Knee Touches
A. Sit on the edge of the seat
B. Lower one knee toward the floor

Partial Lunge
A. Stand with one leg forward
B. Bend the front knee
C. Lower your body toward the floor

Falling on Forearms
A. Stand 1-2 feet away from a wall
B. Lean into the wall leading with the forearms
C. Turn head to the side as you lean forward
Hand Walking

A. Find a flat surface (bed/table) and walk your hands across the table
   a. Your body should be getting closer to the surface
B. Walk your hand back towards your body
   a. You should begin to head back toward a standing position

Lateral Fall Progression

A. Start on hands and knees on a soft surface
B. Lift one arm and the opposite leg up off the floor
C. Take the lifted arm and tuck it under the body toward the leg off the ground
D. Roll toward the side of the leg that is still touching the floor
E. Land on the side of your body and shoulder