



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

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Breakfall Course

1. Training period table

2. Skill level table

Breakfall

The art of falling safely (ukemi)

This breakfall course is designed for a student that has no training in the art of falling.

The aim is to develop breakfall skill over twenty-four (24) lessons through a development time table that incorporates a periodisation of training and a coaching plan.

The breakfall course consists of twelve (12) periods, two (2) lessons per period, thirty (30) minutes per period and skill levels from a floor position to descending under gravity.

At the end of a breakfall course a student should be able to perform a breakfall from a standing position, with a free flowing movement and with confidence.

This course can be taught either as a separate course or, with a time adaptation, during regular class training.

1. Training period table

Cross-reference L1...L24 with S, B, F, R of the *Skill Level Table* to determine skill level.

<i>Period 1</i>		<i>Period 2</i>		<i>Period 3</i>		<i>Period 4</i>		<i>Period 5</i>		<i>Period 6</i>	
L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12
INTRODUCTIO N	S1	S1	S1			S1	S2	S2		S3	
		B1	B1			B1	B1	B2		B3	
			F1			F1	F1		F2		F3
				R1	R2	R2	R2		R2		R3
L - 30 minute lesson											
<i>Period 7</i>		<i>Period 8</i>		<i>Period 9</i>		<i>Period 10</i>		<i>Period 11</i>		<i>Period 12</i>	
L13	L14	L15	L16	L17	L18	L19	L20	L21	L22	L23	L24
S3	S3	S3	S3	S4	S4	S4	S4	S5	S5	S5	S5
B3	B3	B3	B3	B4	B4	B5	B5	B5	B6	B6	B6
F3	F3	F3	F3	F4	F4	F5	F5	F5	F6	F6	F6
R3	R3	R4	R4	R4	R4	R4	R4	R5	R5	R5	R5

2. Skill level table

Cross-reference S, B, F, R with L1...L24 of the *Training Period Table* to determine training period.

For full technique description refer to the *Breakfall Technique Description* document.

S1 Side lying

Side breakfall from lying on the floor

S2 Side sitting

Side breakfall from a sitting position

S3 Side squat / kneel

Side breakfall from a squatting or kneeling position

S4 Side standing

Side breakfall from a standing position, with a controlled descent

S5 Side standing advanced

Side breakfall from a standing position, descending under gravity

B1 Back lying

Back breakfall from lying on the floor

B2 Back sitting

Back breakfall from a sitting position

B3 Back sitting advanced

Back breakfall from a sitting position with roll over to standing position

B4 Back squatting

Back breakfall from a squatting position with roll over

B5 Back standing

Back breakfall from a standing position with a controlled descent with roll over

B6 Back standing advanced

Back breakfall from a standing position descending under gravity with roll over

F1 Front kneeling

Front breakfall from a kneeling position

F2 Front kneeling advanced

Front breakfall from a kneeling position with roll over to back defensive position

F3 Front squatting

Front breakfall from a squatting position with roll over

F4 Front squatting advanced

Front breakfall from a squatting position with a higher jump with roll over

F5 Front standing

Front breakfall from a standing position with a controlled descent with roll over

F6 Front standing advanced

Front breakfall from a standing position descending under gravity with roll over

R1 Shoulder roll finish

Lying on the back ascending to a standing position

R2 Shoulder roll kneeling

Shoulder roll from a kneeling position

R3 Shoulder roll standing

Shoulder roll from a standing position

R4 Shoulder roll moving

Shoulder roll from a moving position

R5 Shoulder roll advanced

Shoulder roll from a moving position with a faster roll