

Saturday Afternoon **Intensive**



# Ukemi Basics

& optional "Rolling to Highfalls"

with **Sensei Greg O'Connor**

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

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

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

Open to all Aikido levels. All falling techniques are elective and will be introduced in a safe and controlled manner.

Intensive fee: \$40

To be held at

**Aikido Centers-East Hanover**

55 Eagle Rock Ave. East Hanover, NJ 07936

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**Saturday**  
**August 12**  
**2017**  
**1-3:30 pm**