
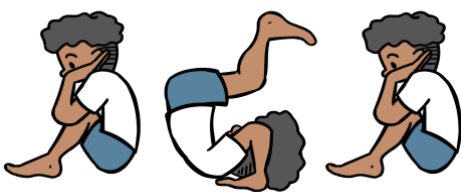
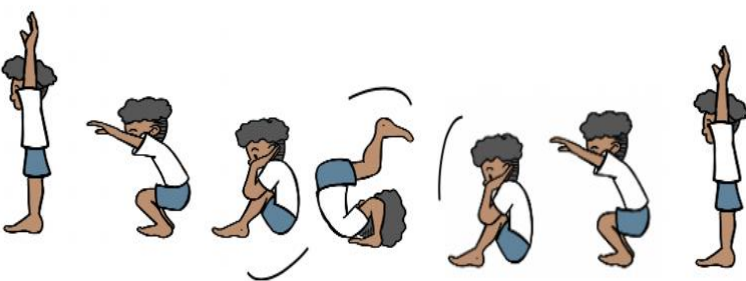




## Backward Roll Progressions

Take turns with your partner to move through the progressions.  
Ensure that you can complete each progression before moving on to the next one.  
Complete each progression three times.

1		<ul style="list-style-type: none"> <li>• Begin standing</li> <li>• Move to a seated tuck</li> <li>• Roll onto your back</li> <li>• Stand back up again without using your hands</li> </ul>
2		<ul style="list-style-type: none"> <li>• Begin sitting in a tuck position</li> <li>• Place your hands on your shoulders as if carrying pizza boxes</li> <li>• Tuck your chin to your chest</li> <li>• Rock backwards so that your hands go flat on the floor</li> <li>• Rock back to sitting in tuck</li> </ul>
3		<ul style="list-style-type: none"> <li>• Begin standing</li> <li>• Move towards a tuck position and place your hands on your shoulders</li> <li>• Tuck your chin to your chest</li> <li>• Rock backwards so that your hands go flat on the floor</li> <li>• Rock back to standing</li> </ul>
4		<p><b>Full backward roll</b></p> <ul style="list-style-type: none"> <li>• Crouch down to a tuck position on your toes</li> <li>• Your hands move to your shoulders, palms facing up</li> <li>• Tuck your chin to your chest</li> <li>• Rock back so that your hands can touch the floor</li> <li>• Push down with your hands to roll over and up to standing</li> </ul>
5		<p><b>Backward roll to straddle stand</b></p> <ul style="list-style-type: none"> <li>• From a backward roll use body tension in your legs to keep straddle shape throughout</li> </ul>