



2022

# FALLS PREVENTION AND CONTROL PROGRAM



FALLS PREVENTION AND  
CONTROL PROGRAM

BY BENOIT SÉGUIN

**judo**  
QUÉBEC

# PROGRAMME DE PRÉVENTION ET CONTRÔLE DES CHUTES

Bien tomber est un art qui se transmet à tout âge,  
par des exercices **simples et accessibles** à la  
portée de chacun et chacune, peu importe votre  
âge et/ou votre condition physique.



Apprendre  
à bien tomber  
est essentiel



Le professeur  
de judo est  
le spécialiste  
des chutes



Tout le  
monde peut  
apprendre

Renseignez-vous  
[judo-quebec.qc.ca/programme-chutes](http://judo-quebec.qc.ca/programme-chutes)

Avec le soutien de

Québec 

## Table of contents

TABLE OF CONTENTS .....	2
<b>MESSAGE FROM MASTER KANO:.....</b>	<b>3</b>
<b>FOREWORD: .....</b>	<b>4</b>
<b>PREMISES AND PRIORITIES: .....</b>	<b>5</b>
FIRST PRIORITY: .....	5
SECOND PRIORITY:.....	5
THIRD PRIORITY: .....	6
<b>THE CLIENTELE:.....</b>	<b>6</b>
<b>WALKING AND GAIT .....</b>	<b>7</b>
<b>WIN-WIN SITUATION:.....</b>	<b>7</b>
<b>GETTING DOWN AND UP FROM THE GROUND: .....</b>	<b>8</b>
FIRST METHOD: GO TO THE GROUND AND GET UP.....	8
SECOND METHOD: STAND UP ON THE KNEE .....	10
<b>THE REPETITIONS OR "UCHI-KOMI" .....</b>	<b>12</b>
<b>12 CLASSES IN FALLS PREVENTION AND CONTROL.....</b>	<b>14</b>
<b>PRIORITY IN EACH CLASS AND ASSIGNMENT: .....</b>	<b>14</b>
PRIORITY OR FOCUS PRESENTED FOR EACH CLASS: .....	15
<b>THE THREE KEY EXERCISES: .....</b>	<b>15</b>
KEY EXERCISE ON THE SIDE: .....	16
KEY EXERCISE TOWARDS THE BACK:.....	17
KEY EXERCISE FORWARD:.....	18
<b>FIRST CLASS .....</b>	<b>19</b>
<b>SECOND CLASS.....</b>	<b>21</b>
<b>THIRD CLASS .....</b>	<b>24</b>
<b>FOURTH CLASS.....</b>	<b>26</b>
<b>FIFTH CLASS .....</b>	<b>29</b>
<b>SIXTH CLASS.....</b>	<b>32</b>
<b>SEVENTH CLASS .....</b>	<b>34</b>
<b>EIGHTH CLASS.....</b>	<b>37</b>
<b>NINTH CLASS .....</b>	<b>40</b>
<b>TENTH CLASS .....</b>	<b>43</b>
<b>ELEVENTH CLASS.....</b>	<b>45</b>
<b>TWELFTH CLASS .....</b>	<b>48</b>
<b>REFERENCES: .....</b>	<b>51</b>

## Message from Master Kano:

---



### Texts on falls written by KANO Jigoro

Translation: Yves Cadot

On the web - The fall, aikido and judo, published on Jan. 10, 2015

*"Ukemi* is a way to fall pleasantly without injury or pain, whether you fall by yourself or are thrown by someone else. With this, one can fall forwards, backwards, to the right and to the left, and sometimes one rolls. If you can't do this exercise freely, you can't do *randori* properly... It is necessary to educate the habit of practicing with the right attitude and posture... Not being able to fall skillfully means making unnecessary efforts. From this comes injury and failure. If, on the contrary, one finally masters the fall, it does not become painful at all.

## Foreword

---

In general, a person with a black belt in judo is qualified to teach and practice falls and fall-breaking to young people. This is not always the case when it comes to teaching at-risk people or older people who have no knowledge of judo.

If you are implementing this program in your dojo, you will need to choose the right instructor since :

**THE PRIMARY GOAL OF THIS PROGRAM IS TO AVOID INJURY AT ALL COSTS**

The last thing we want is for a person to get injured while practicing in the dojo when they come to learn how to avoid a "potential injury" in the event of a fall. We are fortunate to be able to teach fall prevention and control techniques specific to judo in order to avoid potential injuries in everyday life.

The person who teaches these classes must be MORE than a "trainer" or "coach". He or she must also be a conscientious educator. This often means asking clients to do less, to slow down the tempo rather than to be more demanding.

For example, one must be careful to realize that many people will never be able to do falls or forward rolls. However, everyone should be able to do side rolls with the arm and head inward, from the ground, if they are well guided.

Note: Two series of videos are available and summarize the methods described in this document:

[https://www.youtube.com/watch?v=38PE3ucu2Mg&list=PLwgTHc4QNyLP-TuD7KVB\\_xdjUHN\\_ZIZwZ&t=34s](https://www.youtube.com/watch?v=38PE3ucu2Mg&list=PLwgTHc4QNyLP-TuD7KVB_xdjUHN_ZIZwZ&t=34s)

<https://www.youtube.com/playlist?list=PLFuPyvNr7OZIoFsViDZDIX7PX3BHWbE71>

Judo Canada note: A series of videos is available that summarizes the methods described in this document. Let's start with an overview of the program:

Videos #1: [https://youtu.be/fnUYJsmNIPk?si=Q\\_y6A64sgFfeGZko](https://youtu.be/fnUYJsmNIPk?si=Q_y6A64sgFfeGZko)

## Premises and priorities

---

It is imperative that these fall prevention and control techniques taught to the "elderly" gradually become a priority for the "less elderly".

**The earlier you acquire these preventive techniques, the lower the risk of injury later in life.**

This is an important goal for our Federation and its members.

### First Priority

*Learn how to get down and up from the ground*

It is absolutely necessary to tame and demystify the ground, just as we must learn to tame and demystify water when we learn to swim. Students must be convinced to go to the ground regularly.

This is the basis that will allow them to control this fear of falling.

