



SLOWERING PRACTICE CARD

The controlled descent that changes everything | APPLIED UKEMI Companion Resource

Slowering is the deliberate, controlled lowering of the body's center of mass in response to instability. It is active deceleration, not simply moving slowly.

OWN THE LOWERING
More muscle. More time. Less force.

1

BUILD ARMOR

Eccentric strength creates reserve.

Controlled lowering makes muscles work while lengthening. Over time, that builds strength and reserve capacity that can support balance, joints, and impact absorption.

2

BUY TIME

Bend earlier when balance shifts.

A body that begins lowering at the knees and hips earlier creates more time for protective actions such as widening the base, using a railing, bringing the arms into position, or tucking the chin.

3

REDUCE IMPACT

Extend the stopping time and distance.

A rigid body drops farther and stops harder. Slowering spreads deceleration over more time and, when possible, more surface area, reducing concentrated peak force.

PRACTICE MENU

Stand-to-sit	Lower for about 3 seconds with control. Use support as needed.
Step-down	Step down with the same control used to step up.
Resistance exercise	Add a deliberate 3-5 second lowering phase to a movement you already perform safely.
Mattress drill	Only if previously practiced safely under qualified supervision: stand beside the mattress, hands up, chin down, and lower slowly. Five controlled repetitions.

SAFETY GATE

Only practice movements you have first performed safely under qualified supervision. Stop for pain, dizziness, or unusual discomfort. Follow the Reader Safety Checklist and obtain medical clearance when it applies.

Ukemi Takeaway: Every slow lowering is a rehearsal for a fall that has not happened yet.

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