

**4th INTERNATIONAL TRAINING AND RESEARCH
SEMINAR**

Safe Fall-Safe Schools
JUDO UKEMI AT SCHOOL



ZADAR, CROATIA
June 28th-29th, 2025



SAFE FALL-SAFE SCHOOLS: research, training and transfer of the proactive and educational programme on protected and safe ways of falling in childhood based on judo. Analysis of its relationship with the prevention of injuries related to unintentional falls.

**JOINT RESEARCH PROJECT OF THE EUROPEAN JUDO UNION &
THE UNIVERSITY OF SEVILLE**



PARTNERS





Welcome to the 4th International Training and Research Seminar Safe Fall–Safe Schools: Judo Ukemi at School! This groundbreaking event brings together educators, researchers, and judo experts from around the Europe to promote injury prevention through the art of falling safely. Discover innovative approaches to integrating judo ukemi techniques into school programs, enhancing student safety, confidence, and physical literacy. Join us as we share knowledge, explore new research, and build a global network committed to creating safer learning environments for children. Let's fall safely—and rise stronger—together!

STRUCTURE, MATERIAL

During the course of the Seminar, both theoretical and practical sessions will be conducted. The theoretical and practical training will be based on the content available in the App (SAFE FALL), which can be downloaded free of charge for both iOS and Android devices. Participants may access it via the following link and code:

<https://apps.apple.com/us/app/safe-fall/id6472892485>

<https://play.google.com/store/apps/details?id=com.apptivar.safefall>



Theoretical and practical sessions will additionally be informed by the Research Protocol Level I SFSS, freely available for download in both Spanish and English. This resource may be accessed using the links and codes provided below:

English version: <https://octaedro.com/libro/safe-fall-safe-schools-sfss-level-i/>

Spanish version: <https://octaedro.com/libro/safe-fall-safe-schools-sfss-nivel-i/>



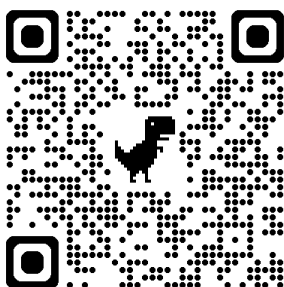


English version

Spanish version

For the practical sessions, in addition to the aforementioned materials, participants are required to attend in appropriate sportswear.

Specific exercises for assimilation and progressions of safe ways of falling, as well as a battery of games that provide kinaesthetic sensations related to balance, elements of perception and the transformation of patterns of response to falls can be found at the following link:



www.judoks.com

SCHEDULE

Training in the Program "Safe Fall-Safe Schools" Implementation and Research		
FIRST DAY- Saturday, June 28 th , 2025		
ACTIVITIES	CONTENTS	Duration
Inauguration Ares Boxing Gym	Presentation of the conferences and speakers, welcoming of the participants. Institutional acknowledgments Dr. Óscar del Castillo Andrés (University of Seville) / EJU representation	10:00 /10:15 15 minutes
Theory session with multimedia support. Ares Boxing Gym	Presentation of the program, background of the project up to the present time, theoretical framework. Dr. Óscar del Castillo Andrés (University of Seville)	10:15 /11:15 60 minutes
Coffee Break		11:15 a 11:30 h 15 minutes



Theory session with multimedia support. Ares Boxing Gym	The enhancement of the SFSS program in the school curriculum. A practical case. Dr. Edoardo Genovesi (Università degli Studi di Milano) Dra. Kata Morvay-Seg (University of Pécs)	11:30 / 12:30 60 minutes
Lunch Break		90 minutes 12:30 a 14:00 h
Practical session Judo Zadar Gym	Work on the generalities of the program, batteries of exercises and games. Progressions and classification in learning levels Dr. Óscar del Castillo Andrés (University of Seville)	14:00 / 15:00 h 60 minutes
Theory session with multimedia support. Ares Boxing Gym	Training in the standardized use of instruments and tools created for this project. Dra. Maria del Carmen Campos (University of Seville) Dra. Carolina Castañeda Vázquez (University of Seville) Gloria González Campos (University of Seville) Dr. Miguel Ángel Lira Quina (University of Barcelona)	15:00 / 16:00 h 60 minutes
Round table Ares Boxing Gym	Discussion and questions about any content of the program All authors	16:00 / 16:30 h 30 minutes
Free time to visit Zadar		

