

PURPOSE

Rolling is used to assist in absorption and dissipation of impact upon landing. When used correctly the roll will help reduce wear and tear suffered from trying to absorb the impact from a landing with the legs alone.

When executed correctly the roll can be performed with minimal discomfort on concrete at high speeds.

The technique described below is one that works for most people. There are many different ways of rolling that work. A good roll is one that allows you to roll on concrete with minimal discomfort and without damaging yourself. If you find a different method that works for you then that is the right method for you.

METHOD

Begin by assuming the stance shown in the photo opposite. The leading foot should be on the same side as the shoulder you wish to roll over. So in this case the left foot is facing forward, while the right foot is slightly to the right and facing about 120 degrees away from the direction you are facing.



From here crouch and place the hands as shown opposite. The hands go down in line with the right foot. The right hand facing forward and the left hand placed behind, pointing 90° from the direction you are rolling in.



Make sure to put space between your hands and left foot, putting your right hand in front of the left foot, not beside it, and keeping the left leg on the outside of the left arm. Some people let it sit inside the arm. This can result on you kneeling on your arm, which can be painful.

Allow the forearm to lower to the ground. Make sure to point the elbow forward as shown, if you do not you run the risk of fall straight onto your shoulder. Having the elbow pointing forward allows you to greater control of your descent. Make sure to keep the left leg on the outside of the left arm as if you let it track inwards you run the risk of kneeling on your forearm.



Some people are worried about hitting their heads. Methods for avoiding this are to: turn the head to the right and look over the shoulder, or to tuck in your chin and look under your arm. Either way will usually clear the head so as you do not hit it during the roll.

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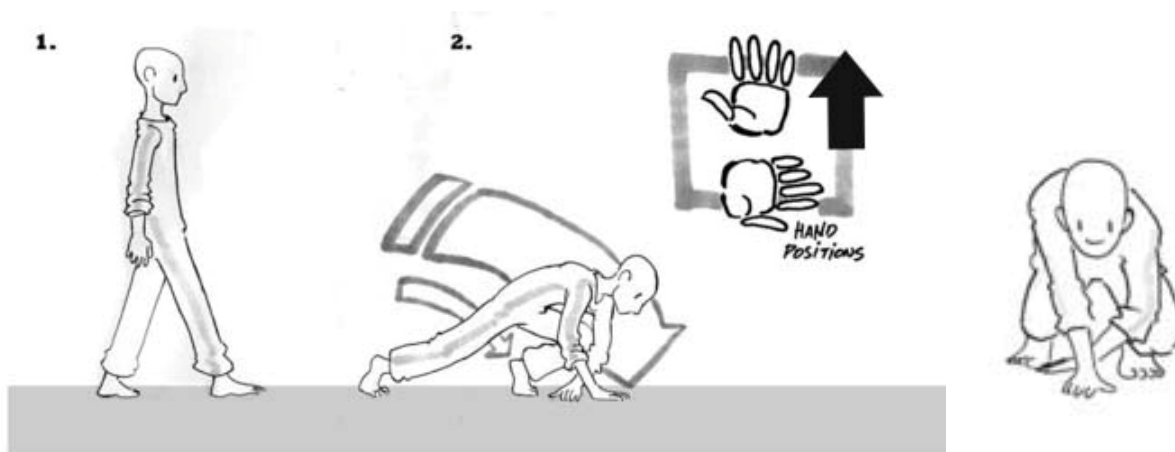
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