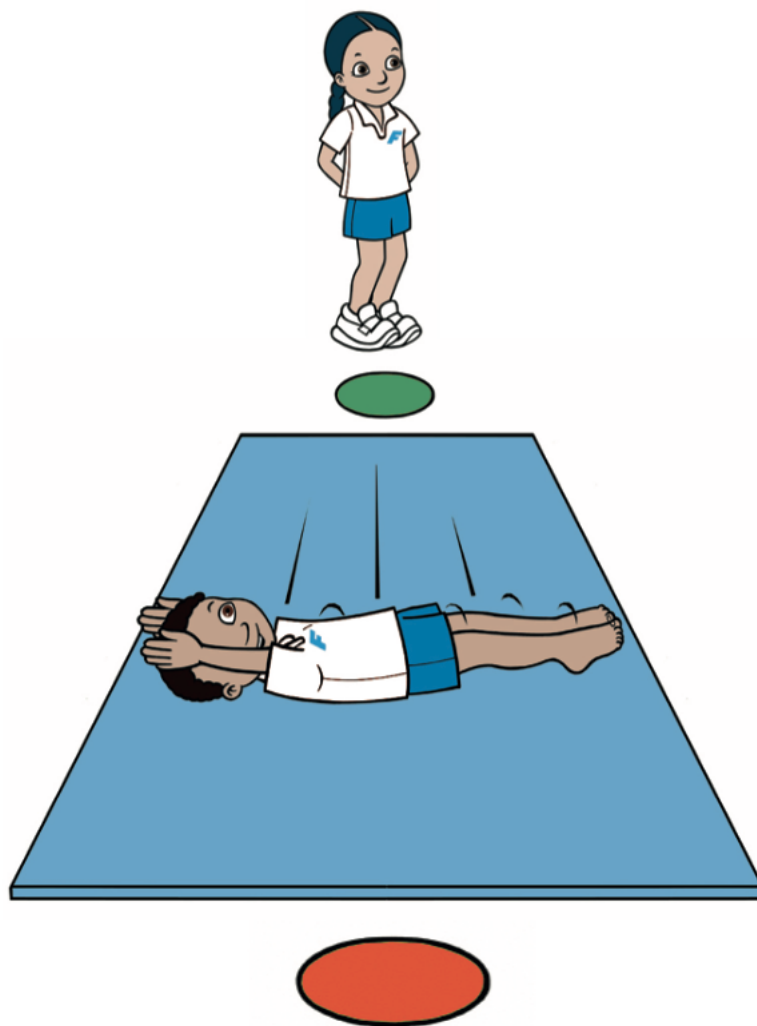


Log Roll

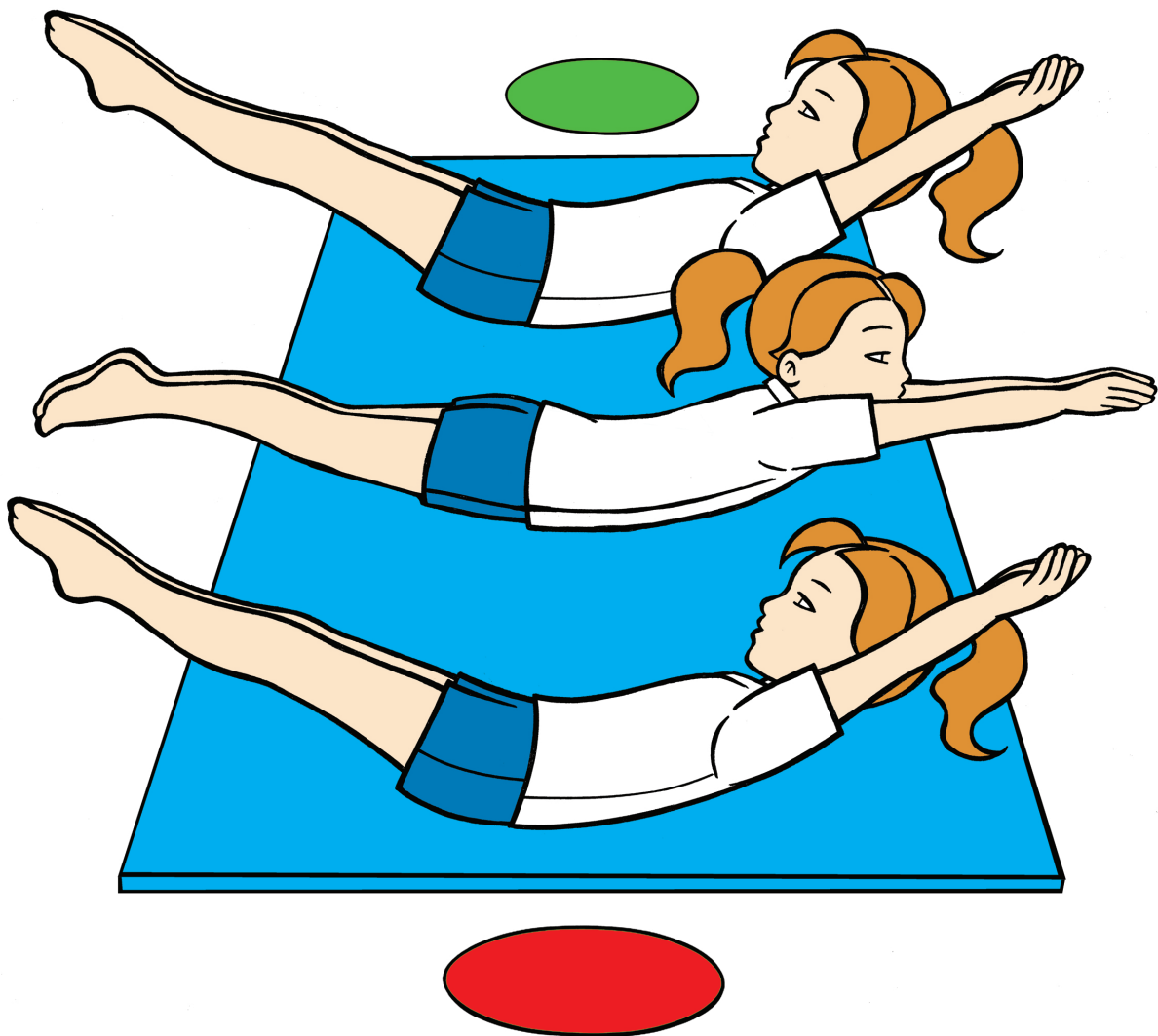
- a) Lay down on your back in a Straight shape.
- b) Stretch from your toes to your fingers.
- c) Roll onto your tummy keeping in your Straight shape.
- d) Then roll onto your back again in the Straight shape.
- e) Remember to keep strong .
- f) Point your toes!



