



Amos Rendao: The Art of Falling: Enhance Learning Curve, Reduce Fear & Injury



Amos is a professional athlete, the co-founder, GM and head coach of APEX School of Movement Headquarters. He co-founded ParkourEDU.org which reaches students in over 60 countries. He teaches and performs all around the globe, and is still the only person that ran the American Ninja Warrior blindfolded. Discover how The Art of Falling, or Parkour Ukemi, will help you build good falling habits that decrease tension, fear, and rigidity and open yourself up to playfulness and fun.

TOP EMBODIMENT TIP: Embrace

Introduction: **The Art of Falling**

- Confidence/fear management.
- Greatly reduced probability of injury, therefore more time training and playing.
- Less tension, fear, rigidity equals more play, laughter, exploration.
- Learning curve goes through the roof because of the ability to reach past present capabilities (deep learning).
- Falling is part of the package of life, we can either push it away through neglecting the skill set, or we can embrace it and make it fun. Rewrite the story of falling.

Basics: **Better Way to Fall**

- Learn more about the physics of falling where the intention is to create more decision time in the air and surface area when you land.
- Protecting the hierarchy of spine, head and neck.

Teachable Tools: **Unifying Theory of Falling Continuums**

- Doesn't matter what your movement art is, this theory applies to any falling scenario no matter your body's orientation, speed or trajectory.
- Amos introduces the **Horizontal, Forward, Sideways** and **Backwards Falling Continuums** that interconnect to form a sphere as a teaching model.
- The goal is to **drill the patterns into your stored reactions.**

Course: **Fundamentals**

- Step-by step online course to help fill in Falling Continuum gaps.

Resources

- ❖ **Courses:** [Art-of-Falling](#)
- ❖ **Website:** [Amos Rendao](#), [Apex School of Movement](#)
- ❖ **Social:** Facebook: [Amos Galileo Rendao](#), Instagram: [Amos Rendao](#)



❖ References: ParkourEDU.org, YouTube: [Parkour Ukemi](https://www.youtube.com/channel/UCk1m1m1m1m1m1m1m1m1m1m1)

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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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