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## Breakfall

### Technique Description

<i>S1 Side lying</i>	<i>B5 Back standing</i>	<i>R2 Shoulder roll kneeling</i>
<i>S2 Side sitting</i>	<i>B6 Back standing advanced</i>	<i>R3 Shoulder roll standing</i>
<i>S3 Side squat / kneel</i>	<i>F1 Front kneeling</i>	<i>R4 Shoulder roll moving</i>
<i>S4 Side standing</i>	<i>F2 Front kneeling advanced</i>	<i>R5 Shoulder roll advanced</i>
<i>S5 Side standing advanced</i>	<i>F3 Front squatting</i>	<i>Tumble roll</i>
<i>B1 Back lying</i>	<i>F4 Front squatting advanced</i>	<i>T1 Tumble basic</i>
<i>B2 Back sitting</i>	<i>F5 Front standing</i>	<i>T2 Tumble turn</i>
<i>B3 Back sitting advanced</i>	<i>F6 Front standing advanced</i>	<i>T3 Tumble offset stance</i>
<i>B4 Back squatting</i>	<i>R1 Shoulder roll finish</i>	<i>T4 Tumble advanced</i>

**Breakfall**                      *The art of falling safely (Ukemi)*

**Renshu**                         *Training; Practice; Drill*

Breakfall is a series of techniques that, when performed correctly, cushion a fall to the ground.

Before practicing throwing techniques or engaging in randori it is imperative to master *ukemi*, the technique of falling safely.

Sufficient practice in breakfall has a great bearing on whether an injury occurs in a fall. Knowing how to fall also has a great connection with the progress made in training.

Be relaxed during a breakfall, do not be afraid to be thrown and know how to handle the body in a fall.

Once a body is able to take a fall with complete unconcern there will be a positive attitude adopted towards practicing and executing techniques.

The main points to bear in mind when falling are:

- Strike the mat hard with one or both arms
- Curve the back
- Tuck the chin in so that the head does not strike the mat.

Start from a low position with a slow fall and gradually work up to a fall from a standing position then practice breakfall while moving or being thrown.

A breakfall is to be executed with a smooth motion in a continuous free flowing movement with no hesitation.

Breakfall is to be practiced on both sides of the body.

Unless stated, all descriptions are right handed.

## **S1 Side lying** - Side breakfall from lying on the mat

### S1.1 Position - **extended leg**

- Lay on the back
- Raise the left knee and place the left foot on the mat near the left buttock
- Place the right arm, with the palm of the right hand facing down to the mat, about 45<sup>0</sup> out from the right side of the body
- Roll the body onto the right side with the shoulders about 45<sup>0</sup> off the mat
- Allow the head to rise with the shoulders
- Bow the head slightly so that the line of sight is down the body
- Relax and rest the left arm on the left side of the body
- Bend the right leg slightly at the knee and hip.

### S1.2 Position - **flexed leg**

- Lay on the back
- Raise the left knee and place the left foot on the ground near the left buttock
- Place the right arm, with the palm of the right hand facing down to the mat, about 45<sup>0</sup> out from the right side of the body
- Roll the body onto the right side with the shoulders about 45<sup>0</sup> off the mat
- Allow the head to rise with the shoulders
- Bow the head slightly so that the line of sight is down the body
- Rest the left arm on the left side of the body
- Allow the right leg to rest on the mat
- Bend the right leg slightly at the knee and hip
- Slide the left foot away from the buttock
- Bend the left leg at the knee to about 90<sup>0</sup>
- Slide the right leg under the left leg in a crossed leg position
- Place the right foot close between the left foot and the buttock.

### S1.3 Renshu basic

- Lay on the back
- Roll the body over onto the left side
- Roll the body back over onto the right side
- As the roll starts to the right side, with the right palm facing out, move the right hand up from the side of the body to the left ear
- Keep the right arm slightly bent
- Strike the mat with the right arm and the right hand palm just before the right shoulder contacts the mat
- The left arm moves with and stays at the left side
- Finish in either the extended leg or flexed leg position.

#### S1.4 Renshu advanced

- Roll from side to side in quick succession
- While rolling, lift the buttock and lower back off the mat into the air
- Strike the mat with arms and legs as described in *renshu basic*
- Finish in either the extended leg or flexed leg position.

