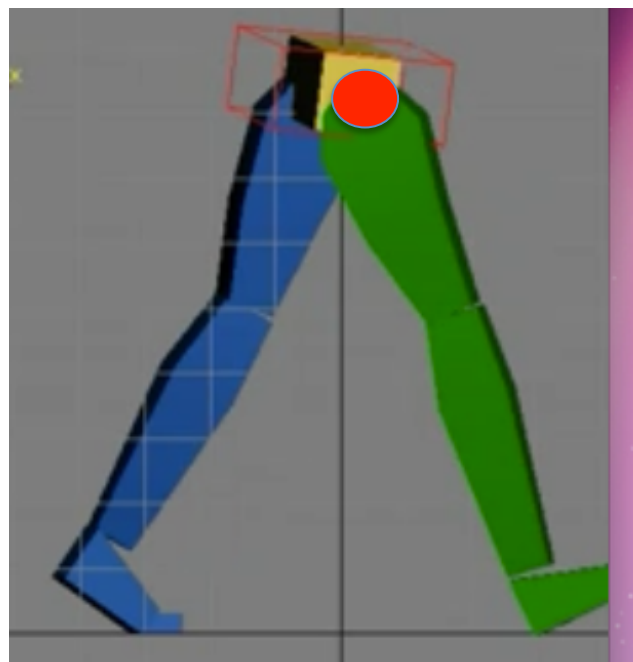
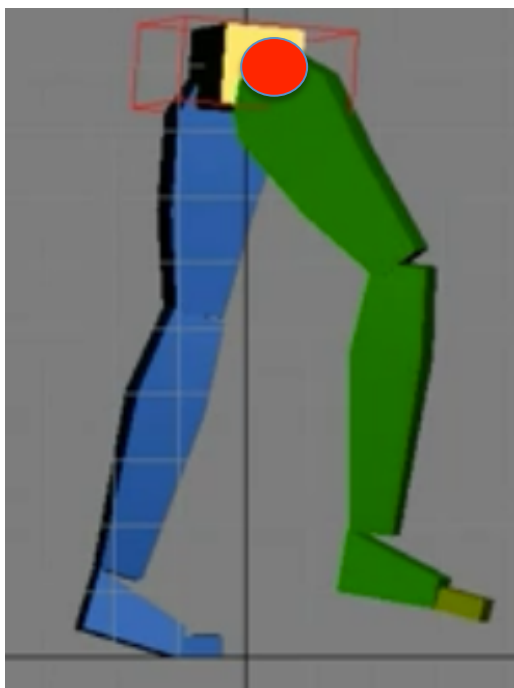
