



## Lesson 7. Mae Ukemi | Forward Roll

Rolling for Safety and Improvement of Body Structuring Skills

### Complete Outline

#### 1. Art of Rolling

- Ukemi Concept
- Tegatana Pattern

#### 2. Rolling from Half-Standing

- Set-up for Rolling
- Stand-Up for Rolling
- Head Positioning
- Getting Up from Rolling

#### 3. Rolling from Standing

- Turn for Set-up
- Tail Move

#### 4. Tobi Ukemi

- Bounce the Fall
- Getting Up from Falling

#### 5. Exercise 1 | Roll Accompany

#### 6. Exercise 2 | Spring Roll

#### 7. Exercise 3 | Koshi Fall

#### 8. Exercise 4 | Jump Roll

#### 9. Lesson Insight