#### S1.5 Hint

- Roll from side to side lifting the striking arm and legs in a continuous motion after the mat has been struck
- Lift the buttock and lower back off the mat by using the abdominal muscles.

## **S2 Side sitting** - Side breakfall from sitting

### S2.1 Position - **extended leg**

- Sit
- Place the right leg straight forward and the left leg bent with the left foot near the left side buttock
- Place the right hand on the left ear with the right palm out
- Cradle the left arm in the lap.

### S2.2 Position - **flexed leg**

- Sit
- Place the right foot close to the left side buttock
- Allow the right leg to lie as close to the mat as possible
- Place the left foot in front of the right crossing the lower legs
- Keep the left leg upright
- Place the right hand on the left ear with the right palm out
- Cradle the left arm in the lap.

### S2.3 Renshu

- From the starting position fall back to the right rear corner
- When the right shoulder is almost in contact with the mat, accelerate the right hand towards the mat
- Strike the mat with the right arm and right hand palm just before the right shoulder contacts the mat
- Finish in either the extended leg or flexed leg position.

### S2.4 Hint

- When falling, fall onto the side, **not** onto the back.

### **S3 Side squat / kneel** - Side breakfall from squatting or kneeling

#### S3.1 Position - **extended leg squat**

- Squat
- Touch the buttocks to the heels of the feet
- Keep the back straight
- Extend the right leg straight forward
- Keep the left leg in place
- Place the right hand on the left ear with the right palm out.

#### S3.2 Position - **flexed leg kneel**

- Kneel on both knees
- Place the left foot on the mat out to the left side of the body
- Allow the body to turn about  $45^{\circ}$  to the left
- Form a  $90^{\circ}$  angle with the right knee
- Place the right hand on the left ear with the right palm out.

#### S3.3 Renshu

- From the starting position fall back to the right rear corner
- When the right shoulder is almost in contact with the mat, accelerate the right hand towards the mat
- Strike the mat with the right arm and right hand palm just before the right shoulder contacts the mat
- Finish in either the extended leg or flexed leg position.

#### S3.4 Hint

- Avoid sitting down with the body still erect and then falling over
- Ease the body down to the mat in one smooth motion so that as the buttock contacts the mat the rest of the body, just before contact, is about  $30^{\circ}$  off the mat.

### **S4 Side standing** - Side breakfall from standing with a controlled descent

#### S4.1 Position - **extended leg**

- Stand
- Take a step forward with the left leg
- Swing the right leg forward and up to the front
- Simultaneously bring the right hand up to the left ear.

#### S4.2 Position - **flexed leg**

- Stand
- Take a step forward with the left leg
- Place the right foot in behind the left ankle
- Simultaneously bring the right hand up to the left ear.

### S4.3 Renshu

- Slowly lower the body down to the mat controlling the decent with the left leg
- Fall back to the right rear corner
- When the right shoulder is almost in contact with the mat, accelerate the right hand towards the mat
- Strike the mat with the right arm and right hand palm just before the shoulder contacts the mat
- Finish in either the extended leg or flexed leg position.

## **S5 Side standing advanced** - Side breakfall from standing descending under gravity

### S5.1 Position - **extended leg**

- Stand
- Take a step forward with the left leg
- Swing the right leg forward and up to the front
- Simultaneously bring the right hand up to the left ear.

### S5.2 Position - **flexed leg**

- Stand
- Take a step forward with the left leg
- Place the right foot in behind the left ankle
- Simultaneously bring the right hand up to the left ear.

### S5.3 Renshu

- Lower the body down to the mat using the supporting left leg
- Fall back to the right rear corner
- When the right shoulder is almost in contact with the mat, accelerate the right hand towards the mat
- Strike the mat with the right arm and right hand palm just before the right shoulder contacts the mat
- Finish in either the extended leg or flexed leg position.

### S5.4 Hint

- Using the supporting left leg as a guide, quickly and with little resistance lower the body down to the mat
- Do not allow the left supporting leg to slow the body's decent.

### S5.5 Renshu advanced

- From the starting position swing the right leg forward and up
- Jump up into the air taking both feet off the mat
- While air born roll the body to the right side
- Drop the body, right side down, to the mat
- When the body is almost in contact with the mat, accelerate the right hand towards the mat
- Strike the mat with the right arm and palm of the hand just before the body contacts the mat
- Finish in either the extended leg or flexed leg position.