**Videos #1 :** <https://youtu.be/fnUYJsmNIPk?si=2wl03qxy4Qrs953>

### Second Priority

*Learn preventive gestures and automatisms that will allow you to lower your centre of gravity and direct your arms, legs and head towards the inside*

And this learning is true for the side fall, the back fall and the front fall as well. The only way to automate these movements is to practice repetitions (as we have been doing for years with our *Uchi-Komi*).

**Videos #4 :** [https://youtu.be/jjl\\_YbbaG14?si=HxPWWrpa-1nOgQtm](https://youtu.be/jjl_YbbaG14?si=HxPWWrpa-1nOgQtm)

## Third Priority

*Learn the principles of balance and stability*

The best fall is the one you avoid, the second, the one you control.

We, the judokas, are the specialists of "control", but there are still too many falls which are not avoided, and yet, they could be. It is up to us to do something about it!

**Videos #9 :** [https://youtu.be/bh9hXRQyGJQ?si=Wd\\_SJ3oIq9KZfZKN](https://youtu.be/bh9hXRQyGJQ?si=Wd_SJ3oIq9KZfZKN)

## The clientele

---

When addressing older people, there are a few things you should definitely consider. You can teach the basics the same way you teach them to children, but... consider the following facts:

- They no longer have the same suppleness.
- They no longer have the same flexibility.
- They no longer have the same muscle tone.
- They no longer have the same cardio.
- They no longer have the same balance.
- Etc.

On the other hand, these people have often kept the same will, which increases the risk of injury. Therefore, it is sometimes necessary to curb their enthusiasm. Pay special attention to those who join a group that is already progressing.

You will have to use psychology to make your clients understand that avoiding overcommitment injury is paramount.

Your teaching should lead them to avoid a fracture in the first place during a fall. Often, in old age, a bruise may be acceptable but a fracture could be harmful.

## Walking and gait

---

In your classes or sessions, you will need to put a special emphasis on walking, or at least gait, which many older people have often developed.

Two phenomena emerge from this, shall we say, less classical approach:

- First, as we age, many people tend to walk with a bit of a stoop (back slightly bent forward and head bowed).
- Secondly, people walk a little slower, which often causes them to lift their feet less and thus have a greater tendency to "get caught on the carpet", which can cause a fall<sup>1</sup>.

**Videos #10:** [https://youtu.be/F2dAqs6oa\\_4?si=OMvJat1bOBSFcEGm](https://youtu.be/F2dAqs6oa_4?si=OMvJat1bOBSFcEGm)

## Win-win situation

---

When you teach fall prevention to older people in your dojo, the benefit of learning will be quickly recognized. The habits of daily life change, the quality of life increases by learning to control the fear of falling.

In return, the publicity that your students will give you in their environment will allow you to have more and more requests. The dojos will thus gather new followers.

**Videos #7:** <https://youtu.be/ONXhE8nZ6gE?si=ollCgUyRSLOgBMTp>

Note:

---

<sup>1</sup> This is a good reason to use the warm-up style of walking or moving in different ways around the training room.

Please note that the lectures, workshops and videos<sup>2</sup> presented serve as an initiation for the participants. Ultimately, the goal is to direct them to the dojo for a more complete and effective teaching.

## Getting down and up from the ground

---

Getting down and especially getting up from the ground takes all its importance when we realize that many people are unable to do so. It is therefore necessary to make people practice regular exercises to compensate for this failure.

In judo, we use the most efficient way to get down to the ground when we practice katas. However, with people who are a little less flexible and/or a little less fit, we will have to adapt the process quite a bit, especially at the beginning when it comes to learning how to return to the ground.

**Videos #2:** <https://youtu.be/a740jCMj0sQ?si=Jh4FQlGlijj6eC-k>

First method: go to the ground and get up.

The first step is to teach them to lower the pelvis with the left hand resting on the left knee, the head raised (looking forward) and the right hand resting on the ground to form a triangle of stability. (Position similar to the soccer player on the line).



---

<sup>2</sup> See videos in references

Photo no. 1

Then slide the right leg inward and go to put the right hip on the ground, then once seated, direct the body in the dorsal position.



Photo no. 2 Photo no. 3

The whole process is of class reversed when you go down the left side.

Note: Avoid lowering the hand to the ground without bending the knees. Otherwise, the pelvis is too high and the head too bent forward.

Once in the back position, simply reverse the process to return to standing. Insist that the hand is resting on the knee so that the arm and knee are well aligned, thus maximizing the upward push.

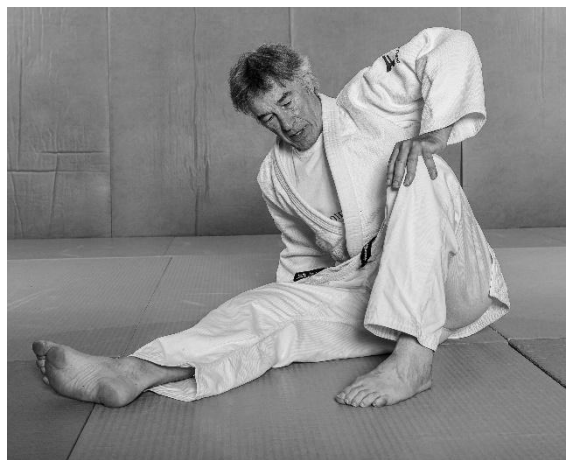


Photo no. 4

This way of descending and ascending from the ground should be practiced in every class, alternating right and left.

Adaptation: This method can already be difficult for some of the clientele since these gestures require a certain amount of strength in the right arm on the ground. An alternative method consists of placing the right hand on the ground, the left hand and the left knee on the ground in order to get on all fours. Now simply lower the right hip to the ground and roll onto your back. To come back to standing, we get on all fours and use the second method (see below).



Photo no. 5



Photo no. 6



Photo no. 7

Second method: stand up on the knee

Start on the stomach, get on all fours. Raise the right knee. Press both hands on that knee. Bring the tip of your left foot back so that the toes of that foot have a solid footing on the ground (these are the toes that will push up to help you stand). Shift the tip of your right foot slightly to the right. Push up with the tip of the left foot.

Simultaneously push down with both hands resting on the right knee and stand up toward your right front.

When practicing on your right side, it is very important to stand up to the right and not to the front. Otherwise, you may be off balance to your left.



