

Knee Touches

- A. Sit on the edge of the seat
- B. Lower one knee toward the floor

Partial Lunge



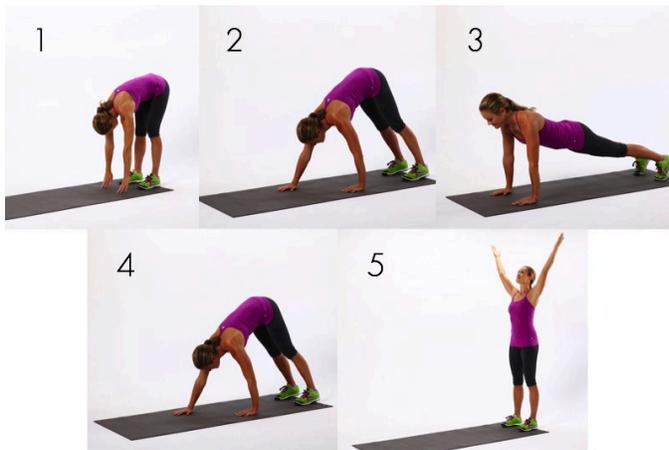
- A. Stand with one leg forward
- B. Bend the front knee
- C. Lower your body toward the floor

Falling on Forearms



- A. Stand 1-2 feet away from a wall
- B. Lean into the wall leading with the forearms
- C. Turn head to the side as you lean forward

Hand Walking



- A. Find a flat surface (bed/table) and walk your hands across the table
 - a. Your body should be getting closer to the surface
- B. Walk your hand back towards your body
 - a. You should begin to head back toward a standing position

Lateral Fall Progression



- A. Start on hands and knees on a soft surface
- B. Lift one arm and the opposite leg up off the floor
- C. Take the lifted arm and tuck it under the body toward the leg off the ground
- D. Roll toward the side of the leg that is still touching the floor
- E. Land on the side of your body and shoulder