### S5.6 Defence

- Turn the hips slightly down towards the mat
- Bring the left knee up close to the chest
- Point the left foot toes down towards the mat
- Kick the attacker with the heel

### S5.7 Hint

- When falling keep the body almost level
- Drop to the mat in one smooth motion
- The shoulder is just off the mat as the side of the body contacts the mat
- Do not leave the left leg up in the air.

## **B1 Back lying** - Back breakfall from lying on the floor

### B1.1 Position

- Lay on the back
- Move the feet close to the buttock
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Place the chin on the chest.

### B1.2 Renshu

- Strike the mat with the palms of the hands and the arms at approximately 45<sup>0</sup> to the body.

## **B2 Back sitting** - Back breakfall from sitting

### B2.1 Position

- Sit
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Move the feet close to the buttock
- Lean forward slightly curving the back
- Place the chin on the chest.

## B2.2 Renshu

- Fall backwards
- Just before the shoulders contact the mat, simultaneously strike the mat with the palms of the hands and the arms and lift the legs, buttock and lower back off the mat.

## B2.3 Hint

- Use the abdominal muscles to keep the curve in the back and the buttocks and lower back off the mat
- Do not roll over.

## **B3 Back sitting advanced** - Back breakfall from sitting with roll over to standing

### B3.1 Position

- Sit
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Move the feet close to the buttock
- Lean forward slightly curving the back
- Place the chin on the chest.

### B3.2 Renshu

- Roll backwards
- Just before the shoulders contact the mat, simultaneously strike the mat with the palms of the hands and the arms and lift the legs, buttock and lower back off the mat
- Throw both bent legs backwards over the right shoulder
- Continue with a backwards roll over the right shoulder
- Tuck the right leg into the right shoulder
- Extend the left leg out
- Kneel on the lower right leg with the toes into the mat
- The left leg extended out to the back
- Move the left leg forward in front of the body
- Left foot flat on the mat
- Left knee bent at about 90<sup>0</sup>
- Stand up as described in R1

### B3.3 Stance

- Face the same direction as the roll
- Move into a parallel stance (feet parallel - heiko dachi)

### B3.4 Hint

- **Do not** attempt to roll straight back over the head
- Ensure that the head is slightly off to the rolling side

- As the left buttock and leg touch the mat, the shoulders should have lifted off the mat with the roll
- Do **not** bend at the waist and look at the ground
- Keep the head up
- Keep the body erect
- Use the right leg as a counter balance
- Stand up into a defensive stance without using the hands
- Make the transition from kneeling to the defensive stance one smooth flowing action by keeping the feet on the mat
- Avoid jumping or shuffling the feet into the defensive stance

#### **B4 Back squatting** - Back breakfall from squatting with roll over

##### B4.1 Position

- Squat down on the balls of the feet
- Move the feet close to the buttock
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Lean forward slightly curving the back
- Place the chin on the chest.

##### B4.2 Renshu

- Drop the buttock onto the mat
- As described in B3

##### B4.3 Stance

- As described in B3

##### B4.4 Hint

- Make sure that the buttock touches the mat before the shoulders

#### **B5 Back standing** - Back breakfall from standing with a controlled descent and roll over

##### B5.1 Position

- Stand
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Lean forward slightly curving the back
- Place the chin on the chest.

##### B5.2 Renshu

- Drop the buttock onto the mat
- As described in B3

##### B5.3 Stance

- As described in B3

#### B5.4 Hint

- Without stopping: lower to a squatting position, drop the buttock onto the mat and roll backwards

### **B6 Back standing advanced** - Back breakfall from standing descending under gravity with roll over

#### B6.1 Position

- Stand
- Cross the arms, right hand to left shoulder, left hand to the right shoulder, palms on shoulders
- Lean forward slightly curving the back
- Place the chin on the chest.

