

The first skill taught in the Taihenjutsu Ukemi Gata methods is Zenpo Otoshi. This skill is an essential utility used in hitting the ground and quickly rebounding, while avoiding or minimizing injury. In Taijutsu, there are many techniques that move to and from the ground, so breakfalls and drops help to make going to the ground less fearful and more comfortable.

In this technique, there is a breakfall immediately followed up with a forward stomping kick. The kick comes from the floor, kicking upwards and out. The body is not brought to a specific standing position to execute the kick. This symbolizes that one should have the ability to kick or strike from any position, even from the ground. Kicking from the ground while coming back to the feet is a strategic method of defense, and if done quickly can be very effective.



Begin the exercise by starting in Shizen Tai. As skill in the technique is increased, it should be practiced from other positions.



The hands come forward, creating two triangles. The first triangle is made by bringing the hands together at the fingertips, and the second is made with the arms.



Bring the hands forward naturally and drop onto the hands and forearms, which dissipate the energy. One leg comes up as a counter balance and for defense, and the body should be at an angle.



The hands should be close together, forming the triangle. Having them cupped with the fingers together reduces potential injury. The head should be facing down with the nose pointing inside the triangle made by the hands. Take care not to catch yourself with the hands, but fall with the forearms.



Immediately come up to a kneeling position (Hiza), making sure to place the foot of the leg that was in the air flatly on the ground.



As the body rises up from the floor, immediately perform a Zenpo Geri (forward stomp kick) by bringing the knee close to the chest and then releasing forward.



Follow through with the body to generate power and maintain balance, finishing with Zanshin ("remaining heart").