Workshop Agenda:

Time	*Session*
09:00	Fall risk prevention and Ukemi scientific relevance
09:30	Introduction to the practical sessions
10:00	**Practical sessions on:** Warm-up and joint mobility: preparing the body with dynamic stretching Basic rolling awareness: teaching students to get comfortable with ground contact Introduction to Backward Ukemi (Ushiro Ukemi): Learning controlled backwards falls using mats Introduction to Side Breakfall (Yoko Ukemi): learning how to fall sideways safely while protecting the head and dissipating force Introduction to Forward Breakfall (Mae Ukemi): practising safe forward falls with step-by-step progressions Confidence drills: simulated, slow-motion falls with partner support
12:00	Q&A and closing remarks
12:30	LUNEX Ukemi practical workshop end
12:30 - 13:30	Lunch
13:30 - 15:30	Sporting Wisdom: Conversations with Coaches from Combat sports