

## 10 rules for a good Ukemi



1. Get rid of the fear of falling.
2. Protect your head first.
3. Be mindful about your posture.
4. Whip the ground as you fall.
5. Breath out during the fall.
6. Muscles relaxed, body in tension.
7. Do not cling to tori.
8. Follow the movement of tori.
9. Communicate if necessary.
10. Do not fall without a reason.

