

FORWARD ROLL / BACKWARD ROLL



1. Setup

- Kneeling or standing. One foot is in front.
- The arm on the same side as the front foot is raised.
- Rear arm can be lowered, but should not move forward in the next step.
- The toes of the rear foot should be ready to push off.

The Backwards Roll is the exact reverse of these steps. Begin with step one, but proceed to step five, rolling back onto the hip of the rear leg and continue back.



2. Shoulder Drops

- The rear foot pushes forward, directly ahead.
- Keeping feet and front knee in place, the lead shoulder is pointed down.
- The lead arm passes under, pointing to the rear foot.
- The lead arm should not bear the body's weight, but touches the ground.
- The head tucks toward the armpit of the rear arm.
- The rear hand is back by the rear leg, not in front of the body.



3. Back Transition

- The lead shoulder contacts the ground and the roll begins to cross the back.
- The roll should cross the back at a gentle diagonal from the lead shoulder to the rear hip. The body motion is forward.
- The head should not bear any weight or more than lightly touch the ground.



4. Roll to Hip

- The roll rounds the hip of the pushing leg.
- The pushing leg should be tucked under the lead leg's knee during the roll.
- The upper body is pulled off the ground by staying tucked in the roll.



5. Coming Up

- The tucked knee comes to the ground, and the lead foot comes to the ground.
- When rolling, your momentum should carry you right back to setup position.