



THE TWELVE UKEMI TAKEAWAYS

One sentence from each chapter of APPLIED UKEMI

Each chapter closes with one idea to carry back into daily life. This two-page reference keeps all twelve together.

1

WHEN NOT IF

Fear of falling is not a character flaw. It is a documented risk factor with a documented solution.

2

THE SUDDEN STOP

The body has 0.7 seconds. The plan has to be there before the fall.

3

WHAT IS UKEMI

The reflex does not require belief. It requires repetition.

4

TRAIN THE REFLEX

You cannot think your way out of a fall. Only training shows up in time.

5

KAME NO KUZUSHI

The fall does not start when you hit the ground. It starts when you miss the first signal.

6

THE PROTECTION PATHWAY

Form is a safety system, not a limitation.



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Chapters 7-12

7

ARMOR

Grip helps prevent falls. Ukemi protects when it does not.

8

SLOWERING

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

9

PRESENCE

Practice works when it respects the person in front of you.

10

DIGNITY

Care means adapting the skill to the person, not the person to the skill.

11

JITA KYOEI

Protection shared strengthens the whole community.

12

WHITE BELT MENTALITY

Safety is practiced, not completed. The research is just getting started.

GENTLE PRACTICE. LASTING PROTECTION.

Keep the principles simple enough to remember and practice them often enough that the body does not need a meeting.