Photo no. 8



Photo no. 9



Photo no. 10

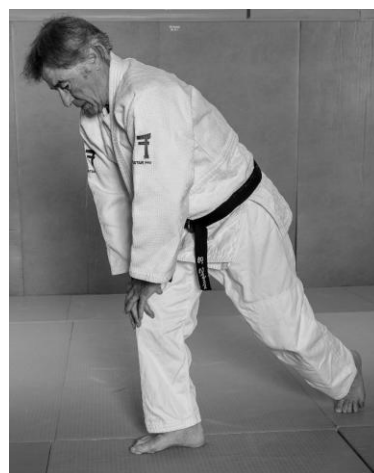


Photo no. 11

Repeat the method from the left.

One can thus practice the descent and the ascent from the ground in the form of Kata at first, from the left then from the right. Then, we go down to the ground "Kata style" and once on the back, we make a rotation to be flat on the stomach and then we go up from the ground according to the *second method*. With this exercise you will notice that people develop a lot of mobility and flexibility quite quickly.

## The repetitions or "Uchi-Komi"

---

Here are the repetitions or "Uchi-Komi" that should be practiced regularly:

1. Bend the knees and go to touch the ground, looking forward, so as to get the body used to be as close to the ground as possible before impact. Alternate right and left.

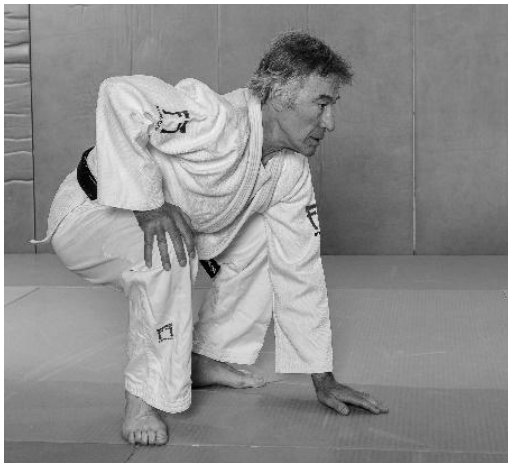


Photo no. 12



Photo no. 13

2. For the side fall: Bend the knee, bring the opposite leg, arms and head inwards.

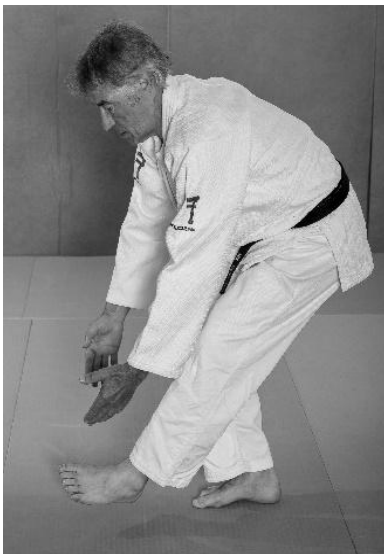


Photo no. 14

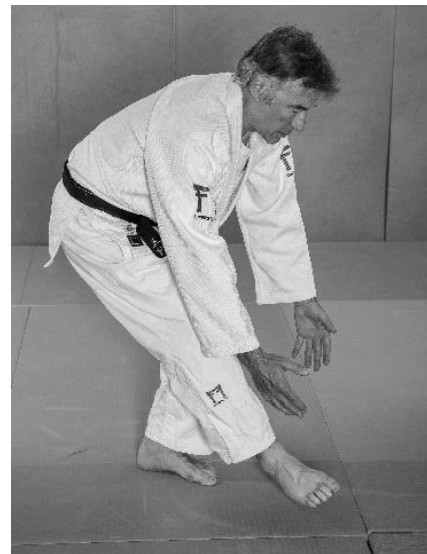


Photo no. 15

3. For the backward fall: Bend the knees, bring the arms and the head inwards.

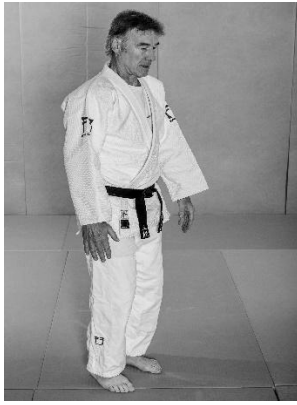


Photo no. 16

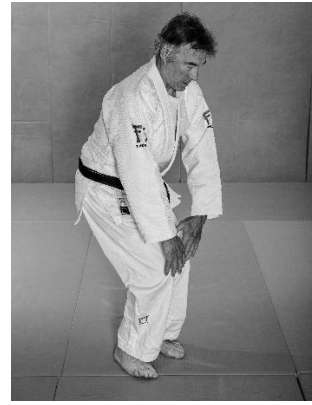


Photo no. 17

4. For the front fall: Bend knees, form a half circle with arm, enter head inward.



Photo no. 18

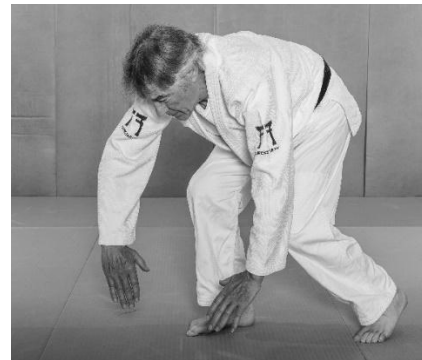


Photo no. 19

Even if your clientele is not yet practicing front rolls (except on large fall mats), it is still a good idea to practice the right move so that the body becomes familiar with the movement and the brain registers it. In addition to all this, there is a "MANTRA". This could be defined as a mental repetition, or mental Uchi-Komi. For example, the simple fact of repeating what the body has to do when falling, such as: *roll, roll, roll - or; ball, ball, ball - or; slack, slack, slack - or; leave, leave, leave... etc.*, reinforces and facilitates the movement.

Repeating these words mentally will greatly help the body to react well and specially to do so more quickly.

## 12 CLASSES IN FALLS PREVENTION AND CONTROL

---

This section is dedicated to judo people who already have the knowledge and want to start teaching **fall prevention and control** to the general public and especially to an older population. It is composed of twelve sample classes dealing with the **falls prevention and control**. These classes or sessions have already been successfully delivered to an older population. Let's not jump to the conclusion that this is the only method of teaching: there are many other ways to present class. Each person who will teach will bring their own "flavour", their own way of presenting things and it is exactly this diversity of skills brought by each one that will enrich these classes.

