



Strong and Stable: a Course for Adults 55+ to Help Prevent Serious Injuries Due to Falls

There are many excellent programs available designed to prevent falling in older adults, but what happens when susceptible people do fall? Now there is an Atlanta-based program that teaches safe-falling techniques for individuals interested in an evidence-based approach to falling.

What Is Strong and Stable?

Strong and Stable is an evidence-informed program that teaches safe falling techniques developed in Europe and adapted by Atlanta Judo Midtown. The program is rooted in traditional Judo *ukemi* (safe falling) techniques and guided by international research demonstrating the benefits of Judo-based movement training for older adults.

The structured curriculum focuses on improving strength, balance, flexibility, and reaction time while teaching participants how to respond safely if a fall does occur. They are guided through protective fall techniques within a supportive environment led by expert instructors.

This approach reflects the findings of various [international programs](#)¹ which have shown that adapted Judo instruction can significantly improve physical performance, fall technique, and confidence among older adults.

Falls are the [leading cause of injury-related death among adults aged 65 and older](#)² in the United States, with over 14 million older adults reporting a fall each year. Alarmingly, the fall-related death rate among older adults has increased by 41% over the past decade. Beyond the physical impact, the fear of falling can cause older adults to reduce activity, withdraw socially, and experience accelerated physical decline. This creates a cycle that can severely affect overall health and quality of life.

Strong and Stable directly addresses these risks by equipping participants with movement skills, physical conditioning, and falling- confidence that support long-term safety and independence.

Clinical Value

- Functional Outcomes: [Improves strength, balance, and the ability to perform safe falling techniques](#)³
- Psychosocial Benefits: [Reduces fear of movement, increases confidence, and encourages continued physical activity and social connection](#)⁴
- Injury Prevention: [Teaches protective fall techniques designed to lower the risk of head trauma, hip fractures, and wrist injuries](#)⁵
- Cognitive Enhancement: [Enhances cognitive functions, including memory and executive function](#)⁶
- Versatility: [Proven adaptable for use in children, including those with disabilities, adults, and seniors, making it lifespan-inclusive](#)⁷



Evidence-Informed Success

Across Europe, countries have implemented successful Judo-based programs for older adults. In Sweden, the [Judo4Balance⁸](#) program improved fall technique, physical function, and self-efficacy; in the Netherlands, [ZekerBewegen⁹](#) participants reported increased mobility, confidence and a reduced fear of falling. Belgium's [Vallen Zonder Zorgen¹⁰](#) helped older adults enhance balance, mobility, and social engagement while reducing the fear of falling, and the UK's [Finding Your Feet¹¹](#) program strengthened physical function, fall safety, and mental well-being, helping to address the country's high fall injury rates. Collectively, these programs demonstrate that Judo-based movement training effectively builds physical resilience, reduces injury risk, and restores confidence in older adults.

A study from the University of Kansas Medical Center tested this approach through the [FAST¹²](#) (Falling Safely Training) program, an eight-session, progressive course led by a martial arts-trained instructor. The participants (66 to 76 years old) were taught how to fall safely using controlled movements combined with motion capture assessments of fall mechanics. The study found that participants reported increased confidence in their ability to fall without injury and successfully used the techniques in real-life situations.

About Atlanta Judo Midtown

Atlanta Judo Midtown has provided high-level Judo instruction to the Atlanta community for over 30 years. Rooted in the spirit of Judo, which emphasizes *maximum efficiency with mutual benefit*, the school is home to recreational and competitive judoka, professional stunt performers, families, and older adults seeking to build confidence, strength, and mobility through movement.

Strong & Stable is led by a team of professional stunt performers who rely on knowing how to fall correctly. Our head instructors bring their film and TV expertise to the mat to help older adults fall safely in real life. All our instructors actively train in Judo, and bring additional backgrounds in Kinesiology, Personal Training, and Dance. In the Spring of 2025, the team traveled to the Netherlands for the ZekerBewegen instructor training. Strong and Stable instructors combine practical coaching with real-world fall experience on set, on the mat, and in everyday life. The team was also recently featured in an [Atlanta Journal Constitution article](#).

AJM is proud to offer a program that supports clinical goals by helping individuals improve mobility, reduce fall injury risk, and maintain independence through an evidence-informed approach to movement.

Scan the QR code to access the [full reference page](#).



Want to learn more? Reach out to any of the individuals below:

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