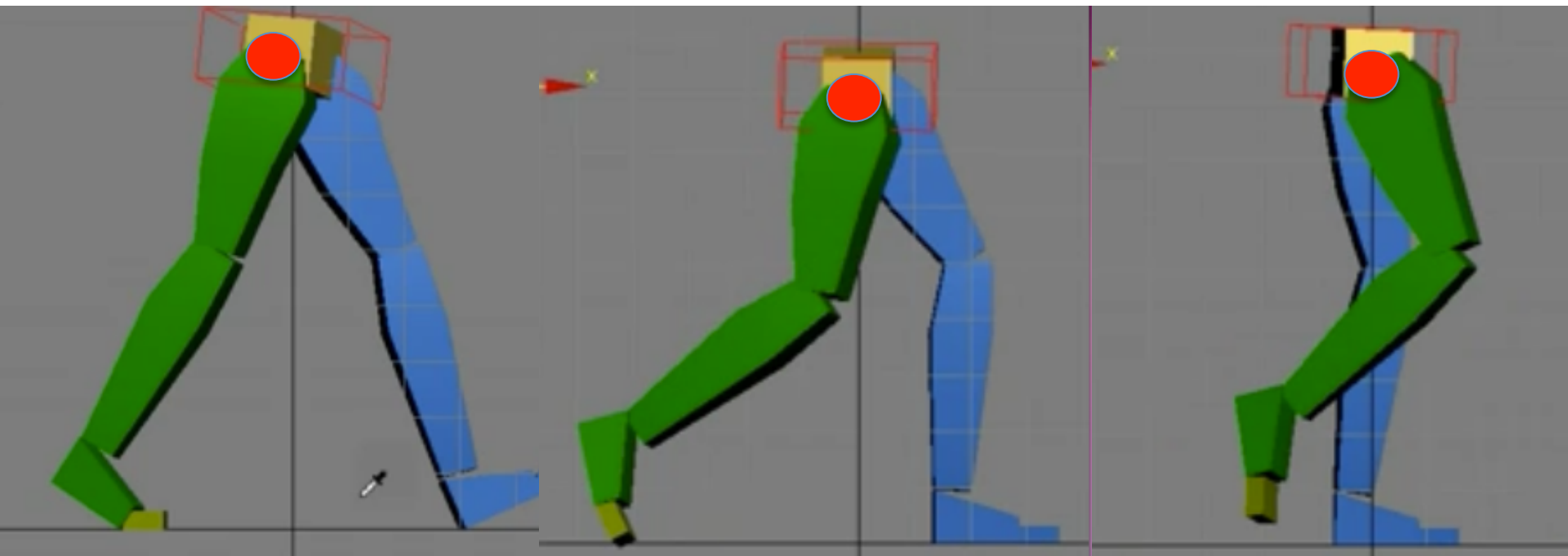
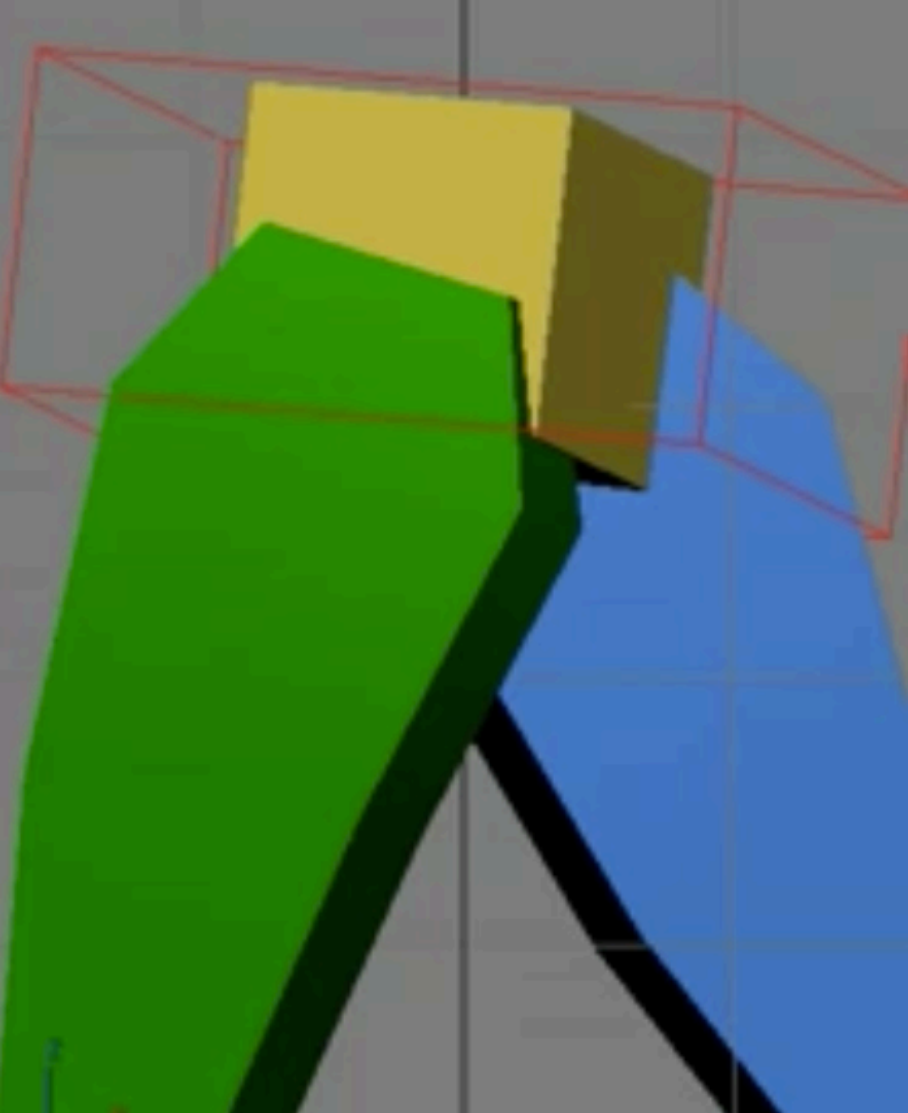
