



FORWARD ROLL

For military training, a long stick or wand may be carried in the left hand.

DIVE: Lean forward and jump off both feet, throwing the arms forward. Absorb the shock of the fall with the hands and arms. Duck the head and roll on the neck and shoulders. Keep the chin on the chest and the heels close to the buttocks. Grasp the shins, keep the head forward and come up to a stand. In practice, start at low heights. Finish the dive sometimes with a quick roll to the left or perhaps with a shoulder roll as our soldiers do in tumbling into foxholes.

BACKWARD ROLL: Stand with the back to the mat; then sit down just behind the heels. Place the hands on the mat at the sides of the buttocks to break the fall. Then quickly place the hands behind the shoulders with the palms up. Tuck the knees close to the chest and roll back. When the weight is felt on the hands, a push will relieve the strain on the neck. Keep pressing and roll over to a landing on the feet.

SQUAT HAND BALANCE: Squat, placing the hands on the mat with the fingers forward, palms flat and fingers arched. Rest the knees above the elbows. Push forward with the toes until the entire weight is on the hands. Balance on the hands, rocking back and forth about ten seconds.

JUMP THROUGH: Lie flat on the chest with the legs extended, palms on ground close to the body and the elbows at right angles. Straighten the arms quickly, at the same time flexing the knees and hips. Sling the feet through the arms to sitting position, legs extended. Absorb any shock with the arms.

SIDE ROLL: Run toward the mat and throw yourself sideways as you fall, landing on the left foot and left hand at the same time—the hand absorbing the shock. To avoid injury, turn the elbow and knee in immediately. Then, as you roll, turn the shoulder over with the legs extended.

BACKWARD ROLL

