nursing, USA

Movements of the limbs, such as “reaching out a hand” or “stepping forward,” are part of the kinetic chain that transmits force generated through the core to the extremities. To move the limbs, the foundational core must be firmly stabilized. Therefore, to achieve the desired movement, the core must first function as the fulcrum. “Proximal stability provides distal mobility” is a common framework in core training theory and is also fundamental to judo. We introduce core training utilizing judo movements for fall prevention.

Assessing the Reliability of the 9-Step SBFC-Test: A Multicountry Study

Karin Strömqvist Bååthe, Dalarna University and Mälardalen University, SWE, and Dr Agathe Daria Jadczyk, Adelaide University, AUS, with colleagues from Spain and Japan.

Falls are a major global health concern, especially for older adults. The SBFC-Test assesses self-confidence and competence in managing fall scenarios using safe falling and landing strategies. This study evaluates the inter-rater reliability and test–retest consistency of the 9-step SBFC-Test across four culturally diverse countries: Australia, Japan, Sweden, and Spain. A standardized, translated, and culturally adapted protocol was used. Socio-demographic data, fall history (including fear of falling via FES-I), and physical activity were collected for descriptive comparisons. Each country recruited 20–40 participants aged 18+. Statistical analysis will determine reliability, supporting global use of the SBFC-Test in diverse populations.

A Safe Falling and Fall Prevention Program Enhanced by Dynamic Movement Training

Mr John Thacker, 6th Dan, Tsukuba United Judo, GBR, and Dr Asako Takekuma Katsumata University of Shizuoka, USA

Dynamic Movement (DM) is an evidence-based training and rehabilitation system that enhances neuromuscular efficiency and retrains movement patterns for improved coordination and strength. Built on over 30 years of research, DM is widely used by professional athletes, medical institutions, and schools. By integrating basic Judo movements, particularly safe falling (ukemi) techniques, DM has been adapted into a program for adults and older adults. This combined approach stimulates the nervous system, improves balance and agility, and helps reverse age-related functional decline, thereby reducing fall risk and promoting safety, confidence, and physical resilience in everyday life.

THRF Study - Upskilling Allied Health Professionals and Judo Coaches in Teaching Safe Falling to Older Adults

Dr Agathe Daria Jadcza, AUS

Adelaide Geriatrics Training & Research with Aged Care (GTRAC) Centre,
Adelaide Medical School, Adelaide University

Objectives: To upskill Allied Health Professionals and Judo Coaches to teach safe falling to older adults through a 2-day workshop combined with practical sessions during an 8-week Judo-based safe falling program.

Outcomes: Perceived competence and importance in teaching safe falling, objective knowledge, and safe falling skills assessed using the Strömqvist-Bååthe Falling Competence (SBFC) Test.

Design: Pre-post study with assessments before (T1) and after (T2) the workshop, and after the practical sessions (T3).

Participants: Sixteen trainees (n=8 Allied Health Professionals, n=8 Judo Coaches; mean age 50.4 ± 11.4 years; 37.5% female).

Results: Perceived competence ($p<.001$), objective knowledge ($p<.001$), and safe falling skills ($p<.001$) improved significantly after the workshop (T2), with gains maintained after the practical sessions (T3). Perceived importance ($p=.015$) improved following the full program (T3). Judo Coaches scored higher overall in safe falling skills ($p=.011$) but all professions showed similar improvements over time.

Conclusion: The Train-the-Trainer improved perceived competence, objective knowledge, and safe falling skills among Allied Health Professionals and Judo Coaches, with most gains occurring after the 2-day workshop. Improvements in perceived importance required the full program, particularly for Allied Health Professionals. Judo Coaches consistently scored higher in safe falling skills, but all participants demonstrated meaningful improvements over time.

Adapted Utilitarian Judo (JUA): An Innovative Approach to Fall Prevention in Older Adults

Dr Oscar Del Castillo Andres, Senior Lecturer, University of Seville and Royal Spanish Judo Federation, Dr María del Carmen Campos Mesa, Senior Lecturer, University of Seville, and Miss Marta Ortiz Molina, PhD Student, University of Seville, ESP

Adapted Utilitarian Judo (JUA) is a program developed in Spain to use the fundamental principles of traditional Judo to improve the health and quality of life for older adults, focusing on increasing physical function, reducing fall risk, and enhancing psychosocial well-being. The program adapts Judo techniques to teach participants how to fall safely, regain balance, and get up from the ground, and it also fosters social interaction and self-esteem within a group setting.

