

1) Laying down

<https://vimeo.com/56168043>

(password: suiso1)

[beginning] standing

[ending] laying down on the floor

「横たわる」

[始まり]立つ

[終わり]床の上に横たわる

2) midline falling towards back

<https://vimeo.com/56165022>

(password: suiso2)

[beginning] standing

[ending] catch my weight on one foot

「中心軸を後ろにたおす」

[始まり]立つ

[終わり]片足で自分の体重を支える