Log Roll

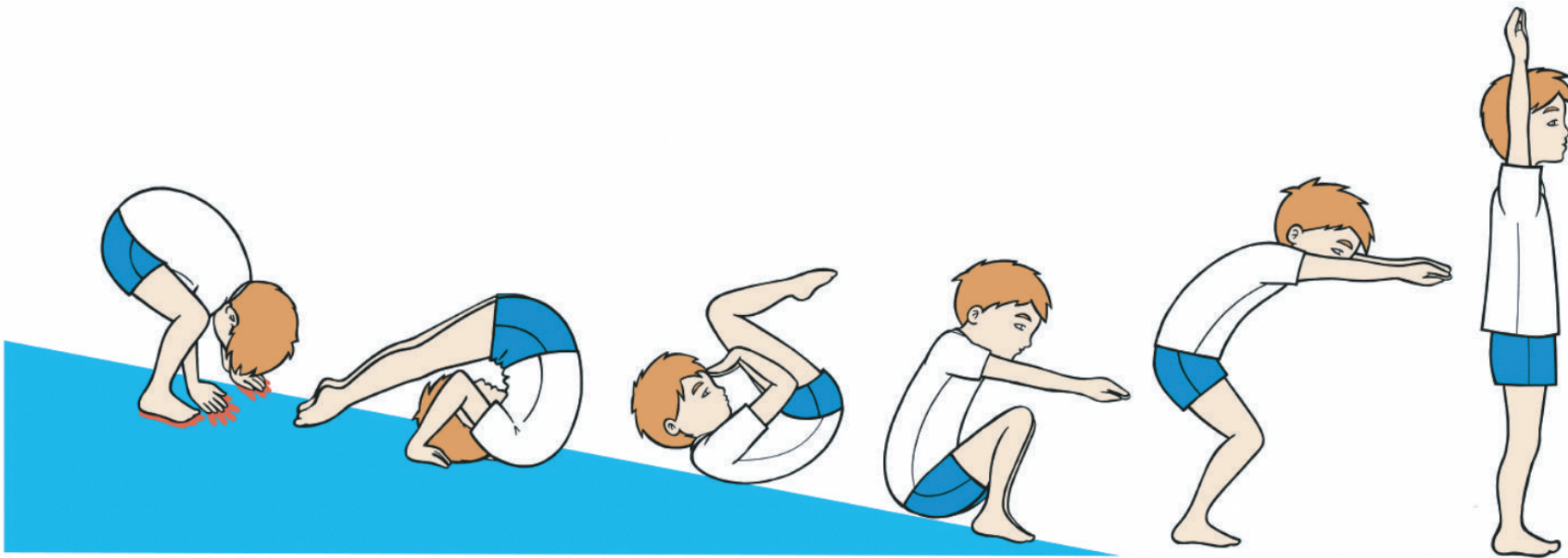
Dish/Arch Roll

- a) Start on your back in Dish shape, hold the shape for three seconds.
- b) Roll onto your tummy to a Arch shape (hold for three seconds).
- c) Roll onto your back into a Dish shape, (hold for three seconds).
- d) Continue to the end of the mat.
- e) Strong body, straight arms and pointed toes.
- f) Control the roll! Try to keep in a straight line



Dish/Arch Roll

Star Forward roll



Always place mat on springboard or use a wedge. Stand in a Star shape on springboard. Bend knees and place your hands on the throw-down hands close to your feet. Put your chin on your chest: look through legs. Teacher to support if required.

