Interview questions (pilot study):
The group interviews are conducted by coordinating physician researcher Amber von Gerhardt in week 4 at the end of the pilot study. The questions are divided into 6 categories on which the intervention is assessed.

Questions for the judo trainer:
What is your general opinion about the IPPON intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What can be improved on the intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What are the strengths of the intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

1) Instructions
• Did you receive the instructions in time? Yes / No
• Is the overview map with all the warm-up exercises clear? Yes / No
  If not, what can we change? ___________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
• Did you use the overview map on the tatami? Yes / No
• What is the ideal size of the overview map? A3 / A4 / A5 / A6
• Is the instruction video supportive in explaining the exercises? Yes / No
  If not, why not? ___________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
• Would you like to receive the instructions otherwise? Yes / No
  If yes, in which way? _______________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
• Are the titles of the exercises clear? Yes / No
  If no, which exercises not? __________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________

2) Practical use
• Is the structure of the exercises logical? Yes / No
  If no, which exercises not? __________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
• Is the order of rank of the exercises logical with regard to practicality? Yes / No
  If no, which order of rank would you prefer? ___________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
• Are the exercises easy to perform and explain by the judo trainers? Yes / No
  If no, which level not? _____________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
3) Usefulness
- The assessment of ‘preventive usefulness’ is scored on the form with score 0 to 10.
  - Do you think the exercises help to prevent injuries in judo? Yes / No
  - Which exercises do and which do not?

- Would you implement the exercises of the intervention in your regular warm-up? Yes / No
  - If no, which exercises not and why?

- Do you recommend the intervention to other judo trainers? Yes / No

- Would you also implement the intervention as warm-up before competitions? Yes / No
  - Why?

4) Difficulty
- The assessment of ‘difficulty’ is scored on the form with score 0 to 10.
  - Is the star classification correct in terms of difficulty? Yes / No
  - If no, which exercises not?

- Are the exercises suitable for every judo level and every age? Yes / No
  - Why?

5) Time duration
The assessment of ‘time duration’ is scored on the form with score 0 to 10.
- How much time did you spend per exercise? ______ sec.
- How much time did you spend on the intervention in total (11 exercises)? ______ min.
- Which exercises lasted longer than 1 minute? 

- What is your opinion about the total duration of the intervention?

6) General
- Are you missing certain exercises in the intervention? Yes / No
  - If yes, which exercises?

- Are there exercises that you will not use? Yes / No
  - If yes, which exercises?

- Did you understand the exercises immediately?

- Other comments from judo trainers:
Interview questions (pilot study):
The group interviews are conducted by coordinating physician researcher Amber von Gerhardt in
week 4 at the end of the pilot study. The questions are divided into 6 categories on which the
intervention is assessed.

Questions for the judo athletes:
What is your general opinion about the IPPON intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What can be improved on the intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What are the strengths of the intervention?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

1) Instructions
   • Is the overview map with all the warm-up exercises clear? Yes / No
     If not, what can we change? ___________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________

   • Are the titles of the exercises clear? Yes / No
     If no, which exercises not? ____________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________

2) Practical use
   • Is the structure of the exercises logical? Yes / No
     If no, which exercises not? ____________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________

3) Is the order of rank of the exercises logical with regard to practicality? Yes / No
   If no, which order of rank would you prefer? ______________________________________
   ___________________________________________________________________________
   ___________________________________________________________________________
   ___________________________________________________________________________

   • Did you experience pleasure with performing the exercises? Yes / No

4) Usefulness
   • The assessment of ‘preventive usefulness’ is scored on the form with score 0 to 10.
   • Did you use all muscle groups during the intervention? Yes / No
     If no, which missed? _________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________

5) Difficulty
   • The assessment of ‘difficulty’ is scored on the form with score 0 to 10.
   • Which exercise was the hardest to perform? _____________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
     ___________________________________________________________________________
• Which exercise was the easiest to perform?

6) Time duration
• What is your opinion about the total duration of the intervention?

7) General
• Are you missing certain exercises in the intervention?
  Yes / No
  If yes, which exercises?

• Did you understand the exercises immediately?

• Other comments from judo trainers:
Dear judo trainer and/or judo athlete,

We would like to know your opinion about the exercises of the IPPON intervention. Circle the most suitable digit from 0 to 10, in which the digit 5 stands for 'exactly correct'.

I'm rating the fluctuating jump as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

I'm rating the cross jump as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

I'm rating the o-uchi-hop as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
I'm rating the iceskating jump as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the judo jump as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the judo jump with arms as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the feet salsa individual as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the feet salsa duo as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the feet salsa with arms as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the sideway walk & turn as:
( extremally difficult ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally easy )
( extremally long lasting ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally short lasting )
( extremally useless ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally usefull )
Comments about this exercise:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
I'm rating the sideway walk & back as:
( extremally difficult ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally easy )
( extremally long lasting ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally short lasting )
( extremally useless ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally usefull )
Comments about this exercise:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
I'm rating the barai and turn as:
( extremally difficult ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally easy )
( extremally long lasting ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally short lasting )
( extremally useless ) 0 1 2 3 4 5 6 7 8 9 10 ( extremally usefull )
Comments about this exercise:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

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4A Zijwaartse Loop & draai


4B Zijwaartse Loop & rug


4C Barai & draai

5A 2-been Squat Rol

I'm rating the two-leg squat roll as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

5B 1-been Squat Rol [v]

I'm rating the one-leg squat roll [forward] as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

5C 1-been Squat Rol [a]

I'm rating the one-leg squat roll [backwards] as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the one-leg deadlift [curved] as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the one-leg deadlift [stretched] as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the one-leg deadlift lunge as:
(extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the judo push-up as:

(Extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)

(Extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)

(Extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
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I'm rating the shoulder push-up [forward] as:

(Extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)

(Extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)

(Extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the shoulder push-up [backwards] as:

(Extremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)

(Extremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)

(Extremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the three step handstand as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the handstand judo rol as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the stutten exercise as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the wheelbarrow walk as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the wheelbarrow push-up as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the spiderman as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely useful)

Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the planking tap game as:
(extremely difficult)  0     1     2     3     4     5     6     7     8     9     10 (extremely easy)
(extremely long lasting) 0     1     2     3     4     5     6     7     8     9     10 (extremely short lasting)
(extremely useless)  0     1     2     3     4     5     6     7     8     9     10 (extremely useful)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the planking pull game as:
(extremely difficult)  0     1     2     3     4     5     6     7     8     9     10 (extremely easy)
(extremely long lasting) 0     1     2     3     4     5     6     7     8     9     10 (extremely short lasting)
(extremely useless)  0     1     2     3     4     5     6     7     8     9     10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the planking mirror game as:
(extremely difficult)  0     1     2     3     4     5     6     7     8     9     10 (extremely easy)
(extremely long lasting) 0     1     2     3     4     5     6     7     8     9     10 (extremely short lasting)
(extremely useless)  0     1     2     3     4     5     6     7     8     9     10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
I'm rating the shoulder push as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the shoulder pull as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I'm rating the shoulder kumikata as:
(exremely difficult) 0 1 2 3 4 5 6 7 8 9 10 (extremely easy)
(exremely long lasting) 0 1 2 3 4 5 6 7 8 9 10 (extremely short lasting)
(exremely useless) 0 1 2 3 4 5 6 7 8 9 10 (extremely usefull)
Comments about this exercise:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________