

Supplemental File 1: Safe Falling Techniques (*ukemi*) during the Eight-Week Judo-Based Exercise Program

Week	Safe Falling Techniques (<i>ukemi</i>)	Objective
1	<ul style="list-style-type: none"> • Neck control with small bean bags • Limb control with tapping the mat at the side with extended arms • Rolling back from a seated position on a landing mat 	<ul style="list-style-type: none"> • Introduce importance of head-control & getting up & down from floor • Moving across the mat in balance
2	<ul style="list-style-type: none"> • Side-rolls from a seated position on the landing mat • Backward-rolls from sitting on soft landing or Judo mat 	<ul style="list-style-type: none"> • Confidence rolling backwards • Introduce side rolls from seated
3	<ul style="list-style-type: none"> • Side-falls from kneeling on soft landing or Judo mat • Backward break-falls from sitting on soft landing 	<ul style="list-style-type: none"> • Improved head control - reduced reliance on small bean bags
4	<ul style="list-style-type: none"> • Side-falls & side-rolls from kneeling on soft landing or Judo mat • Backward break-falls from squatting • Introduce rolling forward over shoulder from kneeling on soft landing mat 	<ul style="list-style-type: none"> • Controlled deep squat and roll back on Judo mat • Good head and neck control
5	<ul style="list-style-type: none"> • Standing backward break-falls onto the soft landing mat • Front-falls from kneeling on soft landing 	<ul style="list-style-type: none"> • Get up from the floor unsupported • Confidence with side-falls on landing mat
6	<ul style="list-style-type: none"> • Sets of 4-5 repetitions of backward & side <i>ukemi</i> from prone to seated positions • Side-falls & side-rolls from standing on soft landing or Judo mat • Standing backward break-falls onto the Judo mat 	<ul style="list-style-type: none"> • Side-rolls & roll diagonally forward on soft landing mats • Standing backward-rolls on Judo mat
7	<ul style="list-style-type: none"> • Assisted front-falls from standing on soft landing • Side break-falls using stable & unstable support on soft landing or Judo mat 	<ul style="list-style-type: none"> • Forward roll supported by a fit ball
8	<ul style="list-style-type: none"> • Simulated trip to forward & side-falls on the Judo mat • Simulated trip to backward break-fall on the Judo mat • Forward-rolls over the shoulder on the landing mat 	<ul style="list-style-type: none"> • Control of head and limbs when rolling down to the mat in a controlled way • Able to get up from mat safely

Supplemental File 2: Intervention Satisfaction Survey

Question	Comment
How would you rate your satisfaction with the program?	<input type="checkbox"/> Not satisfied <input type="checkbox"/> Satisfied <input type="checkbox"/> Very satisfied
What was your experience of the program? <ul style="list-style-type: none">• Were the sessions interesting/relevant?• How did you find the pace of teaching new skills?• Did you feel supported by the instructors?• What else would you like to make us aware of?	
What have you learned from the program?	
Have you already recognised things in your daily life that you have practiced here? What kind of things?	
Have you already applied things in your daily life that you have learned here? What kind of things?	
What will you do to retain the skills learned as a follow-up to the program in the coming period?	
Would you attend an ongoing course with one session/week to practise the skills?	
Do you have any questions following your participation?	
Additional feedback or comments	