These twelve classes can be used as a guide: It is up to you to transmit to others what the practice of judo has brought you.

### Priority in each class and assignment:

---

First, we will prioritize each class. That is, we will *focus* on a specific element. The prioritized item will be circled in each class, as follows.

#### **Homework**

The priority that you present at each class will also become *the homework assignment* that students will be asked to practice during the week following the class. Necessarily, *homework* will be added from week to week. These assignments can also be used to complete an exercise program for some.

We will start with the most important concepts in the first class and build on that by adding new elements in each subsequent class. As mentioned earlier, you can always adapt this order of priority depending on how you want to present and teach.

You will notice that we repeat certain exercises in each class, especially during the warm-ups and the fall-breaks. This is necessary because the basis of success is repetition, as you all know!

Priority or focus presented for each class:

- Course no. 1: **The three KEY exercises** and demystifying the ground.
- Course no. 2: Backward breakfall (ground) + side breakfall (ground) (the ideal way to approach the ground).
- Course no. 3: Getting down and up from the ground.
- Course no. 4: Flexibility and balance.
- Course no. 5: Neck (role and importance).
- Course no. 6: Exercises in movements and pivots.
- Course no. 7: Stability exercises.
- Course no. 8: Feet (ankles - toes).
- Course no. 9: Front roll (ground) and side roll (ground)
- Course no. 10: Back roll (ground)
- Course no. 11: Daily exercises (combinations).
- Course no. 12: Good habits, first steps, vigilance, fear, non-dominant side, anticipation and body maintenance.

## The three KEY exercises

---

The first class is meant to be a bit more general so that participants have a general idea of the material that will be presented during the session. First, we will focus on **the three KEY exercises** in the first class, as these exercises are essential and already easy to learn (*photos 14-15-16-17-18-19 above*).

These **three KEY exercises** are the keystone of the entire system. They are the basis, which allows people to lower the centre of gravity and to direct the limbs and the head inwards during a fall. They are therefore "preventive automatisms" of primary importance.

KEY exercise on the side:

*See photos 14 and 15*

Bend the left knee to lower the centre of gravity. Point the right arm and leg inward with the spoon foot, as if practicing a sweep. The head will automatically move inward. Repeat from the left.

In addition to being crucial for protection against injury during the fall, this first exercise will also teach us, in future classes, to direct the whole body towards the ideal landing posture on the ground.



Photo no. 20 - Ideal landing posture on the ground -

KEY exercise towards the back:

*See Photos 16 and 17*

Bend both knees simultaneously. Bring both hands inward at the knees and point the chin toward the chest.

In addition to being crucial for protection against injury during the fall, this second exercise will also teach us, in future classes, to direct the arms and head inward in order to properly approach the back fall.

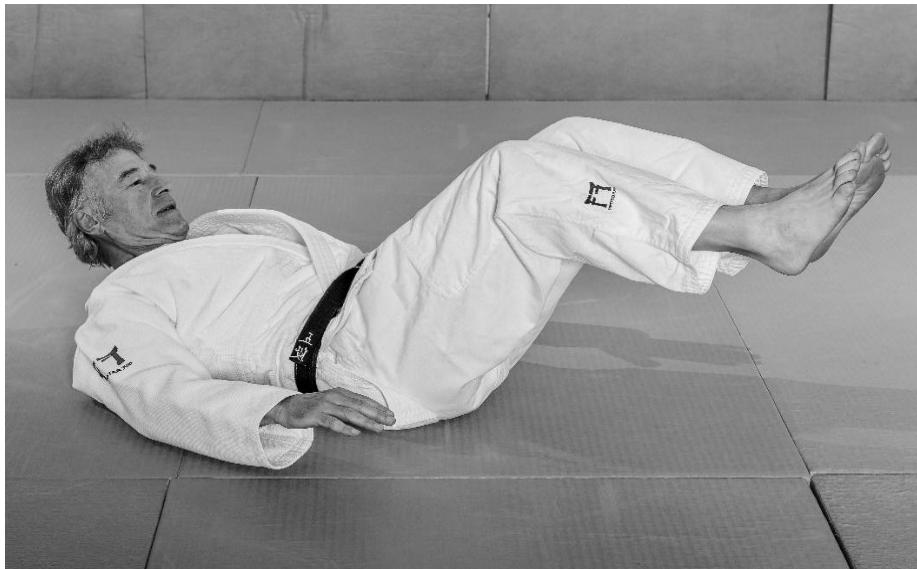
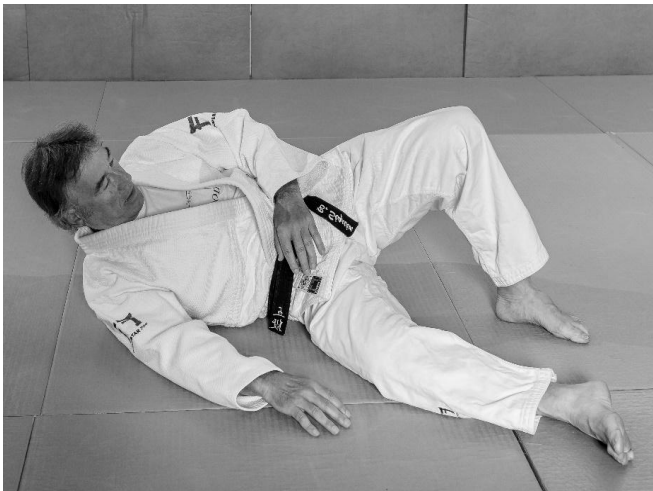


