

Saturday Afternoon **Intensive**



# Ukemi Basics

& optional "Rolling to Highfalls"

**Back Rolls** - Basic, variations and progressions

**Forward Rolls** - Basic, variations and progressions

**High Falls** - Basic, variations and progressions

Open to all Aikido levels—beginner thru advanced.

All falling techniques are elective and can be practiced in a safe and controlled manner.

fee: \$20

Aikido Centers-East Hanover

55 Eagle Rock Ave. East Hanover, NJ 07936

email: [info@aikidocenters.com](mailto:info@aikidocenters.com)

[www.AikidoCenters.com](http://www.AikidoCenters.com)

**Saturday**  
**March 3**  
**2018**  
**1-2:30 pm**