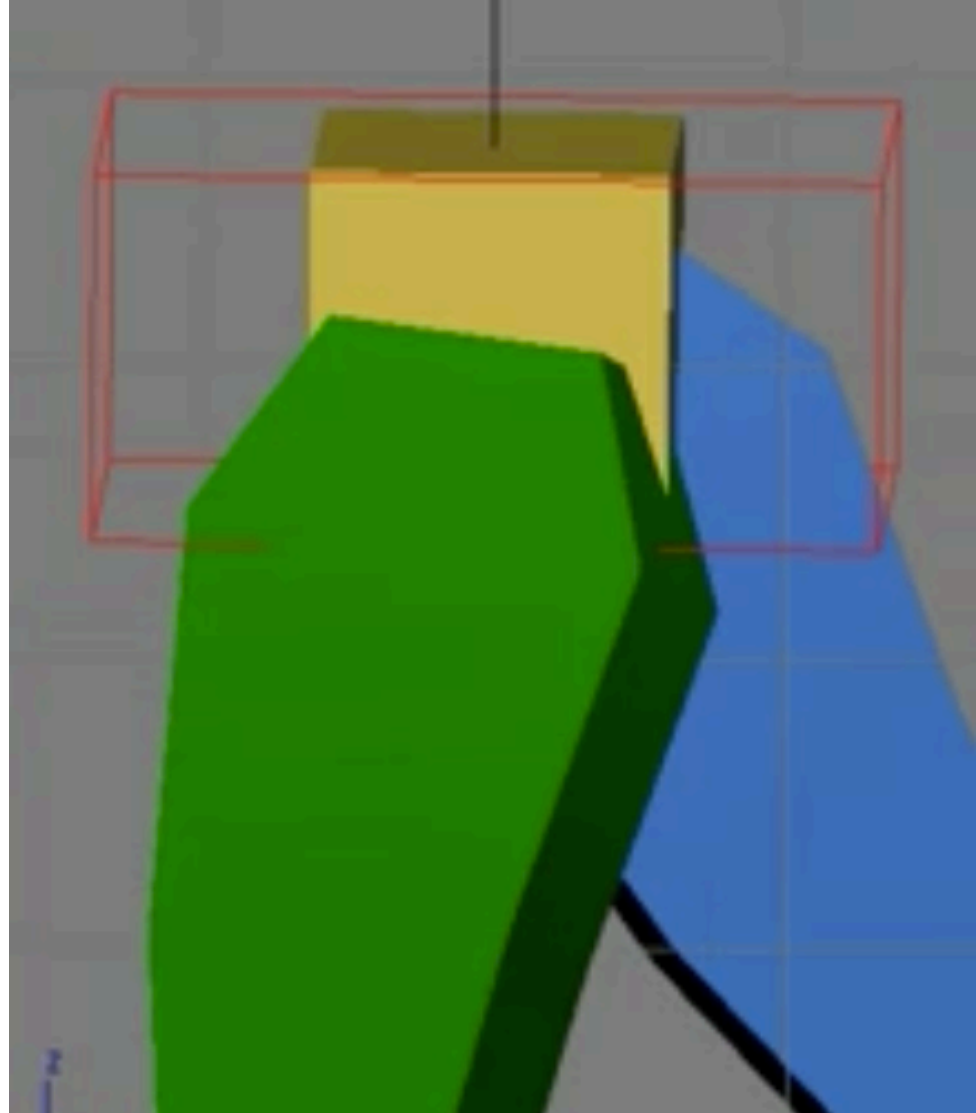


More About Walks

