

The Simple Propeller

Walking and Running Simulation

Human gait uses rotation: Torso twists to bring shoulder back as it brings same side of pelvis forward. Pelvis comes forward, to deliver knee forward, that delivers foot forward.
How do you bring this understanding into your walking and running?

Torso rotation is how we keep our balance in walking and running.

Practice walking from your center. Learn to use a gentle twist/rotation with every step.

Practice makes the new habit. Every step is an opportunity to practice.



Side lying.

Twist torso to:

bring shoulder back
to get elbow behind you.
Push elbow back.

bring hip forward
to drive knee forward,
Push knee forward.

Equal effort of upper and lower.



Twist torso to:

bring shoulder forward
to get elbow far in front of you.
Push elbow forward.

bring hip back
to drive knee far back behind you.
Push knee back.

Equal effort of upper and lower.

The Simple Propeller is wonderful before a walk.
Explore the movement at the pace of an easy walk.

Try some with a yawning-like **fuller effort** to wring out the torso.

Try some with **less effort**, exploring the line between effort and ease.
In less effort, move slowly and intentionally through the middle of the movement,
not just pushing to go further. Control every part of the movement.

If it's not working well, clear the sides with movements like the Side-Bend or the SSSS.

Try some with elbow and forearm sliding by your side. That is closer to walking and running



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