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Human gait uses rotation, twisting of the torso, for balance.

Explore how gloriously the center delivers the extremities, the leg, the arm.

Smooth control, sense it the whole way, not just at the limits. Gently, not forcing it.



Before: Walk, notice, and observe.

Start: side lying.

Knees stacked. Knees in front of you, heels behind you.

Elbows glued together.

Extend upper leg (ok to have foot resting on floor).

All the movement is created by the torso, the trunk, the center.

Make it pandiculation, by finding gentle contraction against the limit:



Lower Half:

Leg stays in straight line with torso.

Keep elbows together.

Upper leg stays in a straight line with the torso.

Torso pushes hip forward.

Roll leg as if knee cap is shining down to the earth.

Use muscles of torso to push hip back,

allow leg to roll, as if shining knee cap up to the sky.

Foot can drag along floor as if tracing an arc in the sand.



Upper Half:

Side lying, arms reached over head.

Lower ear resting on lower arm.

Upper arm stays in a straight line with the torso.

Torso twists to bring shoulder forward,

Head rolls forward off lower arm as if to face the earth.

Bring arm pit (the *axilla*) toward earth.

Torso twists, to bring shoulder and head back.

Head rolls off arm.

Arm pit shines up toward the sky.

On
YouTube



Note: This works better after you have explored the Side Bend, and rotational aspects of The Washrag.

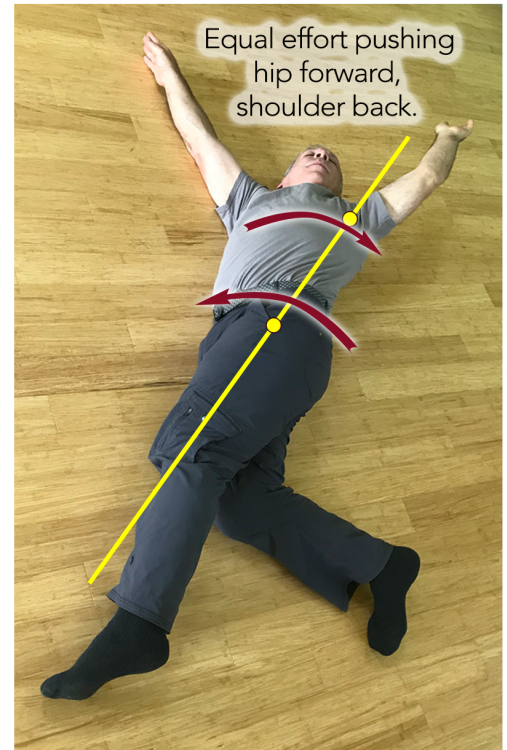
Experiment with going more slowly, softly.

Don't let your brain cheat by bringing arm or leg past the straight line of the torso.

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Put it all together.

Can the forward moving hip be the engine of the movement? Feel it the whole way, not just at the limits.



Push hip back as shoulder comes forward.

Keep arm, torso, leg in line, like a propeller. Center moves periphery.

Arm and leg along for the ride.

Equalize effort of forward and back.

Pressing the hip back is the primary effort.

Do it in a lazy, slow, sensing manner.

Try it with less and less effort as you go. Can you make it effortless?

One or two minutes of gentle repetition, or more, with interior awareness.

Repeat on the second side. Sense how much rotation is possible!

This is great in the morning, before you get out of bed! Try it before a walk or a run.

Push hip forward as shoulder comes back.

Keep arm, torso, leg in line.

Equalize effort of forward and back.

Hip coming forward is the primary effort.

After: Walk, notice, and observe.

Notice your ability to use rotation and twist to balance your walking.



Is there strain on your shoulder?
Hand on head, center moves elbow.



Error? Shoulder back
without hip forward.

Note:

A common missed opportunity is the upper half doing all the movement, without the active waist.

Don't miss out on teaching your brain to move the pelvis as the primary effort in the pattern.