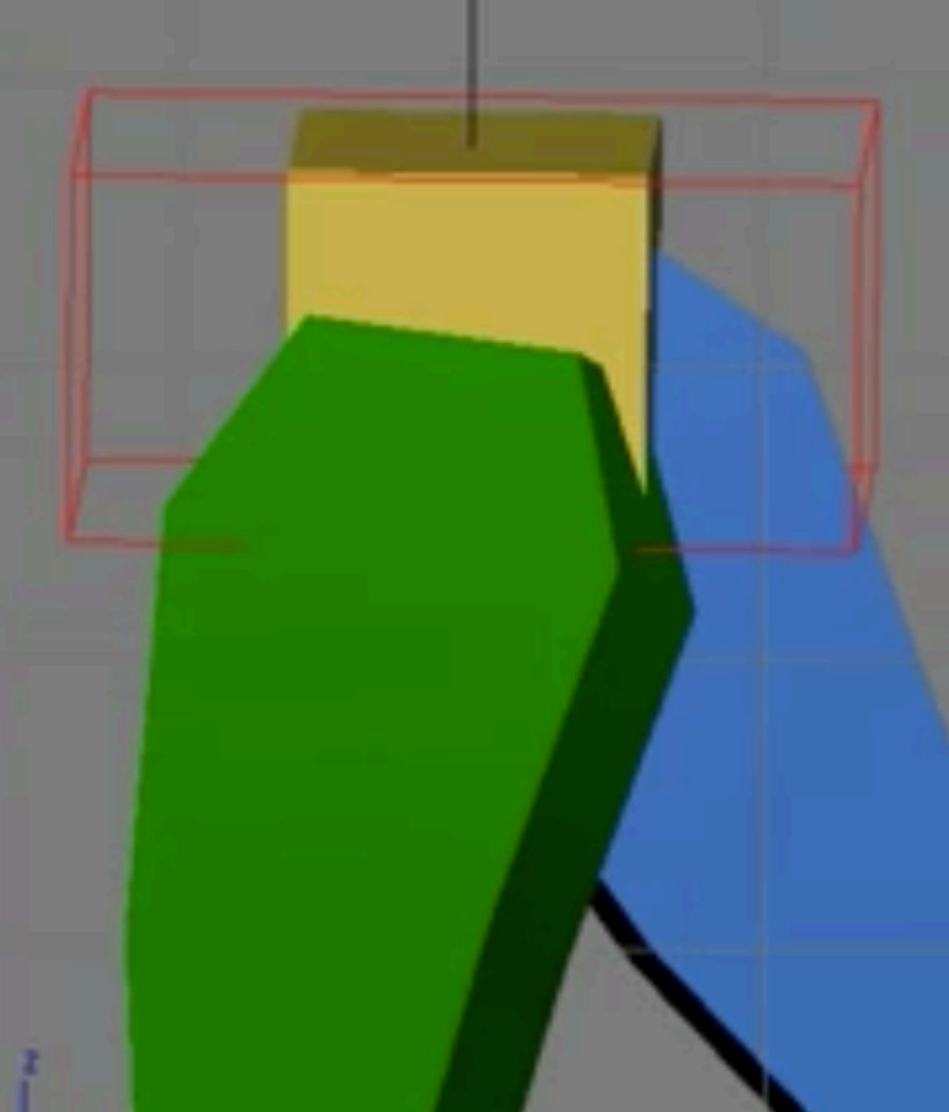




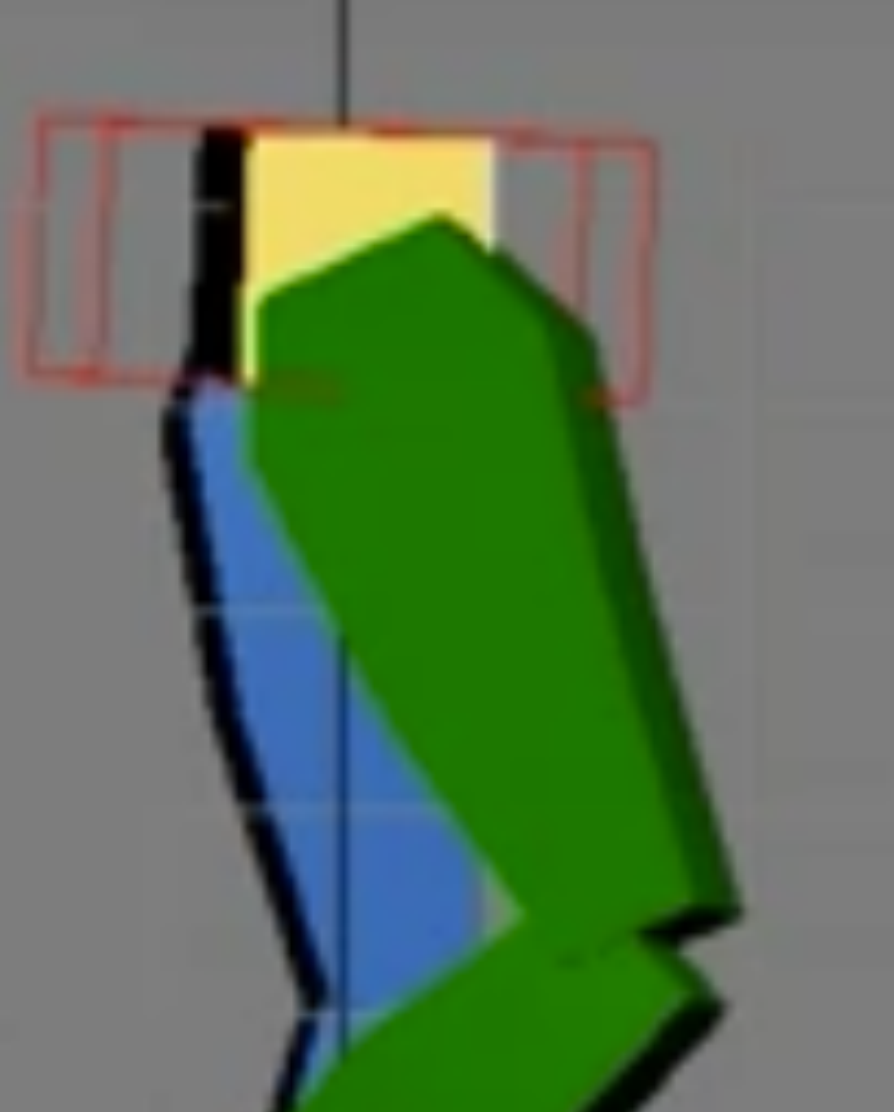
