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# INTERGENERATIONAL JUDO: A Comprehensive Study on Judo Practice Across Ages.

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## Mapping study on the intergenerational dimension of sport

*A report to the European Commission*

**Current Situation:** Participation in physical activity decreases with age across the EU. While 62% of young people (aged 15-24) engage in sport, participation drops significantly among older age groups. Intergenerational sports can address this decline by combining health-enhancing physical activities with intergenerational learning.

**Key Benefits:** Intergenerational sports promote mental and physical well-being, reduce stereotypes, foster community cohesion, and enhance reciprocal learning across generations.

**Challenges & Barriers:** Structural and motivational barriers hinder participation, including stereotypes, lack of funds, and poor infrastructure. Overcoming these requires promoting intergenerational friendships, understanding between age groups, and offering equal opportunities.

**Good Practices:** The study identifies 92 projects promoting intergenerational sports across the EU, with a focus on small-scale, local or regional initiatives. The analysis highlights successful approaches that foster collaboration between young and older generations.

**Recommendations:** Effective policies and programs should involve collaborative approaches, consider the expectations of both young and old participants, and engage professionals who understand the needs of both age groups. Transnational networks could further raise awareness and scale up successful initiatives.

## Your mission

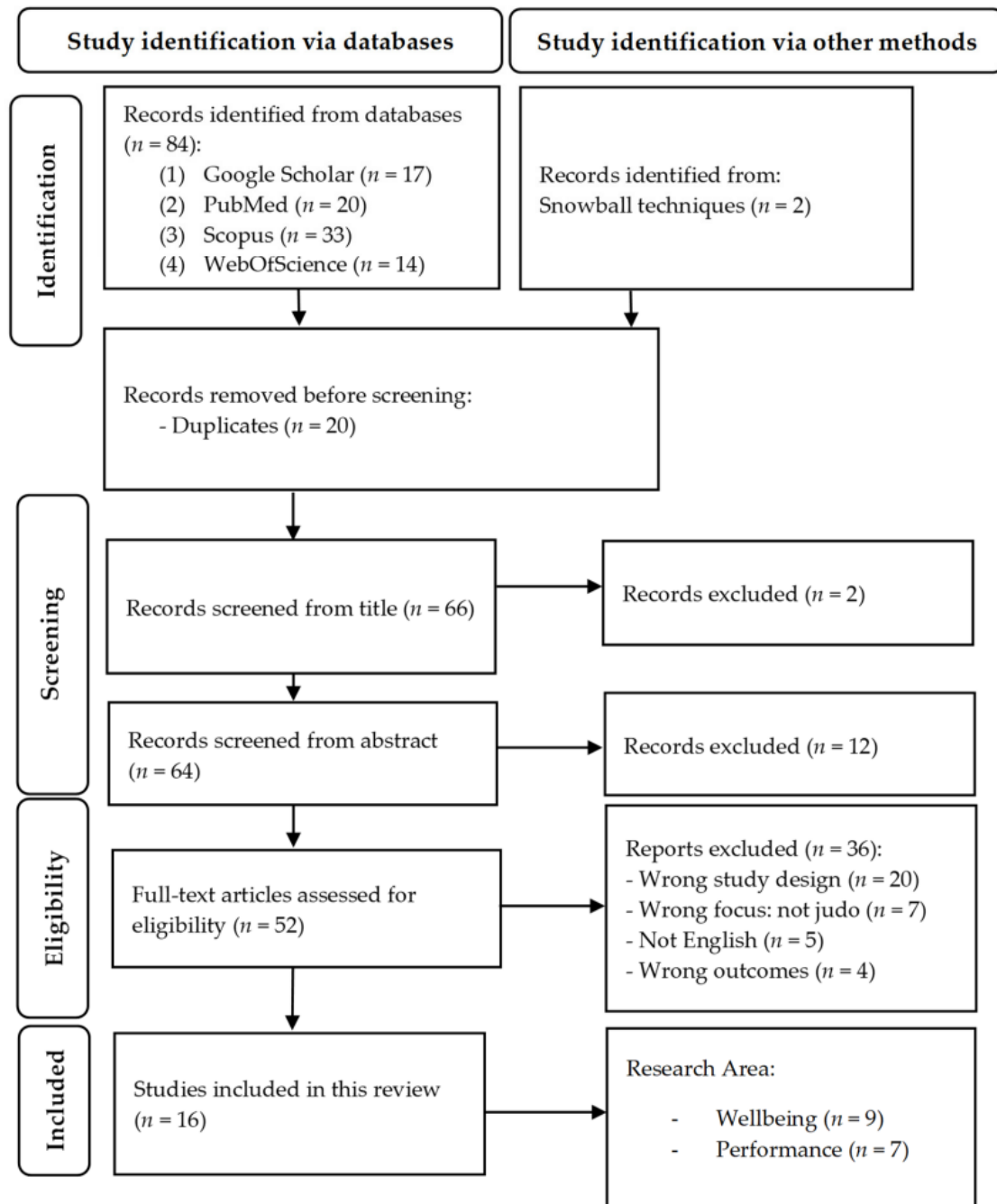
### **I would like to entrust you with the role of Commissioner for Intergenerational Fairness, Youth, Culture and Sport.**