Photo no. 21

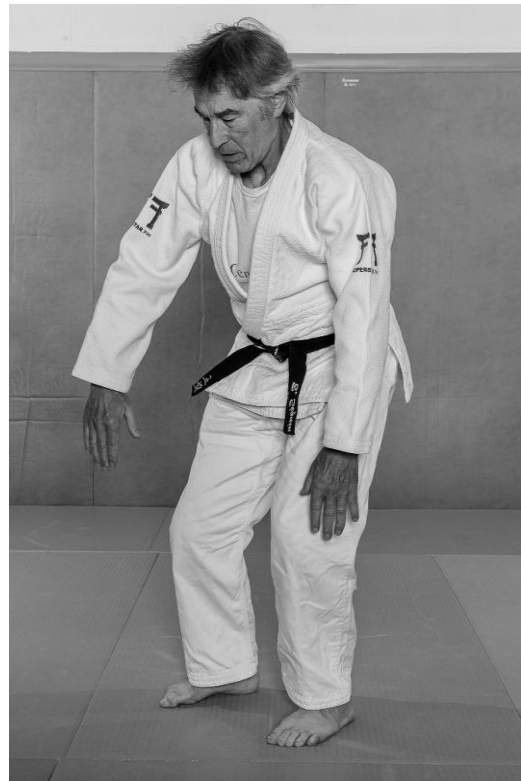
KEY exercise forward:

*See Photo 18-19*

Point the right foot forward with both knees bent. Place both arms and head in the position to perform a front rollover "breakfall". Repeat from the left. In addition to being crucial for protection against injury during the fall, this third exercise will also teach us, in future classes, to direct the entire body to the "ideal posture" for landing on the ground or simply returning to a standing position, without trauma, during a roll.



*Photo no. 22*



*Photo no. 23*

## FIRST CLASS

---

1<sup>st</sup> step: Invite people to step onto the carpeted area and have them realize that it is exactly *like stepping into a swimming pool*.

The reason – the ground must be tamed and demystified like water is when you learn to swim.

I don't want to drown - I'm learning to control an element that is liquid.

I don't want to break - I'm learning to control something that is solid.

2<sup>nd</sup> step: You must work barefoot. Explain the importance of working the innumerable sensors under our feet, which will allow us to improve and maintain the stability and balance of the body. Also explain the importance of mobilizing the ankles, which become rigid with time, which unfortunately reduces our balance and stability.

3<sup>rd</sup> step: Learn how to get down and up from the ground as we do in *Kata* practice. (We will emphasize this situation in class 3, in addition to adding the *second method of getting up from the ground*)

4<sup>th</sup> step: Games of movement on the ground that will allow the body to become familiar with the ground (spinning top, spiderman, etc.)

5<sup>th</sup> step: Comparative study of a fall (see the book *How to Prevent and Protect Yourself in a Fall*, chapter III), and demonstrate how the body should go to the ground on its side (basic arrival position - *see pictures 20 and 22*). Practice this position on the right and left.

6<sup>th</sup> step:

**The three KEY exercises:** Practice on the spot and in motion to coordinate the gestures well. These gestures become the most important "preventive automatisms". These are the ones that allow the limbs to move inward during the fall, while protecting the head (see the first pictures).

7<sup>th</sup> step: Exercises in movement alone - *uchi-komi* (repetition of movements) - (*uchi-komi* with partner can be introduced later, we will focus on this situation in class no. 6).

8<sup>th</sup> step: Stretching exercises (standing and on the ground).

9<sup>th</sup> step: Relaxation.

Priority class no. 1:

**The three KEY exercises:** To practice on the spot...

These exercises should be practiced in every class, both in a static position and while moving. The best way to practice them is to integrate them directly into the various movements during warm-ups around the dojo. If some students feel uncomfortable at first, it is also very easy to practice these movements with one hand on the wall. This is the first and most important "homework" that students will have to do between classes. Also, if some of you are using a training plan, these **three KEY exercises** should be a priority.

**Videos #3:** <https://youtu.be/9muLEXgUJ60?si=DIIsRIUZRwRYL65dS>

## SECOND CLASS

---

### Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back up + **three KEY exercises**.

Rotation, extension, flexion of the ankles.

*NOTE : For the warm-up, we will always practice the same elements, in order to automate the movements. Then we will add new ones in each class, in order to multiply the different possibilities of stabilization while moving.*

*For each of the following classes, each exercise added to the menu will be italicized.*

Work on the basic breakfall position on the side, on the ground, right and left (see *photo 20 and 22*). Insist on: Head up, direction of gaze, arm position alongside the body, opposite hand relaxed and casual on the abdomen, opposite leg position.

### Games on the ground:

The goal is to demystify and tame the soil.

Sitting - spinning top (push legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp.

**Videos #5:** <https://youtu.be/4ISFD-q5rKA?si=O43QzMTqT2VkvfBy>

Breakfall backward - on the ground: Enter the chin (sandbags or small balls). Same thing sitting.

Educational:

Practice your side breakfalls with your back to a wall. Let yourself slide slowly towards the ground while leaning strongly on the wall to slow down the descent.

Review the **three KEY exercises** on the spot and while moving (even if they were worked on at the beginning of the class).

Stability exercises:

Boxing jabs - alone.

2x2.

Stretching exercises. (Standing)

Relaxation.

Priority class no. 2:

Work on the breakfall position...

Side breakfall:

All judokas know very well this basic breakfall position. On the other hand, some have a tendency to neglect the good position of the opposite foot which must be well

aligned, flat, without the heel hitting the ground. If this is not done correctly, beware of exaggerated tension on the knee.

Also insist that the opposite hand be relaxed on the abdomen otherwise the person is tense. As you know, the more relaxed the body is, the easier the fall is absorbed. Make sure that the arm that hits the ground is well placed along the body and not too high to avoid trauma to the shoulder.

Finally, the person must also keep his or her head up. However, we often forget the direction of the gaze. If the person looks upwards, the head will be closer to the ground, if the person looks towards his or her knee, the head will be higher and better protected. *Photo 20 and 22*. Once well integrated, this breakfall can also be practiced without too much difficulty, from the flexed position, either directly, or with the back resting on the wall.

A small but important detail: Some people may have difficulty hitting the ground solidly with their hand, as we usually do during a breakfall, because of joint pain or other problems. They should be made to realize that a breakfall can also be done gently. The proper position of the arm and hand is more important than the force of the impact of that hand.

### Backward breakfall:

People are usually surprised at how easy it is to quickly achieve a backward breakfall once the basic principle, from the ground, has been mastered. Once successful, on the ground, with the basic principles controlled (chin tucked to chest, feet flat on the ground with knees up, taps to each side along the body in a very relaxed manner), it is simply a matter of practicing from the seated position, tipping backwards.