Roll onto shoulders,

then back,

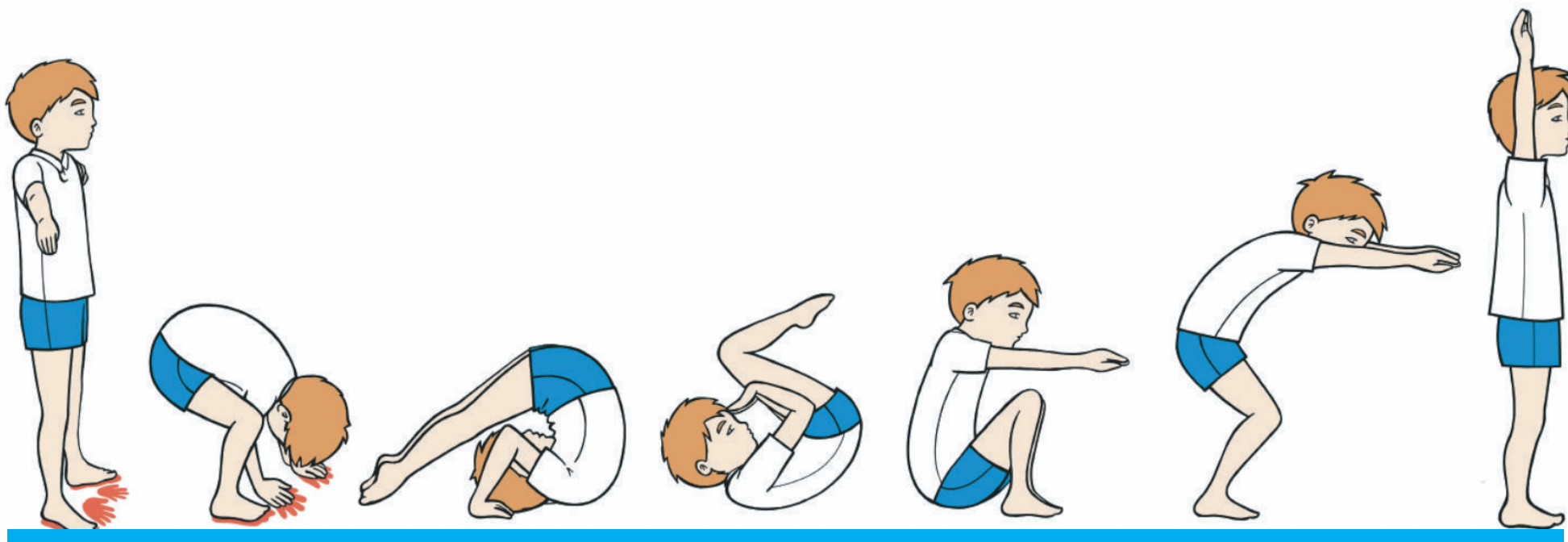
then bottom,

stand up,

Finish in Straight shape

SAFETY – Head should be tucked in when performing a forward roll.
– Forehead should NOT touch the springboard.
– Roll onto shoulders.

Star Forward roll on mat



Stand in a Star shape.
Bend knees and place your hands
on the throw-down
hands close to your feet.
Put your chin on your chest,
look through legs.

Roll onto shoulders,

then back,

then bottom,

stand up,

Finish in Straight shape

- SAFETY** – Head should be tucked in when performing a forward roll.
– Forehead should NOT touch the springboard.
– Roll onto shoulders.