



SAFE LANDING
ACADEMY

Safer Landings from a Fall

with

DYNAMIC BALANCE FOR LIFE®

2026

PROGRAM INFORMATION



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Why this program is important!

The World Health Organisation (WHO) lists accidental falls as the second major cause of injury-related death globally and a leading contributor to healthcare costs.

One in four older people aged over 65 experiences a fall each year, and approximately 30% require medical attention as a result.

Falls can lead to significant long-term consequences, including:

- fear of falling
- social isolation
- reduced activity levels
- reduced quality of life

Dynamic Balance for Life® (DBfL) offers a practical, evidence-informed solution to this growing problem.

It fills the critical gap between Falls Prevention and Falls Recovery.

Dynamic Balance for Life™ (DBfL)

Dynamic Balance for Life® (DBfL) is an innovative, judo-based program designed for individuals at risk of falling. It aims to help participants avoid falls where possible, and importantly, to learn how to land safely if a fall occurs.

The program was developed by the Adelaide University Judo Club (AUJC) and tested in collaboration with the Adelaide University.

In late 2021, the partners conducted an ethics-approved pilot study. The study demonstrated that the DBfL Safe Falling Program is safe and feasible for older adults. Results were published in the *Journal of Frailty and Ageing*. The oldest participant in the study was 87 years old. Further research and publications are currently underway.

DBfL Safe Falling Programs

DBfL Introductory Program: 10 sessions - 1x per week (runs over 10 weeks). Each session is 60 minutes. Sessions combine low-intensity strength and balance training with structured learning of how to land safely from a fall, and how to get up and down from the floor safely. Class sizes are limited to 15 participants to ensure a safe coach-to-participant ratio. Participants are introduced to judo-based ukemi techniques for safer backward, sideways, and forward falls.

DBfL Intensive Introductory Program: 10 sessions - 2x per week (runs over 5 weeks), following the same core structure as the DBfL Introductory Program but at an accelerated pace.

DBfL Lite - Customized Small Group Introductory Program: 6 sessions - 1-2x per week (customized duration) limited to a maximum of 4 participants. Sessions follow the same core structure as the DBfL Introductory Program but are delivered in a more individualised format tailored to participant needs and abilities.

DBfL One-on-One Sessions: Individualised private sessions are also available.

Judo Australia endorses the Dynamic Balance for Life® Program.



Safe Landing Academy

Safe Landing Academy (SLA) was established to translate the latest safe falling research and deliver the Dynamic Balance for Life® (DBfL) Safe Falling Program, enabling individuals at risk of falls to minimise harm and injury from falling.

The Dynamic Balance for Life® (DBfL) Program is available for licensing through SLA.

Allied health professionals, including physiotherapists and exercise physiologists, can now be upskilled to deliver the DBfL Safe Falling Program to their clients and support their local communities.

International Interest

Over 50 judo coaches and allied health professionals have now been trained across Australia and internationally. The DBfL Introductory Program has been licensed to a community judo club in the UK and a university judo club in Japan.

SLA has presented at the International Consensus Conferences on Safe Falling for the Elderly through Judo in Tokyo, Japan (2023, 2024, and 2025) and co-authored the Consensus Statement published in the International Judo Federation (IJF) Journal in July 2024. Upcoming conferences include the World Falls Congress in Manchester, UK in June 2026.

Train-the-Trainer

It is essential that allied health professionals working with older adults are able to teach foundational safe falling skills, enabling their clients to land more safely and reduce the risk of injury.

The DBfL program is based on judo principles and focuses on teaching individuals how to fall safely on real-world hard surfaces such as pavements, rather than sport-based judo falls performed on mats.

The Train-the-Trainer program for Allied Health Professionals is delivered in person at AUJC in Thebarton, SA, and runs over two days (weekends). Topics include:

- Physiology of the ageing body
- Physics of falling
- Stages of motor learning and adaptation in older adults
- Teaching backward (ushiro), sideways (yoko), and forward (mae) safe falling (ukemi) techniques
- Posture, stability, core strength, and balance exercises
- Risk management for individual physical challenges
- Equipment requirements and safe mat surface set-up

Trainers are assessed and certified upon successful completion of the Train-the-Trainer program. They are also provided with opportunities to further develop their own safe falling skills and participate in SLA DBfL sessions with older adults.

Purchasing a licence for the Dynamic Balance for Life® program provides trainers with full access to all resources required to deliver the Introductory Program in clinical practice, including:

- Program Manual with detailed lesson plans for each session
- Comprehensive instructional videos to revise and teach each ukemi and the exercises



Visit our Safe Landing Academy Website



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Key People

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