Usually, the next step is almost as easy. In a squatting position, with the buttocks tucked into the heels and the chin tucked in towards the chest, a hoop or belt is used to lower the person onto their back on the ground in the required position. It is possible to practice this gesture with two people by holding hands at the level of the folded fingers.

To initiate the backward fall, from the standing position, you just have to go down in a crouch and that's it!

## THIRD CLASS

---

### Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back up + **three KEY exercises.**

*Lap of the dojo: Zig-zag.*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, etc.

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Get down and get up from the ground:

Emphasize the principle of the triangle of stability when going down and coming up. Demonstrate the principle of the belt caught in a doorway, which helps us to descend to the ground on our side to reach the basic position (see the book How to Prevent and Protect Yourself in a Fall, pages 119-120)

For the second method of standing up (idem, page 124), insist on the role of the toes, on the support of the knee and especially on the direction of the push.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 3:

Getting down and up from the ground: Insist on it...

This principle of getting down and up from the ground becomes one of the priority elements, given that it is on the ground that we will work. It is absolutely necessary that the descent/ascent to/from the ground is done in a fluid and quasi-automatic way.

We also need to convince people to practice this regularly, to make them understand that they need to be able to get down and up independently in case of a fall. We need to make them aware that they should practice these gestures as we practice emergency exits in case of fire... Long before they really need it.

In general, people don't know how to properly get down to the ground for the simple reason that they haven't been doing it for several years, except unfortunately when they fall. By habit, people will bend their body forward to put their hand(s) on the ground, without bending their knees too much, with their eyes directed towards the ground,

which causes the weight of the head to move forward. Inevitably, the person is then in a position of imbalance and is thus very vulnerable to falling.

A gesture to practice:

I move to my right and drop my right hand flat on the ground, bending my knees, keeping my body straight and looking straight ahead. I stand up straight and move to my left to put my left hand on the ground. This is done alternately, several times. (See photos 12 and 13)

## FOURTH CLASS

---

Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back up + **three KEY exercises.**

Lap of the dojo: Zig-zag.

*Lap of the dojo: Sideways, chassé steps.*

Rotation, extension, flexion of the ankles.

Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, piston,

On the back, pass the foot under the opposite leg and return to the stomach -Invert (offensive-defensive)

Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Get down and get up from the ground:

Alternate right and left

**Videos #9:** <https://youtu.be/bh9hXRQyGJQ?si=ytuxv-E0L4v21Qd>

Flexibility and balance: Massage of the spine (front-back cradle).

Hips: Shrimp, helicopter, rotation of hips (standing)

Leaning forward, hands on knees, go up on tiptoes.

Balance on one leg. Try it blind.

Learn to "fall softly": fall mat, wall, judogi, belt.

In this fourth class, in addition to flexibility and balance, you will focus on "learning to *fall softly*". This element will come back in subsequent classes.

Once your clients have learned how to get down and up from the ground and have a good understanding of sideways and backwards breakfalls in addition to the **three KEY exercises**, it is time to practice *falling softly*.

The first step to *falling softly* is to bend your knees so that you get as close to the ground as possible before letting go of your body. Of course, the arms must be brought inward to avoid contact with the ground at the wrist or elbow joints. Another important element is that the body should "collapse" almost in a straight line. Avoid the head tilt directly towards the ground.

The body will collapse to the ground like a dynamited building and the top of the building (here, the head) will be the last section to reach the ground. With good control of the head, it will not even reach the ground.

You'll be surprised how this technique, which may seem frightening at first glance, is actually quite easy to perform with a little practice. It can be done first on fall mats. With your help, the person can simply hold on to the sleeve of your judogi to slowly descend to the ground. Then, when practicing, pass a judo belt under both of the person's arms, this allows you to support the person via the belt by positioning yourself behind them.

Another way to practice is to slowly slide off a wall you're leaning against, always with your arms pointing inward. It's about confidence, but it's even more about *realizing that I can fall softly* without injury. Realizing that this way of approaching the fall avoids injury instead of causing it.

You can do an exercise for the flexibility at the level of the knees allowing to practice the *soft fall* more easily: To hold onto a wall (or a piece of furniture, a rope or a rubber band) and to descend the hips as low as possible. It is possible to practice two by two by holding hands.

According to Van den Kroonerberg et al. "*The most instructive result (of his analyses of falls), is that patients who resist falling have a greater impact than those who drop.*"

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 4:

Flexibility and balance: Massage of...

Flexibility and balance, like many other skills, can be learned and worked on. Unfortunately, the opposite is also true: they both diminish and are lost over time. Falling is sometimes the disastrous consequence. The advantage is that flexibility and balance can be worked on both standing and on the ground.

You should not hesitate to present a good part of these two elements directly on the ground.

## FIFTH CLASS

---

### Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + **three KEY exercises**.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

*Lap of the dojo: Sideways, crossing front to back.*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, slide,

On the back, pass one foot under the opposite leg and return to the stomach - reverse.  
(Offensive - defensive).

You can add different elements to your choice)

## Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

**Videos #11:** <https://youtu.be/rJJav5Kgaks?si=8qBJS4s98ZhWsdZ9>

Get down, get up from the ground and fall softly.

Neck - role and importance: See diagram

*You should stress the importance of maintaining a strong neck to protect the head in the event of a fall.*

On the ground: Front on all fours, back, on a large mattress, etc.

Stretching exercises: (standing and on the ground).

## Relaxation.



Priority class no. 5:

Neck - role and importance: See diagram...

There are two key reasons to strengthen the neck muscles and develop flexibility in this joint:

1. Considering the weight of the head (the diagram clearly indicates that once the head is tilted at 60 degrees, the equivalent load is 60 pounds), if you do not have the strength in your neck muscles to hold that weight in a fall, regardless of the direction, you are at high risk for a concussion.
2. Since our peripheral vision is one of the key elements that help us maintain balance and stability, we need to have good flexibility in the neck joint.

## SIXTH CLASS

---

### Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three KEY exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

*Lap of the dojo: Arms rotating back and forth.*

*Lap of the dojo: 2x2 throws, catch ball.*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - Spinning top (push legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, sit down walk,

On the back, pass one foot under the opposite leg and return to the stomach - reverse (offensive-defensive)

You can add different elements to your choice

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on the mat (belts or flags can also be used).

Get down and up from the ground and fall softly.