Europe must work to reunite its societies, bringing people together and rallying around the things that are part of our traditions, our communities and our way of life. Your task will be to ensure we keep supporting young people and build on what we have in common and what brings us together in diversity, from our **cultural heritage** to **sport** at all levels.

You will also ensure that decisions are taken with future generations in mind. **Solidarity between generations is enshrined in our Treaties** and the decisions we take today have long-term consequences for the next generations to come. You should use a **strategic foresight approach** to look at challenges in this regard.

Europe needs to give young people opportunities for the future and young people expect to be able to influence the decisions that shape Europe's future. This will be a central part of your role in **giving young people a greater freedom and responsibility** within our societies and democracies.

The Commission we will serve in together will be called upon to make choices that will shape our Continent and our Union for years and decades to come. In a time of great global instability and great expectations of Europeans, we must live up to that responsibility. **We must deliver and lead from the front**, working closely with the people and regions of Europe and the parliaments, governments and institutions that serve



“(judo) OR (judoka\*) OR (judoist\*) OR (martial AND art\*) OR (combat AND sport\*) AND (adolescen\*) OR (child\*) OR (development) OR (growth) OR (juvenile) OR (minor) OR (p?ediatric) OR (“school age\*”) OR (teen\*) OR (youth) OR (“young people”) AND (adult\*) OR (ag?ing) OR (aged) OR (elder\*) OR (master\*) OR (old\*) OR (senior\*) OR (veteran\*) AND (andragogy) OR (anthropolog\*) OR (attitude) OR (behavior\*) OR (communication\*) OR (culture) OR (discipline\*) OR (education) OR (emotion\*) OR (enjoyment) OR (happiness) OR (knowledge) OR (interaction) OR (interpersonal AND relations) OR (internet) OR (mental AND health) OR (mental AND processes) OR (negotiating) OR (performance) (personality) OR (pleasure) OR (respect) OR (satisfaction) OR (self-concept) OR (self-control) OR (self- esteem) OR (sociology) OR (social AND participation) OR (social AND skills) OR (test\*) OR (values)”