SECOND DAY- Sunday, June 29th, 2025		
Theory session with multimedia support. Ares Boxing Gym	Observation protocol and data recording tools. Dr. Goran Kuvačić (University of Split) Dr. Saša Krstulović (University of Split)	60 minutes 09:30/10:30h
Coffee Break		15 minutes 10:30 / 10:45h



Practical session Judo Zadar Gym	Data collection and analysis: Proposal for future lines of research in the SFSS program. Dr. Juan Carlos Pastor Vicedo (Universidad de Castilla-La Mancha) Dr. Raúl Fernández García (Universitat Politècnica de Catalunya) Dr. Roberto Sánchez Reolid (University Castilla-La Mancha)	10:45/11:45 h 60 minutes
Round table Ares Boxing Gym	Discussion and questions about any content of the program All authors	30 minutes 12:30/13:30 h
Closing Ares Boxing Gym	Closing of the training days. Acknowledgments to the attendees and, where appropriate, delivery of certificates of participation.	13:30/13:45 h 15 minutes

REGISTRATION

Free registration. In the case that you did not yet register for the seminar, please do it before 20 of June.

Registration link:

<https://forms.gle/AkQvZD78XFraCtWv7>

If you have any questions, please contact mccampos@us.es

TRAVEL

PLANE

[Zadar Airport](#)

<https://www.zadar-airport.hr/en>

4 ways to travel from Zadar Airport () to Zadar

Bus	25min	BEST OPTION	2-5 €
Taxi	16min	THE FASTEST	21-26 €
By car 12.7 km	16min		2-3 €
Towncar	16min		30-50 €
Hotels in Zadar	Compare stays		



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BUS

1h 52min • €2–5



Zadar Airport
Zadar Airport, Croatia



1h 22min • Walk • 6.9 km



Zadar Airport
Zemunik Donji

30min • Bus • Every 3 hours

€2–5



Zadar
Zadar, Croatia

ACCOMMODATION

Hotel A'mare Zadar





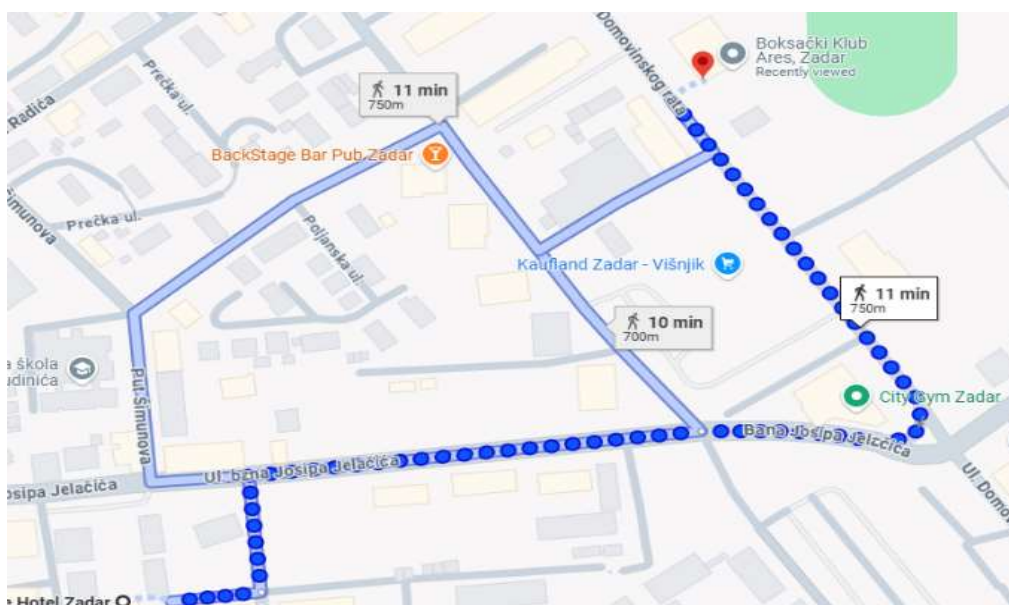
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HOLDING OF THE SEMINAR.

Address and Facilities:

Boksački Klub Ares, Zadar (Ul. Domovinskog rata, 23000, Zadar, Croacia).





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JUDO ZADAR GYM



ARES BOXING GYM

