

Learning to fall

Individual exercise

Description

Participants are instructed to fall correctly and with as little risk of injury as possible. Special attention is paid to the head and arms: The chin should be pressed on the chest and the arms should be struck rigidly on the floor next to the upper body.

Material/wall

Free room or space on mats

Key questions

How far do you want to go? Where is your limit? How does it feel to "let yourself fall"?

Variations

Several variations in ascending difficulty: first, just lying down, pressing the chin to the chest and hitting the mat with the arms; then, from a sitting position with the feet up, let the chin tip backward; next, from a squatting position, let the chin fall backward; then, from a standing position, squat and fall backward; and finally, from a low kick, jump into a squat and fall backward.

Tips

It is important to let everyone do the exercise at their own pace: Participants should pay close attention to how far they want to go and what their limits are.

Being careful that the "falling area" is free and there is enough space to the wall, and that the movements are carefully carried out (straight arms, chin on chest).