Key Aspects of Adapted Utilitarian Judo (JUA):

- **Objective:** To promote healthy ageing by improving physical condition, maintaining autonomy, and enhancing social connections in older adults.
- **Focus on Falls:** A primary goal is fall prevention and management, teaching strategies to fall safely and regain mobility after a fall.
- **Physical Benefits:** JUA improves physical qualities like strength, coordination, balance, and flexibility, which are crucial for daily living.
- **Psychosocial Benefits:** Participation in the program promotes social interaction and can increase self-esteem and confidence, helping to mitigate the fear of falling.
- **Utilitarian Approach:** Unlike traditional Judo, JUA emphasizes a "utilitarian" function, applying the martial art's principles for a direct health benefit rather than for combat.

Keywords: older adults, physical performance, fall, Adapted Utilitarian Judo

Neural and Biomechanical Differences Between Overground and Treadmill Walking: Implications for Safe Falling Strategies in Older Adults

Dr Arezoo Amirpourabasi, IRN, Research Fellow in Human Locomotion and Neuromechanics, University of Hertfordshire

U. Ghani, New Zealand College of Chiropractic, A. Greenhalgh, A. Pujari, L. Bottoms, School of Health, Medicine and Life Sciences, University of Hertfordshire, D. Taylor, Auckland University of Technology, and I. Niazi, New Zealand College of Chiropractic

Background: Falls are a major cause of injury among older adults, often linked to impaired stability and delayed balance recovery. Understanding how brain activity differs between walking environments can inform the design of safer movement and fall-prevention strategies.

Methods: Five healthy older adults (mean age 65 ± 2.3 years, all female) completed overground (OG) and treadmill (TM) walking at self-selected speeds for three minutes each. EEG data were recorded using a 15-channel mobile system. Signals were filtered (0.5–40 Hz), cleaned using Artifact Subspace Reconstruction and Independent Component Analysis, and analysed using phase-locking value (PLV) to quantify neural connectivity across delta, theta, alpha, beta, and gamma bands.

Results: Node strength and connectivity were significantly greater during OG than TM walking in the alpha ($p < 0.001$, $d = 2.74$) and beta ($p < 0.001$, $d = 2.42$) bands, particularly in frontal–parietal regions, indicating higher cortical engagement and sensory integration demands during natural walking.

Conclusion: Overground walking elicits stronger neural coupling than treadmill walking, suggesting that natural walking better represents real-world balance control. These findings can inform the development of Judo-based safe-falling and balance-training interventions aimed at improving adaptability, confidence, and injury prevention in older adults

Fall Competence and Self-Efficacy in Older Adults: Results from a JUA-Based Program

Miss Marta Ortiz Molina, PhD Student, University of Seville, Dr Oscar Del Castillo Andres, Senior Lecturer, University of Seville, and Royal Spanish Judo Federation, and Dr María del Carmen Campos Mesa, Senior Lecturer, University of Seville, ESP

The present study aimed to evaluate and implement a fall teaching workshop based on the JUA programme in a group of older adults attending maintenance exercise classes. The experimental methodology included pre and post intervention measurements in a Control Group (CG) and an Experimental Group (EG). A sample of 45 subjects was selected using convenience sampling. The participants in the EG showed significant improvements in self-efficacy, motor skills, and fall technique, with a 43.5% increase in successful fall executions. In contrast, the CG did not show significant improvements. Although improvements were not observed in all physical performance tests, such as walking speed, there were improvements in balance and lower body strength. The lack of improvement in some tests could be attributed to the high level of prior physical fitness of the participants. These findings support that a fall teaching workshop based on the JUA programme trains older adults in the ability to fall backwards and sideways as well as in their self-efficacy regarding these skills. Further research is needed to better understand the long-term effects of these interventions and their impact on fall prevention.

Keywords: older adults, physical performance, fall competence, fall, JUA

Poster: Analysis of Backward Ukemi for Fall Prevention Judo Classes

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This study analyzed backward ukemi from a standing posture using biomechanical methods to improve fall prevention judo instruction. Seven skilled (over 10 years' experience) and seven unskilled were compared. Skilled moved their head and waist downward and backward earlier, while unskilled tended to keep the head forward and upward, increasing the risk of hitting the head. Skilled controlled head motion more effectively. For safe ukemi, lowering the head into a squatting position before hip contact and a backward roll is recommended.

Thank you

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**A person's true value
is determined by how much they contribute
to society during his or her lives.
And because these very contributions enable
those who strive to perfect themselves to
achieve this, the purpose of judo is to perfect
yourself so that you can
contribute to society.**

Kanō Jigorō

(“The three levels of judo: Lower, Middle and Upper”. *Judo*. Vol.4, No. 7. July 1918.)

Notes

Notes

JUDO

FALL

SEVEN TIMES

STAND UP

EIGHT

七転び八起き