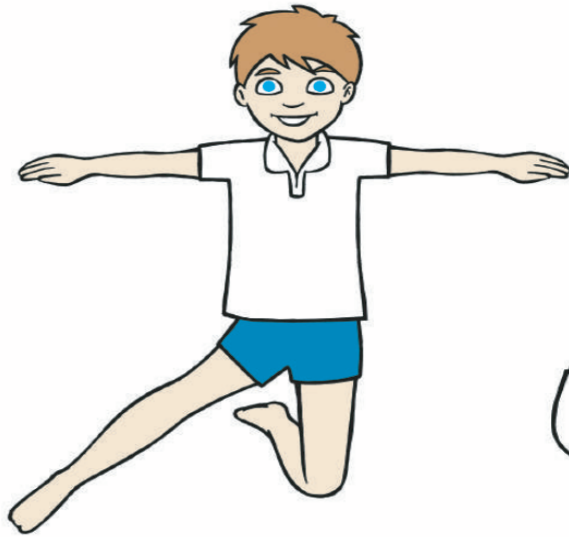
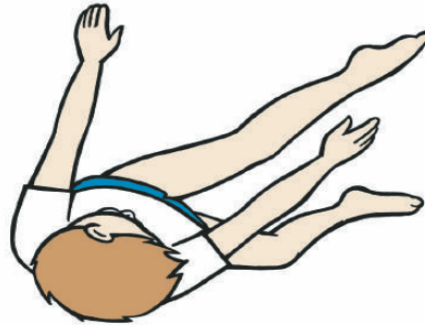


Side Star Roll



Start on knees, arms stretched out so body looks like a T-shape. Now put right leg out to the side so the body looks like a half-star shape.



Lower bottom towards left heel. Then bend head and body towards left knee (folding the body in half). Tuck left arm under body. Roll onto your left shoulder. While rolling, straighten legs, briefly showing straddle position; bend leading knee.



Roll onto bent knee, keep other leg straight and finish in half-star.

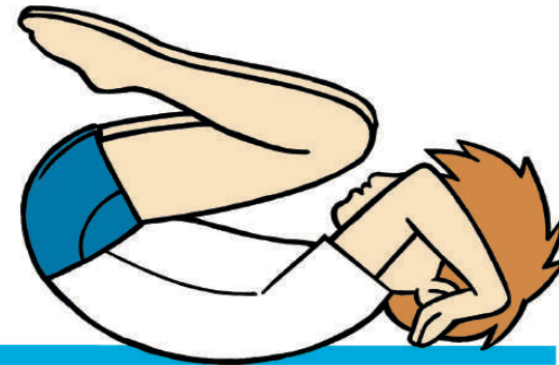
Backwards roll Stage 1



Start in Tuck shape.
Place hands by ears,
like bunny ears.



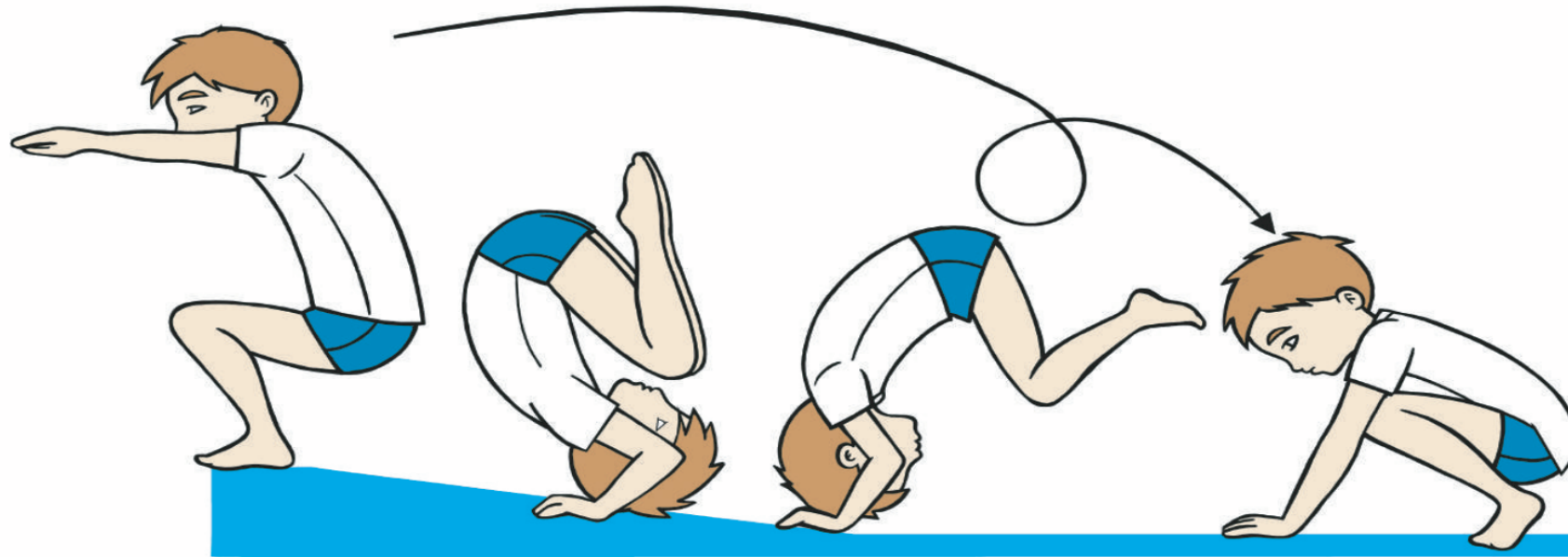
Rock back in tucked
position on the floor, keeping
knees into chest.