#### B6.2 Renshu

- Take a few quick steps backwards
- Allow the body to fall back under gravity
- Drop the buttock down towards the mat
- Lift both feet off the mat
- Throw the legs up and backwards towards the right shoulder
- Keep the feet, buttock and lower back off the mat
- Strike the mat with the palms of the hands and the arms just before the shoulders contact the mat
- Throw the legs over the right shoulder
- Continue with a backwards roll over the right shoulder
- Tuck the right leg into the right shoulder
- Extend the left leg out
- Kneel on the lower right leg with the toes into the mat
- The left leg extended out to the back
- Move the left leg forward in front of the body
- Left foot flat on the mat
- Left knee bent at about 90<sup>0</sup>
- Stand up as described in R1

#### B6.3 Stance

- As described in B3

#### B6.4 Hint

- The palms of the hands and the arms must contact the mat before any other part of the body
- Perform the breakfall with a quick, continuous and smooth movement

## **F1 Front kneeling** - Front breakfall from a kneeling position

### F1.1 Position

- Kneel
- Lift the right leg
- Bend the right leg at the knee to about 90<sup>0</sup>
- Position the bent right leg, knee pointing out, directly out to the right side of the body, foot on the mat
- The left knee stays in position
- Raise the hands, palms facing out, close to and just above the shoulders
- Bring the hands close together in front of the face
- Keep the elbows apart, below the shoulders and close to the sides of the body
- Turn the head to the right

### F1.2 Renshu

- Front fall to the mat
- Strike the mat simultaneously with the forearms and the palms of the hands and the legs

### F1.3 Hint

- Form a triangle with the elbows and hands
- Keep the hands slightly apart and the fingers splayed
- There should be only a very slight angle in the wrists
- Allow the arms and hands to absorb the shock
- Keep the hands at about head level and the elbows below the shoulders, i.e. the upper arm must not be at 90<sup>0</sup> to the mat
- Keep the left foot on the mat and the bent right leg in place during the fall
- The head must always be turned to the same side as the leg that is bent
- Do **not** bend at the waist or hips during the fall
- Do **not** reach out to the mat during the fall
- Do **not** jump forward during the fall
- Do **not** let the chest hit the mat

## **F2 Front kneeling advanced** - Front breakfall from kneeling with roll over to back defensive position

### F2.1 Position

- As described in F1

### F2.2 Renshu

- Front fall to the mat
- Throw the right leg over and behind the left leg
- Roll over onto the back

### F2.3 Defence

- Bend both knees
- Bring both feet up close to the groin
- Place the arms beside the body, palms down, on the mat at about 45<sup>0</sup> to the body
- Raise the buttock off the mat
- Move the body around to follow the attacker
- Kick the attacker

### F2.4 Hint

- When on the back, keep the feet together and the knees slightly apart
- When on the back, tighten the abdominal muscles so that there is only a small portion of the upper back on the mat
- Move the body around to follow an attacker by pushing and pulling on the mat with the arms
- Only kick when the attacker is within range

## **F3 Front squatting** - Front breakfall from squatting with roll over

### F3.1 Position

- Squat
- Balance on the balls of the feet
- Leave the arms down by the sides

### F3.2 Renshu

- Swing the arms forward and make a **low** jump into the air
- Lift both feet off the mat
- Quickly bring the hands close together, palms facing down, in front of the face
- Place the elbows apart, below the shoulders and close to the sides of the body
- Turn the head to the right
- Bend the right leg at the knee to about 90<sup>0</sup>
- Position the bent right leg, knee pointing out, directly out to the right side of the body
- Thrust the left leg straight
- Front fall to the mat
- Strike the mat simultaneously with the forearms and the palms of the hands and the legs
- Throw the right leg over and behind the left leg
- Roll over onto the back

### F3.3 Defence

- As described in F2

### F3.4 Hint

- Take a small jump into the air, just enough so that the legs thrust out behind into their correct position. One straight and one bent
- The waist should approximately land on the same spot on the mat where the feet were

#### **F4 Front squatting advanced** - Front breakfall from squatting with a higher leap and roll over

##### F4.1 Position

- As described in F3

##### F4.2 Renshu

- Swing the arms forward and make a **medium** leap into the air
- Lift both feet off the mat
- Front breakfall to the mat
- Roll over onto the back

##### F4.3 Defence

- As described in F2

#### **F5 Front standing** -Front breakfall from standing with controlled descent and roll over

##### F5.1 Position

- Stand
- Arms down by the sides

##### F5.2 Renshu

- Swing the arms up and make a **small** leap into the air
- Lift both feet off the mat
- Front breakfall to the mat
- Roll over onto the back