Contact



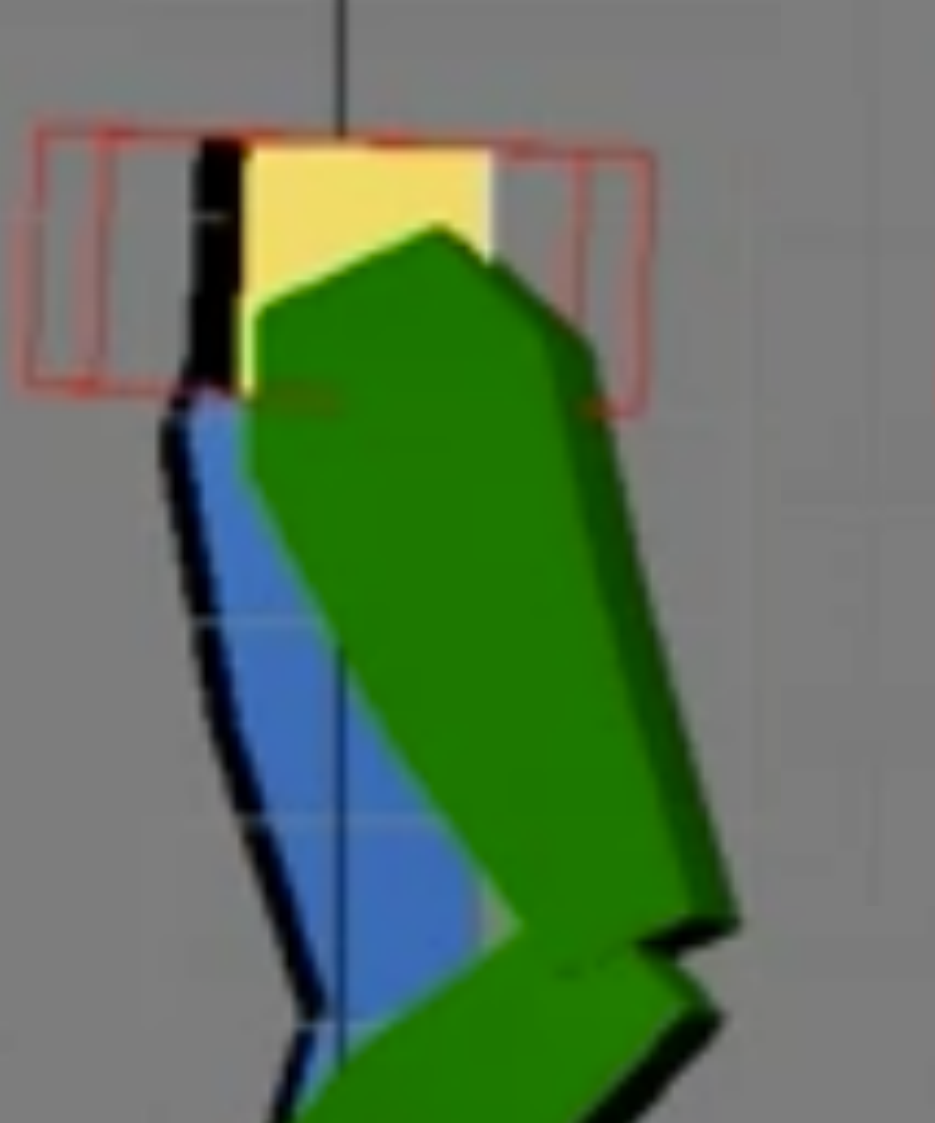
Down



