

# GET

Nimbus Sans Cond L Black 150pt tracking 25pt. TITLE

# UP

The Self Defense App.



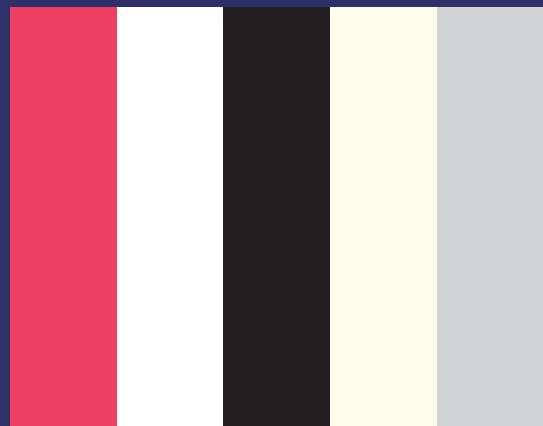
## Technique One: Break Fall

Nimbus Sans Cond Bold 20pt. Sub Headings

Nimbus Sans Regular 10pt. This is for text.

The images are actual photos, not vectors, or illustrations, because, Photos help demonstrate the steps better than vector images or illustrations.

## Color palette



### Step 1

First start from standing with your feet spread out about shoulder length apart.



### Step 2

You will now drop your elevation to proceed to sit down.



### Step 3

As you feel your butt touching the ground you will then rock backwards.

### Points of Detail

- Key point make sure you keep your head away from hitting the ground by tucking your chin to your chest.
- Also make sure that your knees are bent and your back slightly curved as you rock on your back.
- Keep your hands and arms in front of you also as you sit and rock back.



### Watch the Video



### Take Note

- Take note that the steps are also explained in the video, just in case if you need an audio experience and real time action to see the steps flow into technique.