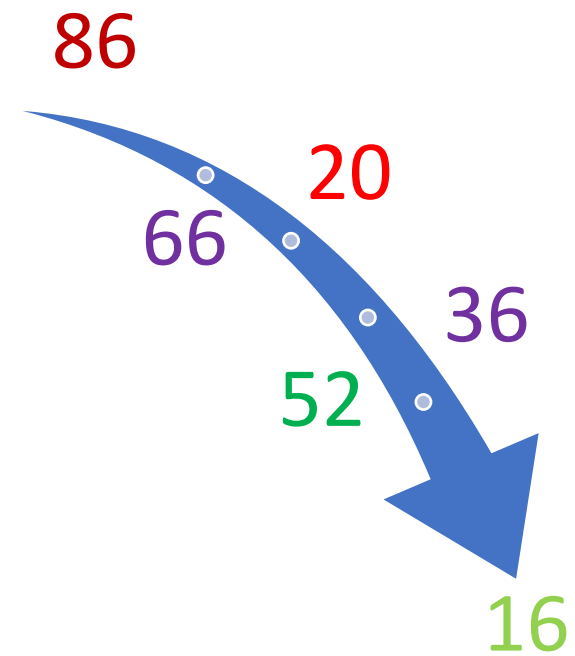
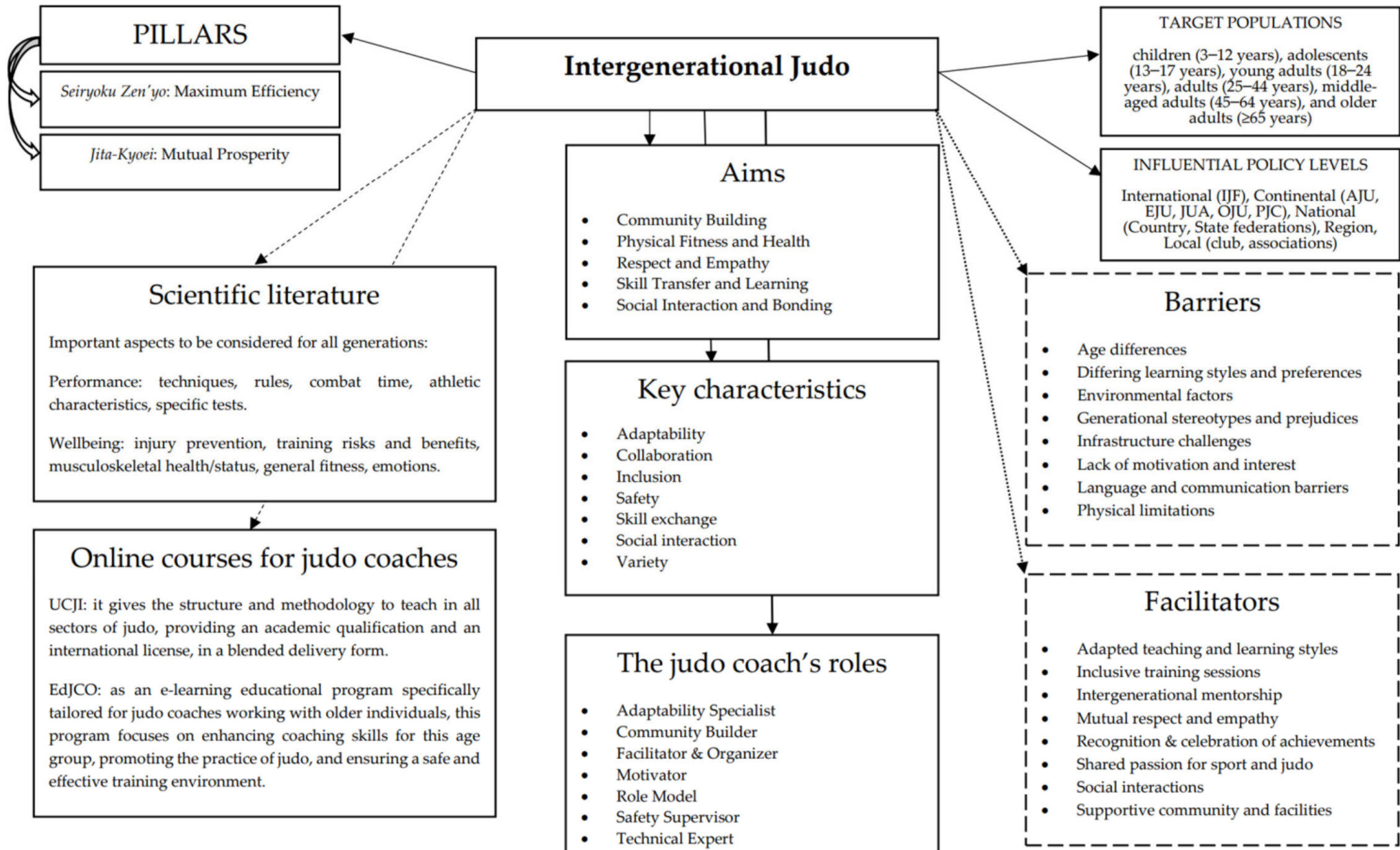


Figure 1. Flowchart of the systematic process of review (n = number).



# Intergenerational Judo: Synthesising Evidence- and Eminence-Based Knowledge on Judo across Ages

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# An example

- An 85-year lady with a 14-year boy
- Setting: a 3-days judo training camp for people with diverse (dis)abilities
- Common goal: a new self-defence technique
- Barriers: physical limitation, differing learning styles
- Facilitators: adapted teaching and training, shared passion...





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# Grazie per l'attenzione



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