



U + X STANCE REFERENCE

The Two Protective Stances | APPLIED UKEMI Companion Resource

Every technique in the Ukemi Health Protection Pathway begins with one of two protective starting positions.



U

U STANCE

Forward protection | Deer antler position

WHEN: Use the U stance for a forward loss of balance, when weight shifts toward the toes, or when a stumble pushes you forward.

POSITION: Feet shoulder-width apart. Knees soft. Weight centered. Bring both hands above the forehead, palms facing away, thumbs pointing inward, elbows inside the shoulders. Keep the chin down.



X

X STANCE

All-direction protection | Home alone position

WHEN: Use the X stance for everything else: backward, sideways, rotational, or any direction that is not clearly forward.

POSITION: Cross the arms toward the shoulders, thumbs pointing in, chin tucked toward the chest, elbows tight to the body.

TWO STANCES. ONE DECISION.
Feel forward, go U. Feel anything else, go X.

SEATED OPTION

Both stances can be practiced from a seated position, wheelchair, or scooter. Sit tall with back support if needed, place feet flat on the floor or footrests, and use the same protective arm positions.

These are simple protective defaults, not a promise that every real-world fall will fit neatly into one direction.

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