Push hands flat into floor
and rock back into sitting
Tuck shape.

- Note:**
- Keep chin on chest and knees tucked in.
 - Place hand beside ears - like bunny ears.
 - Progress starting position to Squat shape and Straight shape

Backwards roll Stage 2



Start in Squat shape with arms forward. Roll weight backwards onto bottom.

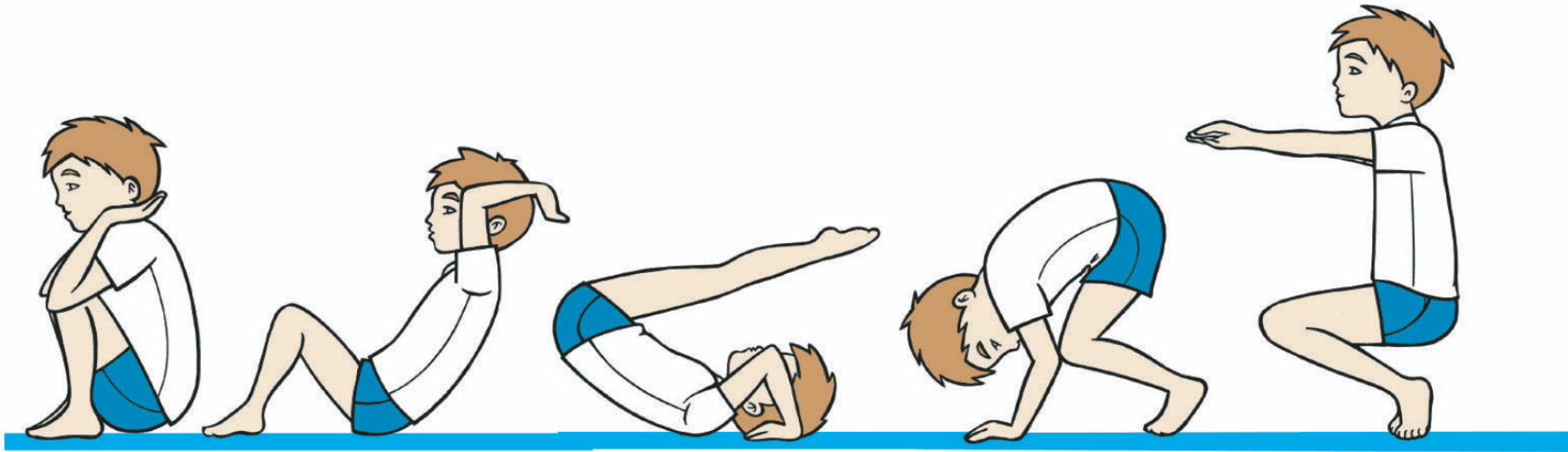
Place hands by ears as rolling over.

Push hands into the mat.

Finish roll in Squat shape.

- Note:**
- Keep chin on chest and knees tucked in
 - Place hands beside ears – like bunny ears.

Backwards roll Stage 2



Start in Squat shape with arms forward.
Roll weight backwards onto bottom.

Place hands by ears as rolling over.

Push hands into the mat.

Finish roll in Squat shape.

Note: – Keep chin on chest and knees tucked in.
– Place hands beside ears – like bunny ears.