



Lakewood Budo Kai



UKEMI WAZA
(FALLING TECHNIQUES)

Ukemi No Kihon Kata– Basic forms of falling

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