

ACROSS THE FLOOR: SUSPEND, FALL, RECOVER, AND ROLL

Focus on throwing ourselves off center and using the energy we have within



Lean, pull & reach

- **Lean forward**
- **Fall and pull back in a light arabesque**
- **fall and reach forward in an arabesque variation**

Run, reach out to the ground and recover

- **Explore ways to get momentum up through jogging then move into and out of the ground**

Aikido rolls: one side then the other

- **look at your fingertips to lead you over to roll forward, take it low (seated with legs tucked in or higher with legs in wide 2nd)**