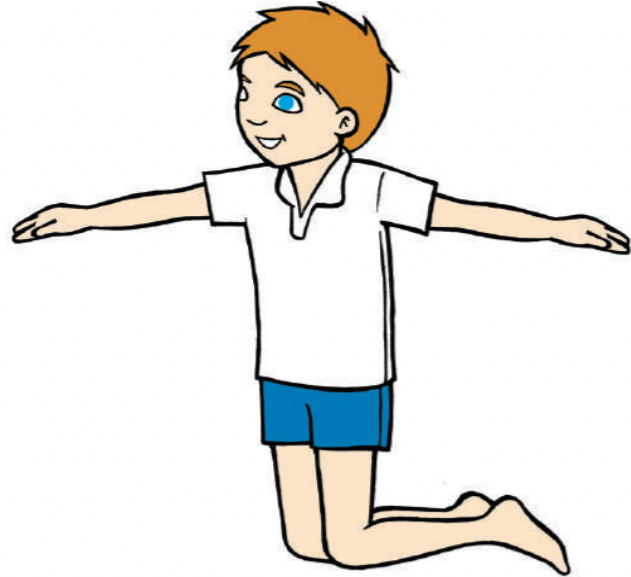
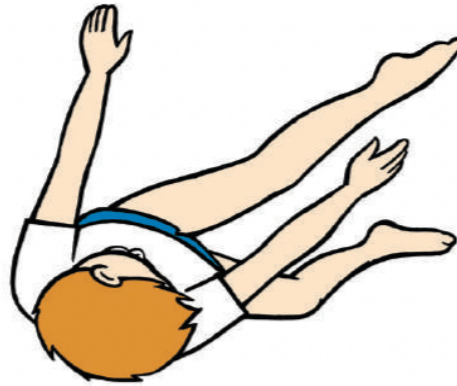


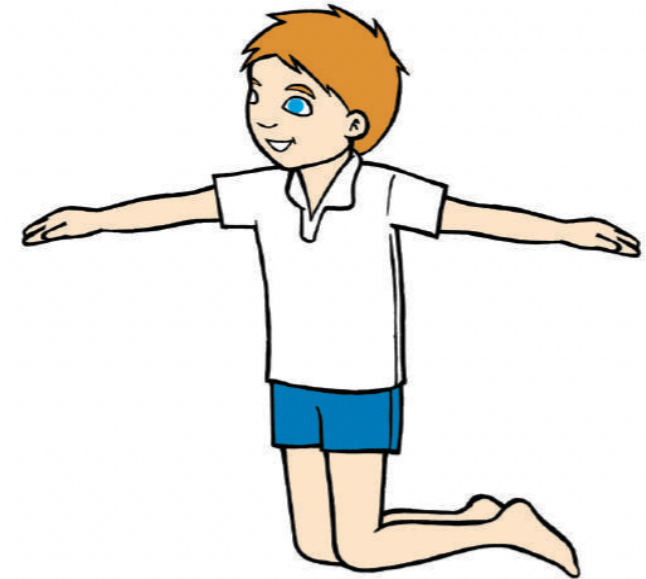
T-Roll



Start on knees, arms stretched out so body looks like a T-shape.



Move slowly with **control** into a Tuck shape. Perform a Tuck Roll (roll onto back in Tuck shape and then roll onto knees).



Gently move back to T-Shape position.