##### F5.3 Defence

- As described in F2

##### F5.4 Hint

- With the left foot, lift the body off the mat in a small jump
- The waist should approximately land on the mat on the same spot where the feet were

#### **F6 Front standing advanced** - Front breakfall from standing descending under gravity with roll over

##### F6.1 Position

- Stand or move forward
- Arms down by the sides

##### F6.2 Renshu

- Make a **high** leap into the air into a horizontal position
- Front breakfall to the mat
- Roll over onto the back

### F6.3 Defence

- As described in F2

### F6.4 Hint

- Must have correct body position before striking the mat
- The waist should approximately land on the mat on the same spot where the feet were

## **R1 Shoulder roll finish** - Lying on the back ascending to standing

This stage describes the ascending movement from a right side shoulder roll

### R1.1 Position

- Lay on the back

### R1.2 Renshu

- Throw the legs and buttocks high into the air, trying to come right up on the shoulder blades
- At the top, bias the body slightly onto the right shoulder blade
- Keep the back curved
- Roll the body back down onto the mat
- Roll the body from the right shoulder across the back and onto the left buttock
- Allow the left leg to rest on the ground
- Bend the left leg slightly at the hip and knee
- Bend the right leg at the knee to about 90<sup>0</sup>
- Slide the left leg under the right leg in a crossed leg position
- Place the left foot close between the right foot and the buttock
- Bring the weight forward
- Lift the body up to a kneeling position on the left knee
- Push off with the left leg

### R1.3 Stance

- Stand
- Turn 180<sup>0</sup> into a parallel stance (feet parallel - heiko dachi)
- Hold the defensive stance for a second

### R1.4 Hint

- Lift the buttock and lower back off the mat by using the abdominal muscles to throw the legs into the air
- As the left buttock and leg touch the mat, the shoulders should have lifted off the mat with the roll
- Do **not** bend at the waist and look at the ground
- Keep the head up
- Keep the body erect

- Use the right leg as a counter balance
- Use the body's momentum to come to the feet
- Stand up by pivoting on the right foot in an uncoiling movement of the legs
- Make the transition from kneeling to the defensive stance one smooth flowing action by keeping the feet on the mat
- Stand up into a defensive stance without using the hands
- Avoid jumping or shuffling the feet into the defensive stance

## **R2 Shoulder roll kneeling** - Shoulder roll from kneeling

### R2.1 Position

- Kneel on the right knee
- Place the left foot on the mat behind and off to the side the body
- Bend the left knee slightly
- Keep the left knee and left foot off the mat
- Place the right hand on the mat at the inside and next to the right foot
- Point the right hand fingers back toward the body
- Bend the right arm slightly
- Point the right elbow in the direction of the roll
- Place the left hand on the mat behind and slightly to the left of the right hand
- Point the left hand fingers forward away from the body
- Bend the left arm slightly
- Place the chin on the chest

### R2.2 Renshu

- Push forward with the left leg
- Throw the left leg forward and high into the air
- Throw the bent legs up and forward over the body
- Roll along the right arm
- Contact the mat with the back of the right shoulder
- Roll the body down to the mat
- Roll onto the back

### R2.3 Stance

- Stand up as described in R1
- Turn 180<sup>0</sup> into a parallel stance (feet parallel - heiko dachi)
- Hold the defensive stance for a second

### R2.4 Hint

- Place most of the body's weight on the right hand
- Fingers of both hands on the mat should point toward each other

- Keep the right arm in its bent position
- Do **not** let the right arm collapse
- Do **not** throw the legs to move up in a vertical motion
- Make sure that the body rolls from the right shoulder to the left buttock
- It is important that the hips follow in line with the shoulders through the roll
- If the hips are off to the side at the start of a roll, the rolling action is more across the back. This will result in the lower back and hips striking the mat in an unsafe position

### **R3 Shoulder roll standing** - Shoulder roll from standing

#### R3.1 Position

- Stand in a natural legs apart position
- Slide the left leg back in a straight line behind and off to the side the body
- Point the left toes forward
- Slightly bend the left leg
- Point the right toes forward
- Bend the right knee to about 90<sup>0</sup>
- Bend at the waist
- Lay the body over the right thigh
- Keep the left knee and heel off the mat
- Place the right hand on the mat at the inside and next to the right foot
- Point the right hand fingers back toward the body
- Bend the right arm slightly
- Point the right elbow in the direction of the roll
- Place the left hand on the mat behind and slightly to the left of the right hand
- Point the left hand fingers forward away from the body
- Bend the left arm slightly
- Place the chin on the chest

