## Steps in order

In some procedures, you can write the steps in a numbered list. Read the first procedure, then write your own below.

How to perform a standing fall

ROCEDURE

This is the procedure for a standing fall. Read the procedure carefully before attempting to perform it. You need a soft mat and comfortable clothing, as well as adult supervision.

- 1. Warm up and do some leg and arm stretches.
- 2. Stand with your knees slightly bent.
- B. Begin by falling back and to the left.
- As you begin to fall, move your left foot backwards about 30 centimetres. Your weight will be centred on the outside of your left foot.
  - As you fall, shift your weight upward along the outside of your left leg to your thigh. Your upper thigh should take the heaviest impact of the fall.
  - As your torso hits the ground, slap the floor with your left forearm and the fleshy part of your palm to cushion the impact.
- 7. Cushion your head with your shoulder as you land.

Research another safe fight technique (eg. kicks, chokes, slaps, body blows) and write the procedure below.

How to	