**Videos #6:** <https://youtu.be/HDxo8khZJN0?si=nM0d8p-plA7p5uyV>

On the move: uchi-komi style. (Repetitions of movements).

Uki-Goshi - alone or with partner.

Ippon-Seoi-Nage - alone or with a partner, etc. etc.

Note - line dancing - ideal for people who want to work on this aspect.

Pivots: Twist, soldier pivot, chassé steps - front, side, square, etc.

*Note - Lift the heels to make the work easier.*

Stretching exercises: (standing and on the ground).

Relaxation.

Course Priority no. 6:

Exercises on the move...

Exercises on the move:

Unfortunately, older people are often advised to walk slowly in a straight line to avoid falling. They become so accustomed to walking in a straight line that the slightest gust of wind causes them to fall. Since the human body is never completely stable, it must constantly work to maintain this stability. Moving in any other way than in a straight line allows the body to continue to develop the necessary mechanisms that will maintain this stability.

Another example is the use of the walker. People use it so close to their body, that their feet are stuck inside.

*"The use of a walker is frequently recommended as a means to prevent falls. However, some studies show that the use of a walker is frequently the cause of the fall." (Bateni et al., 2005).*

*"The walker prevents lateral foot movement which is a major modality of compensatory movements to prevent falling" (Maky & McIlroy, 2006).*

Statistics published in 1995 reveal that emergency departments in the United States treat over 47,000 cases of falls associated with the use of walkers and canes annually. Of these, 87.3% are associated with the walker (Stevens et al., 2009)<sup>3</sup> .

### Pivots:

Pivots are going to be part of the moving exercises. One of the best exercises that involves such movements is line dancing, not to mention Tai Chi, if you are lucky enough to be able to practice.

---

## SEVENTH CLASS

---

### Warm-up:

Lap of the dojo: Walk alternating the speed (slow and fast).

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

---

<sup>3</sup> **Marcella VANDEN-ABEELE and Jacques VANDEN-ABEELE**, Research and Intervention Group in Adaptive Physical Education and Sport Faculty of Physical Education and Sport UNIVERSITY OF SHERBROOKE

Lap of the dojo: Back-up + three KEY exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball.

*Lap of the dojo: "Skipping". (jumping).*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, *riding a horse*.

On your back, step under the opposite leg and return to the ground - reverse. (Offensive-defensive)

You can add different elements to your choice

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.



**Information:** In case of weakness or discomfort, if you feel a loss of consciousness coming on, place your back against the wall and let yourself slide to the ground rather than resisting and suffering a fall

Get down and up from the ground and fall softly.

Exercises in movement and pivots.

Stability exercises:

Boxing jabs - alone: Striking on a raised mat or punching bag.

Standing on the mattress.

Boxing jabs 2x2 - 2x2 with a big ball.

On all fours - feet hands, turn to the right and to the left.

Soccer player's position on the line, with one hand on the knee. Etc.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 7:

Stability exercises...

Stability exercises are becoming a priority to prevent falls. It is important to make people aware that stability is not only a physical state but also a preventive state. *We are stable if the body is constantly acting and compensating for its support.* Ensuring your first step before anything else can therefore greatly help you avoid falling, especially in winter.

## EIGHTH CLASS

---

### Warm-up:

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three Key exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball

Lap of the dojo: "Skipping". (jumping)

*Lap of the dojo: Pivot on yourself - left and right.*

Rotation, extension, flexion of the ankles.

(Since the elements accumulate one can decrease the distance of each; ex:  $\frac{1}{2}$  or  $\frac{1}{4}$  lap of dojo for each)

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, roll over yourself,

On your back, pass one foot under the opposite leg and return to the stomach - reverse (offensive-defensive).

You can add different elements to your choice

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.

### Feet (ankles - toes):

Half ball and rugged board to stimulate the sensors under the feet. Role of plantar sensors, toe and ankle mobility for stability and balance.

Get down and up from the ground and fall softly.

Exercises in movement and pivots.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 8:

Feet: ankles, toes...

We cannot explain this situation better than Aurélien Broussal did in his book on judo physical preparation:

With age: "*The most decisive loss is undoubtedly the proprioception of the arch of the foot, limiting the individual's ability to balance and structure himself from the ankle. The ankle gradually becomes rigid, forcing the hip to take over, causing back pain at first. Then the muscles start to melt, until the loss of the upright posture, so important for our mechanical comfort. At the end of the process, it's the cane... when we could have overcome it 20 years earlier.*"

## NINTH CLASS

---

### Warm-up:

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three Key exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball.

Lap of the dojo: "Skipping". (jumping)

Lap of the dojo: Pivot on yourself - left and right.

*Lap of the dojo: Push a small pouch with sweeping foot.*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, knees and elbows,

On your back, pass one foot under the opposite leg and return to the stomach - reverse (offensive-defensive).

You can add different elements to your choice.

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.

### Exercises in movement and pivots.

Get down and up from the ground and fall softly.

Front roll (ground) and side roll (ground): Only for those who are physically able to perform these moves.

Demonstrate and emphasize that the shoulder should not hit the ground, but rather position the body to roll and approach the ground smoothly.

The front roll should be done exclusively on the ground or on a fall mat during the first few classes.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 9:

Front roll (ground) and side roll...

You will find that once people become comfortable with the ground, this forward and sideways rolling situation becomes normal and even enjoyable for them. However, don't hesitate to use fall mats for the less daring.

## TENTH CLASS

---

### Warm-up:

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three Key exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball

Lap of the dojo: "Skipping". (jumping)

Lap of the dojo: Pivot on yourself - left and right.

Lap of the dojo: Push small pouch with sweeping foot.

*Lap of the dojo: Obstacles over which one must pass.*

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, inverted turtle,

On your back, pass one foot under the opposite leg and return to the stomach - reverse (offensive-defensive).

You can add different elements to your choice.

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.

Get down on the ground 2x2. One holds the other's arm.

Exercises in movement and pivots.

Get down and up from the ground and fall softly.

Back roll (ground): Only for those who are physically able to perform this move.

On all fours, shift legs to one side and roll backwards onto the opposite shoulder.

Demonstrate and emphasize that you should not hit the ground but rather position your body to roll and approach the ground smoothly.

Note: If I'm sitting in a chair and I tip backwards, just shifting my head to the right or left will allow me to roll that way and avoid a major neck injury.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 10:

Back roll (ground) ...

