

4 ATM Walking #4
(Sh circle, reach behind)

Walking pay attention to the way your **R foot contacts the ground.**

Feel how the **wave of pressure** travels across the bottom of your foot from the heels to the toes.

Feel the **parts of the foot** that press against the ground.

The **degree of pressure at each of the toes...**

.....while at the same time **your foot is moving backwards** in space, **relative** to your body....

Pay attention to the fwd and **bkwd mm of the R-ShB.**

Feel when the **R-Sh is moving fwd** and the **pressure** along the bottom of the **foot is moving bkws....**

Exaggerate a fwd mm of the R-ShB as the pressure on the foot is moving from the heel to the toes...

Make sure these is **no effort** in the R-arm.

Continue and **extend your R arm** in front of you - and do a **reaching mm fwd** as the pressure changes across the bottom of your **foot**.

So the act of reaching is done in the **interval of the standing on the R Foot...**

So the **R-foot is moving backwards** as the R-arm is reaching **FWDs** in space...

Walk normally.

Feel the **fwd and bkwd mm** of the **R-ShB** as you feel the transfer of weight along the **R-foot...**

Hold your L shoulder with your R hand....

Slide the R-hand around the back of you as the **R-foot is moving bkwds** in space.

The reaching is done during the **interval** of standing on the R foot.

Walk normally.

Observe the **quantity** of mm in the **R-ShB** as you feel the **transfer of weight** over the bottom of the R foot...

Observe when the **BKWDs mm** of the **ShB** is taking place...

Is it when the R-foot is in the **air** or is it when the R-foot is on the **ground**?

Now **exaggerate the BKWDs mm** of the R-Sh.B with out disturbing the natural timing of the mm...

Pay attention to the **interval** when the **R-foot** is not touching the ground...

Feel where the **R-Sh.B** is when the **R-foot is not on the ground**...

Put your **R-hand behind your back** and reach towards the left side of your waist during the interval when the **R-foot is off the ground**.

Walk normally.

Feel the mm of the R-SH... and how the R-Sh **relates to the mm of the R Foot....**

And the **feeling of pressure** of the foot on the ground...

As the **R-foot comes FWD** move your **R-SHB FWD**...
the arm hangs... No efforts with the arm....

And then add **reaching FWDs with the R arm** while the
Foot is coming FWDs....

Let the **NK** and head remain free...

Walk normally...

Feel the main the Shoulders and the foot..

Feel changes in the **distribution of pressure** along the R
foot..

Move the **R-Sh.B backwards**...as the **foot as moving
back.**

Add **reaching behind your self with your R arm**... as the
R-foot is moving back...

Your **head can look to the R**...

The R-SH goes back as you are standing on the R-leg...

Walk normally.

Pay attention to the **Fwd and BWDs mm** of the R-Sh...

Feel the **swing of the R arm**...

The distribution of **pressure** of the bottom of the R foot.

As you walk can you feel an **upwards and downward mm** of the **R-Sh**?

Observe the timing of the mm to feel **when is the Sh moving up** - and when is the R - Sh moving **down**... relative to the pressure you feel on the R-foot...

Try **lowering the R-SHB** as the **R-foot is lifted** off the ground...

Allow the **head,NK Rib cage** to do what is **comfortable**...

Now do the opposite...

Lower the R-Sh.B as you are placing the **R-Foot** on the **Ground...**

And see if that feels like it makes more sense..

Walk normally.

Feel the **upward and downward** mm of the **R-SHB...**

And feel how these variations are **effecting** the way the **R-Foot makes contact** with the ground.

Now Lift the R-Sh.B as the **R-Foot** is being placed on the **ground...**

We are becoming more **clear** of the **timing of the mm...**

No **reach your R arm** up towards the sky....

and do the same thing as you **stand on the R-Foot...**

Feel the length of your self **while reaching** and the **connection** through the **R-Hand, R Arm, Back**, all the way to the bottom of the **R-Foot...**

You do the mm not to stretch the R arm - but to **feel the lengthening of the entire body...**

You use the **standing on the ground** to help you raise the arm...

Walk normally.

Lift the R-SHB as you are lifting your R-Foot.

...add - **Reach with your R Arm** and do the same thing.

Lifting of the foot helps you to lift the arm....

Walk simply - not exaggerated - Easy

Walk normally.

Does the **feeling of normal** change?

Observe the **quantity** of mm in the **R-SHB**.

The feeling of **pressure** in the R-Foot - How it is **changing?**

Walk backwards - an notice how the **R-SHB** is **moving relative** to the the pressure you feel on the bottom of the **R-Foot**.

Discover the relationship between the R-SHB and R-Foot while walking backwards...

FEEL how the **pressure is shifting** from the direction of the forefoot back to the heel.

As your **R-Foot** is going FWD - **exaggerate a FWD mm of the R-SHB**... With no effort in your R-Arm...

As you are **standing on the R-Leg** move your R-SH FWD...

Now try the opposite

- When you are **not standing on the R-Leg** move your SH FWD...

Walk normally BKWDS.

Exaggerate the BKWDS mm of the R-SHB as you bring the **R-Foot back**...

Do the **same thing with your R-Arm** as you walk Backwards..

As your **R-Foot goes back** - you **slide your R-hand behind you** - to the L....

Walk normally backwards.

Feel the mm of the **R-SHB**....Feel the **swing of the arm.**

Feel the awareness of the **Bottom of the R-Foot**...

Feel the **wave of pressure**...

Walk normally FWD.

Feel the **circling mm of the R-foot - Oval shape** (Like pedaling)

Notice the **direction of the circle**....

Make a **circle w/the R-SH** at the same time the foot is making a circle...

Feel if the **R-Sh** and the **R-Foot** are **circling in the same direction**...

Time the circle of the R-SH so it occurs at the same time as the interval of the R foot.

NOTICE: Is your Sh up when the foot is **on the ground** or is the Sh up when the foot is **off the ground**?

Is your Sh FWD when the Foot is FWD - or when the Foot is going back?

Move the **SH circle in the opposite direction** of foot...

Keep moving the SH in this direction - and see if it is any **easier**.

Change the direction of the SH circle again...

Think **what is the direction of the Sh circle** - and what is the direction of the **circling foot**.

Continue circling but **walk FWDs** and see if the circling is **easier**.

Walk normally...

Feel the mm of the R-SHB

Feel the **weight change in the R foot.**

Feel how you stand and move on the **R-Leg compared to the L...**

NOW move **both Sh in Circles....**But in opposite Directions so both shoulders are moving in relationship to what is happening to the foot below.

Sh only - no arms - arms dangle - no effort....

Walk normally.

Feel the R -Sh and R - Feet

END