



1. Starting on all fours, face down, **switch out a foot for a hand** (diagonally). Your left foot travels under the body.

2. Your other hand and foot (right hand, left foot) stay stationary during the transition (the right foot can pivot).

3. This is the resulting position. During the next move you **switch out a hand for a foot** (left hand, right foot). *Remember to keep your butt from touching the ground.*

4. Your foot slides under your body while your hand goes over your body, they are simply exchanging places.

5. You will end up in a position similar to the one in photo #1, except your body has turned around. Continue the moves 1-5 until the allotted time is up.

## Break fall - Back



1. From standing (or a crouched position) drop downward and backward. Do your best to round out your back through the movement.

2. Control your fall, rounding out even more as you make contact with the floor and roll onto your back. **Tuck your chin to your chest.**

3. Here you can slap out, palms down and arms at a 45 degree angle to help disperse energy. **Make sure your head doesn't hit the floor.**

4. At the completion of #3, use your legs to swing you forward and use your arms to assist getting you back to your feet.

5. Return to standing position and continue with your required repetitions.

## Sit Out - From Quarter



1. Start on your knees and elbows, face down and head lowered.

2. Raise your right knee outward and to the side (think dog to fire hydrant).

3. Posting on you left elbow shoot your left leg through the opening created by #2. At the same time swing your arm and your head back.

4. Return to position #1 by pulling your left leg back through and placing your right elbow back to the ground. Do the same movements (1-4) with the left side of your body.