



Lakewood Budo Kai



UKEMI WAZA (FALLING TECHNIQUES)

Ukemi No Sutemi Kata –Sacrifice forms of falling

Confront Your Fears

People often seek peace of mind by burying or denying their fears. Real peace of mind comes only when we confront our fears head on. What to do?

Define what exactly you are afraid of. Don't say I am afraid of high falls. Be specific. Are you afraid of pain?

You are distinct from your fear. You, not your fears, are in control. Learn to control fear.

1. Right side fall – Migi Sutemi
2. Left side fall – Hidari Sutemi
3. Right side roll – Migi Koroge Sutemi
4. Left side roll – Hidari Koroge Sutemi
5. Back fall – Ushiro Sutemi
6. Straight over fall – Tomoe Sutemi
7. Stomach fall – Mae Sutemi
8. Back roll – Ushiro Koroge Sutemi