

### Breakfall - Side

## Core JKD Conditioning Exercises

3



1. Start from a standing or squatting position.



2. Swing the left arm in front of the body to the opposite side. The left leg mimics the same movement.



4. Collapse your body to the floor, starting with the ankle, knee, hip then upper torso. **Do not use your elbow to support or stop your fall.**



5. Slap out with your palm down, about 45 degrees away from your body, and keep your head from hitting the ground. The top leg should be bent, resting over the other one.

### 3 Point - Over



1. Start on your back with your knees bent.



2. Raise your hips off the floor so that only your feet, upper back and head support you.



3. Reach over your opposite shoulder to help start the movement and gain momentum to help turn the same side leg over the body.



4. Swing your leg over, while pivoting on the other foot (which does not move other than to help the body pivot.)



5. At the end of the movement you will be in this position, a 3-point. Your body is supported by your two feet, and your upper shoulder and neck. Reverse the movement to return to #1 then work the opposite side.

### 3 Point - Under



1. Start on your back with your knees bent.



2. Raise your hips off the floor so that only your feet, upper back and head support you. Your right foot will slide under and through the left knee.



3. Your upper body rotates onto your right shoulder and turns chest down as your right leg passes under and completely through to the left.



4. You will end up in a high, 3-point position, supported by your head and shoulders and your two feet. Return to position #1 by sliding the right leg back through the way it came, as indicated.