



1. Start from standing, your legs should be shoulder width apart or more.

2. Curve your body forward, tucking your lead hand and arm between your legs. Keep your chin tucked into your chest as you roll forward over your shoulder.

3. Continue your roll through the full movement. Keep your back rounded to assist in the roll.

4. Roll onto your feet and then return to standing position.

Rollbacks - Full



1. Start from a standing position.

2. Set one leg behind and to the side of the other and begin to drop backward into a seated position.

3. This is the dynamic seated position, we do not sit here, but rather roll onto the back from here.

4. Keeping your back rounded and your chin tucked in (so as to not hit your head during the roll), swing both feet over one shoulder (as in Seated Rollback - positions #2 and #3)

5. Continue your momentum over your shoulder until your knees and feet touch the floor.

6. Rise from your knees to a standing position.

Rollbacks - Full (continued)



7. Continue from the standing position as if you were going to perform the Shoulder Roll - From Standing.

8. Perform the Shoulder Roll - From Standing, movements #1 through #4.

9. During the forward shoulder roll keep your back rounded. Do not roll over your head, use your shoulders.

10. Use your momentum to roll you back to your feet.

11. You have completed the full rollback when you have returned once again to your feet. All 11 steps are required for the full rollback.