

position. (See Exercise 9 b). Repeat above fall (8 counts) rise (8 counts) and then repeat to 6, 4, and 2 counts, alternating feet and legs on slide out and kick, as follows:

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| 8 counts | (1-4 touch floor with hands
(5-8 foot forward, sit and lie
(1-2 kick up and down
(3- step
(4-8 rise to position |
| 6 counts | (1-3 touch floor with hands
(4-6 foot forward, sit and lie
(1-2 kick up and down
(3- step
(4-6 rise to position |
| 4 counts | (1-2 touch floor with hands
(3-4 foot forward, sit and lie
(1-2 kick up and down
(3-4 step and rise to position |
| 2 counts | (1-2 touch floor with hands, foot forward, sit and lie
(1-2 kick up and down, step and rise to position |

Progression: Do exercise first at 8 counts speed only, then add gradually other speeds until the group can do a series twice through at each speed with no stop.

g. Side fall and rise. (Objectives 2, 1, 3, 4)

(1) Sidefall 1. Class faces front in scattered formation with at least 6 feet clear floor space on side toward which fall is to be done. Little space is needed forward or backward. Class stands stride, weight even, arms at sides. First, swing weight onto right foot raising left leg diagonally backward left and swinging both arms diagonally upward right. This is a preparatory movement. Second keeping left foot off floor, bend right knee and lower body to floor as the arms sweep down in an arc from diagonally upward right to diagonally downward left going through a point in front of right foot and continuing to slide out on floor to left, as the outside of the left leg is lowered to the floor. The left foot stays behind the right. The second part of the movement is continuous with no break and at the completion of the movement, the body is lying on the left side on the floor in an extended position, left arm stretched beyond the head, right hand on floor in front of chest. It is important that the body strike the floor along the outside of the left thigh and leg to avoid bumping the left knee. When the fall is executed to left, body weight is used to right as a brake to control