

fall.

(2) Rise from side. First push off from the floor pulling with right trunk muscles and pushing with hands only if necessary. Step side-ward to right as body crouches ready to rise. Do not step on left foot, but pushing down with right foot extend the body upward, swinging the arms diagonally upward right. The weight is on the right foot at finish of rise. The first part of the rise is continuous with no break. Second, step on left foot finishing in stride position with arms at sides.

Timing: 1-2 First part of side fall
3-4 Second part of side fall
5-6 First part of rise from side
7-8 Second part of rise from side

(3) Repeat exercise to right.

(4) Repeat exercise in a series alternating left and right, starting with 4 falls and adding units of 2 until 12 falls can be executed in good form.

(5) Add hop to first part of side fall.

(6) Use different timings for fall and rise.

(7) Do (5) and add roll to back and onto other side in second part of side fall before executing rise from side. This roll should be continuous with the fall.

(8) Precede the fall and rise exercise with other exercises such as sideward pendulum swing.

(9) Side fall II. First do first part of Side fall I, as in above, weight is now on right foot. Second, stretch body and arms as high as possible diagonally upward right, then swing body and arms in a full circle high across to left, down left and under and out to right, as the left foot steps across in front of the right and body slides to the floor on the right side. The arms and body weight are used to the left as a brake when falling to the right. Timing: As for side fall I. Rise: As for side fall I.

h. Roll over fall and rise. (Objectives 2b, 1, 3, 4)

(1) This exercise progresses in a diagonal zigzag pattern, forward on the walking, sideward on the roll, assume half knee bend position. First low walk forward left, right, left, right. Second, with the right foot in advance the roll over will be to the left. Flex body forward and twist slightly to right, tucking both elbows into abdomen. Roll over to left striking the floor on left shoulder, rolling onto back. To rise, push flexed right arm against the floor accompanied by a sharp extension of left leg. Finish on right knee with left foot free to start first part of movement again.