#### R3.2 Renshu

- As described in R2

#### R3.3 Stance

- As described in R2

#### R3.4 Hint

- Place most of the body's weight over the right leg
- The left foot should be touching the mat only for balance
- The left leg should be slightly bent
- The fingers should only be touching the mat as a guide
- Look though the legs to the rear of the body

- Draw an imaginary line along the body: the right arm, right shoulder and left buttock should be in line
- For a successful roll, project an imaginary line forward in the direction of the roll: the right arm, right shoulder and left buttock must contact the mat one after the other along that line

#### **R4 Shoulder roll moving** - Shoulder roll from moving

##### R4.1 Position

- Stand
- Take a normal walking step forward with the right foot
- Position on the mat as described in R3

##### R4.2 Renshu

- As described in R2

##### R4.3 Stance

- As described in R2

##### R4.4 Hint

- Keep the motion flowing

#### **R5 Shoulder roll advanced** - Shoulder roll from moving with a faster roll

##### R5.1 Position

- Stand
- Take several quick steps forward
- Position on the mat as described in R3

##### R5.2 Renshu

- As described in R2

##### R5.3 Stance

- As described in R2

##### R5.4 Hint

- Keep the roll in one smooth, fast flowing movement
- If any part of the body strikes the mat in an awkward, unsafe way, go back through the previous steps until the problem is solved

### **Tumble roll**

#### *Another way to teach a shoulder roll*

Learning a shoulder roll is difficult. Many things can go wrong mainly because it is not natural to roll over a shoulder, to the opposite hip, and stand up again facing the starting direction.

Two of the most common problems are a collapsing of the body through the roll or a spinning out of control, either by looking to one side or from swinging the backside around.

One way to attack the problem from a different angle is by starting with something more natural such as a tumble.

## **T1 Tumble basic**

### T1.1 position

- Stand with the feet apart and parallel
- Squat down
- Place the arms to the outside of the knees
- Place both palms of hands flat on the ground in front of the feet
- Place the chin on the chest

### T1.2 Renshu

- Push off with the legs
- Tumble over the centre of the back

### T1.3 Hint

- Keep the body in a tight ball
- Place most of the body's weight on the hands
- Keep the motion flowing
- Use the body's momentum to come to the feet

## **T2 Tumble turn**

Tumble with a turn

### T2.1 Position

- As described in T1

### T2.2 Renshu

- Push off with the legs
- Tuck the left leg underneath the right knee
- Tumble over the centre of the back
- Keep the left leg under the right leg in a crossed leg position
- Bring the weight forward
- Lift the body up to a kneeling position on the left knee
- Push off with the left leg

### T2.3 Stance

- Stand up
- Turn 180<sup>0</sup> into a parallel stance (feet parallel - heiko dachi)
- Hold the defensive stance for a second

## T2.4 Hint

- Use the right leg as a counter balance
- Use the body's momentum to come to the feet
- Stand up by pivoting on the right foot in an uncoiling movement of the legs
- Make the transition from kneeling to the defensive stance one smooth flowing action by keeping the feet on the mat
- Stand up into a defensive stance without using the hands
- Avoid jumping or shuffling the feet into the defensive stance

## **T3 Tumble offset stance**

Tumble and turn with an offset stance

### T3.1 Position

- As described in T1

### T3.2 Renshu

- As described in T2

### T3.3 Stance

- Stand up
- Turn 180<sup>0</sup> into a forward stance (zenkutsu dachi)
- Hold the defensive stance for a second

## **T4 Tumble advanced**

Tumble and turn with an offset stance, one hand on hip

### T4.1 Position

- Stand with the feet apart and parallel
- Move the right foot forward
- Leave the left foot in place
- Place the left hand on the left hip (or take hold of the belt knot)
- Squat down
- Place the right hand on the mat at the inside and next to the right foot
- Point the right hand fingers back toward the body
- Bend the right arm slightly
- Point the right elbow in the direction of the roll
- Place the chin on the chest

### T4.2 Renshu

- As described in T2

### T4.3 Stance

- As described in T3