



THE UKEMI HEALTH PROTECTION PATHWAY

APPLIED UKEMI Companion Resource

Start in the finish. Learn the protected landing shape first, then progressively train the path to it.

1	FINISH POSITION <i>Learn Home Base</i> Learn the protected finish position first. The body learns the shape before it learns the path.
2	SLAP MECHANICS <i>Practice the Sound</i> Practice broad forearm contact and force distribution from a supported position.
3	CONTROLLED DESCENT <i>Trace the Path</i> Slowly connect standing balance loss to the protected finish position under qualified supervision.
4	CRASH PAD <i>Remove the Consequence</i> Use a forgiving training surface to practice the response with reduced consequence under direct supervision.
5	MAT <i>Build the Reflex</i> Progress to full breakfall practice on a mat under direct instructor supervision.

THE DECISION RULE
Let it go. Protect the head.

SUPERVISION MATTERS. Levels 3 through 5 - controlled descent, crash-pad work, and mat work - must be performed under direct instructor supervision. They are not home drills. Readers should follow the APPLIED UKEMI Reader Safety Checklist before practice.

Five levels. Each one builds what the previous level cannot provide alone.

Companion resource for **APPLIED UKEMI** by Bryan DePhillip | ukemihealthpartners.com/book