Same comments as for the side rolls. This step may make many people realize that in judo this form of fall is often neglected unlike people who practice aikido. To be introduced without fail in regular judo classes.

## ELEVENTH CLASS

---

### Warm-up:

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three Key exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball

Lap of the dojo: "Skipping". (jumping)

Lap of the dojo: Pivot on yourself - left and right.

Lap of the dojo: Push small pouch with sweeping foot.

Lap of the dojo: Obstacles over which one must pass.

*Add a belt on the ground on which you must pass (slack-line) or jump from one edge to the other.*

Another possibility: ground exercise ladder.

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, sun salute,

On the back, pass one foot under the opposite leg and return to the stomach - reverse. (Offensive-defensive).

You can add different elements to your choice.

### Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.

Get down on the ground 2x2. One holds the other's arm

**Videos #8:** <https://youtu.be/m0xPPthgifA?si=tuUUEZjeljwKKU-b>

Daily exercises (combinations): Introduce participants to different daily actions that can be combined with an exercise. (See the book "How to Prevent and Protect Yourself in a Fall"). Encourage them to discover some themselves. The "Post-it" principle. (In the same book).

Exercises in movement and pivots.

Get down and up from the ground and fall softly.

Stretching exercises: (standing and on the ground).

Relaxation.

Priority class no. 11:

Daily exercises (combinations) ...

There is a whole range of exercises listed in the book "How to Prevent and Protect Yourself in a Fall" but it is easy to invent them, everyone can adapt everyday gestures into an exercise according to their experience and imagination.

## TWELFTH CLASS

---

### Warm-up:

Lap of the dojo: Look from right to left + eyes closed (two, three steps).

Lap of the dojo: Back-up + three Key exercises.

Lap of the dojo: Zig-zag.

Lap of the dojo: Sideways, chassé steps.

Lap of the dojo: Sideways, crossing front to back.

Lap of the dojo: Arms rotating back and forth.

Lap of the dojo: 2x2 throws, catch ball.

Lap of the dojo: "Skipping". (jumping)

Lap of the dojo: Pivot on yourself - left and right.

Lap of the dojo: Push small pouch with sweeping foot.

Lap of the dojo: Obstacles over which one must pass.

Add a belt to the ground to walk on (slack-line) or jump from one edge to the other.

Another possibility: ground exercise ladder.

Rotation, extension, flexion of the ankles.

### Games on the ground:

Sitting - spinning top (push with legs).

Cradle back - back and forth, good head control.

Spiderman, shrimp, helicopter, head on ground.

On your back, pass one foot under the opposite leg and return to the stomach - reverse (offensive-defensive).

You can add different elements to your choice.

## Breakfall:

Basic backward, then with sitting position.

Sideways - right and left, then turning around completely on oneself.

Slide down the wall. This breakfall can also be practiced while sitting with your back to the wall.

Falling on a big mattress.

Standing 2x2 with hoop on mat (belts or flags can also be used).

Rolling with a big ball.

Get down on the ground 2x2. One holds the other's arm.

**Videos #12** <https://youtu.be/yfV9P1mtJcU?si=KCDi1a5I3-U3n2kG>

### Good habits: To share with your students

Always take the first step. Be vigilant and anticipate traps. Fear the fall and solicit the non-dominant side. Maintain the body's flexibility, muscle tone and mobility through daily gestures. Regularly practice preventive automatisms, descent and ascent from the ground and the landing position on the ground, etc.

**Put all the chances on your side.**

## Exercises in movement and pivots.

Get down and up from the ground and fall softly.

Stretching exercises.

Relaxation.

Priority class no. 12:

Good habits: To share...

This last class is more of a review and awareness of the fact that work must be constant if people want to counteract the harmful effects of falling.

**Benoit Séguin**

**Black belt 5<sup>th</sup> Dan**

## References:

---

- Message from Master Kano: Text on falls written by KANO Jigoro. Translation: Yves Cadot. On the web - Falling, aikido and judo, published on Jan. 10, 2015.

### **Books :**

- Chiasson, Luc (1987), La chute contrôlée. Édition Le Griffon D'Argile (Ste. Foy Qué.) 133p.

- Séguin, Benoit. (2015), How to prevent and protect yourself when you fall.

First Chance Editions 2015 - republished by Apotheosis Editions 2016, 156p.

- Seguin, Benoit (2018). It's not falling that hurts it's falling badly that hurts.

Les Éditions de l'Apothéose 2016 - 2nd Edition 2020, 212p.

- Séguin, Benoit (2021). How to protect yourself when you fall.

Printed in Quebec, Canada by BouquinBec (Translation of the book "Comment prévenir et se protéger lors d'une chute").

- These books are supplements to the program.

### **Videos :**

The story of Monique, 96 years old: <https://www.noovo.info/nouvelle/chuter-a-96-ans-sans-se-faire-mal-grace-au-judo.html>

Here is the link for the French capsules:

[https://youtube.com/playlist?list=PLwgTHc4QNYLP-TuD7KVB\\_xdjUHN\\_ZIZwZ](https://youtube.com/playlist?list=PLwgTHc4QNYLP-TuD7KVB_xdjUHN_ZIZwZ)

And in English :

<https://youtube.com/playlist?list=PLwgTHc4QNYLM7pCViATq9lc4mlOhjzsl2>

Report on a class given by Louis Graveline (Club de judo de St-Hyacinthe) :

[https://youtu.be/jAIPVGs\\_N5A](https://youtu.be/jAIPVGs_N5A)

INS Training:

<https://www.youtube.com/playlist?list=PLFuPyvNr70ZIoFsViDZDIX7PX3BHWbE71>

Zoom Conference with Martin Beaulieu - July 08, 2020 :

<https://www.youtube.com/watch?v=fgdIlgT47a68>

**Documentation:**

<https://judotraining.info/efficacy-and-safety-of-a-judo-exercise-program-in-elderly-patients/>

<https://www.dailymail.co.uk/news/article-9976013/Elderly-taught-judo-help-prevent-injuries-fall-researcher-says.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7256641/>

<https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/disease-and-injury-care-and-prevention/fall-prevention/resources-to-learn-more>

<https://parachute.ca/en/injury-topic/fall-prevention-for-seniors/>