



Lesson 8. Ushiro Ukemi | Backward Roll

Rolling for Safety and Improvement of Body Structuring Skills

Complete Outline

1. Backward Rolling

Ushiro Ukemi Concept

2. Backward Rolling from Half-Standing

Soft Landing

Roll to Shoulder Stand Pose

Modified Shoulder Stand Pose

Turn Up for Half-Standing

3. Backward Rolling from Standing

Set-Up for Soft Landing

Two Half-Standing Positions for Get-Up

4. Ushiro Tobi Ukemi

Bounce when Falling Backward

Getting Up from Falling

5. Exercise 1 | Turn to Opposite Roll

6. Exercise 2 | Double Side Roll

7. Exercise 3 | Side Step and Rotation

8. Exercise 4 | Wrestling Hook Drop Down

9. Lesson Insight