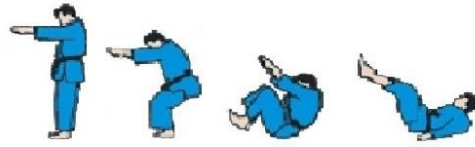
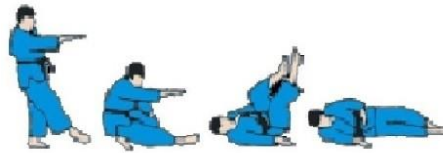


UKEMIS - BREAKFALLS



ushiro ukemi - backward breakfall



yoko ukemi - side breakfall



mae ukemi - front breakfall



zempo kaiten - forward roll