



DIVE AND ROLL

As you roll over to the face again, bring the knees up under the body.

HEAD STAND: Imagine a triangle on the mat. Place the forehead on the far angle and the hands on the two near angles. Now walk up close to your hands (raising the hips). Keep the back straight. Raise the legs one after the other to an inverted position. Lean the weight slightly toward the hands, keeping the body arched with the legs together and toes pointed.

HAND STAND: Lean over from the hips, placing the hands on the mat with the shoulders well ahead of them. Look straight ahead, always keeping the head up. Now raise the legs one after the other to the stand position. If you feel yourself going over too far, press down with the fingertips and raise your head. If the body falls back toward the starting position, drop to

the heels of the hands, bend the elbows and lower the head. Once the hand balance is attained, make sure to hold a good arch. Keep the feet together, the toes pointed and the head up.

DIVE AND ROLL: How football players and soldiers toughen up. Note how the diver breaks his fall with the hands, rolls over on his shoulders and back and comes right up to his feet—ready for action!

JUMP AND ROLL: A popular event on the obstacle course program. The parachuter leaps from a beam high into the air. Upon landing he goes immediately into a forward roll and comes to his feet.

CHEST ROLL: Go into a hand stand, hold it a moment or two, then lower your weight slowly with the arms. Keep your chin up and inch the chest

forward slightly. Come down on your chest and roll down, holding the arch until your toes touch the ground. As a variation, rock forward and backward after the landing.

CARTWHEEL: Learn this stunt from a short run. As you reach the mat, place your right hand on it and kick up with your left leg, turning sideways as you kick. Make your arms and legs resemble the spokes of a wheel, and keep turning. Make sure you travel in a straight line. Keep the back arched, the head well up, and the hips straight. Upon landing, your side, not your front, should be toward the mat. If you intend doing a series of cartwheels, whip the arms and legs over fast to pick up speed.

If you want to know how valuable this basic training on rolls, dives and balances can be, a visit to the local newsreel theatre will prove illuminat-

ing. You'll see soldiers rolling into fox-holes, diving over ditches, etc.

The parachute landing is nothing but a backward roll. The jumper, as he approaches the ground, grasps the shrouds with both hands and gives a mighty tug upward (chinning). He lands with equal force on the balls of both feet and pivots in the direction of the wind. The knees give naturally, the body assuming a squat position over the buttocks. The lander continues his rolling motion with a backward roll and ends up by scrambling to his feet.

JUMP AND ROLL