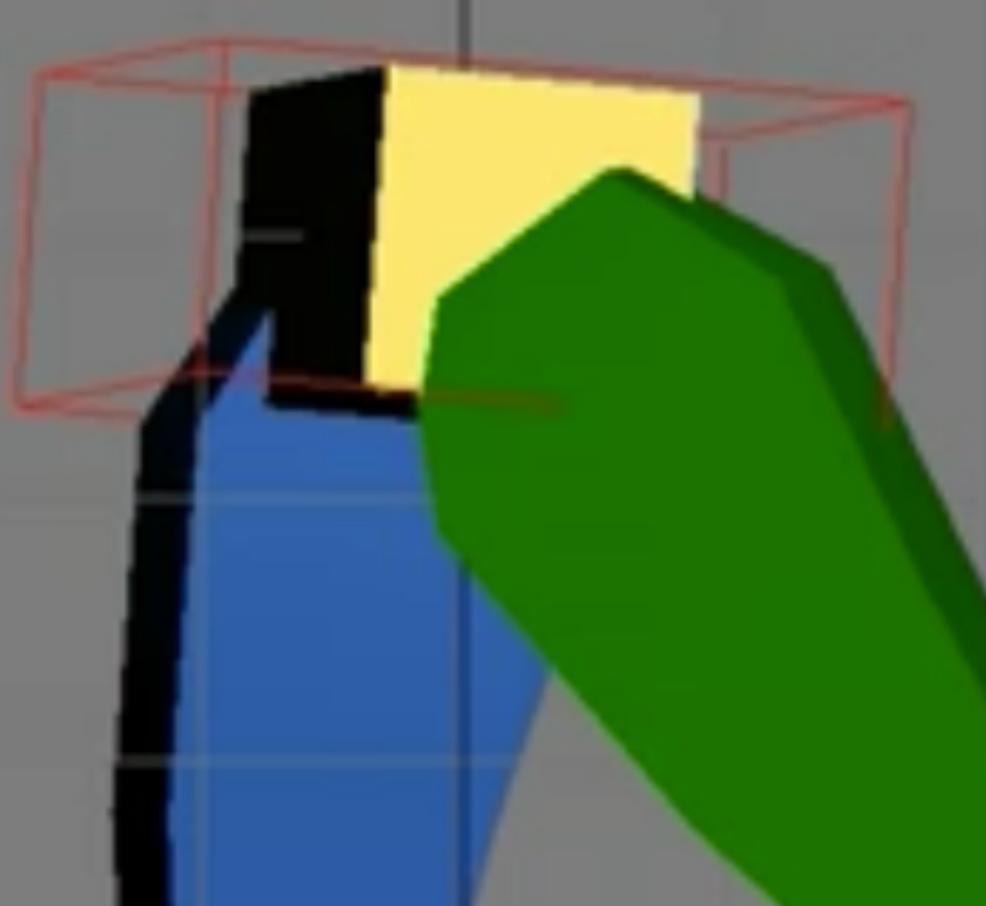
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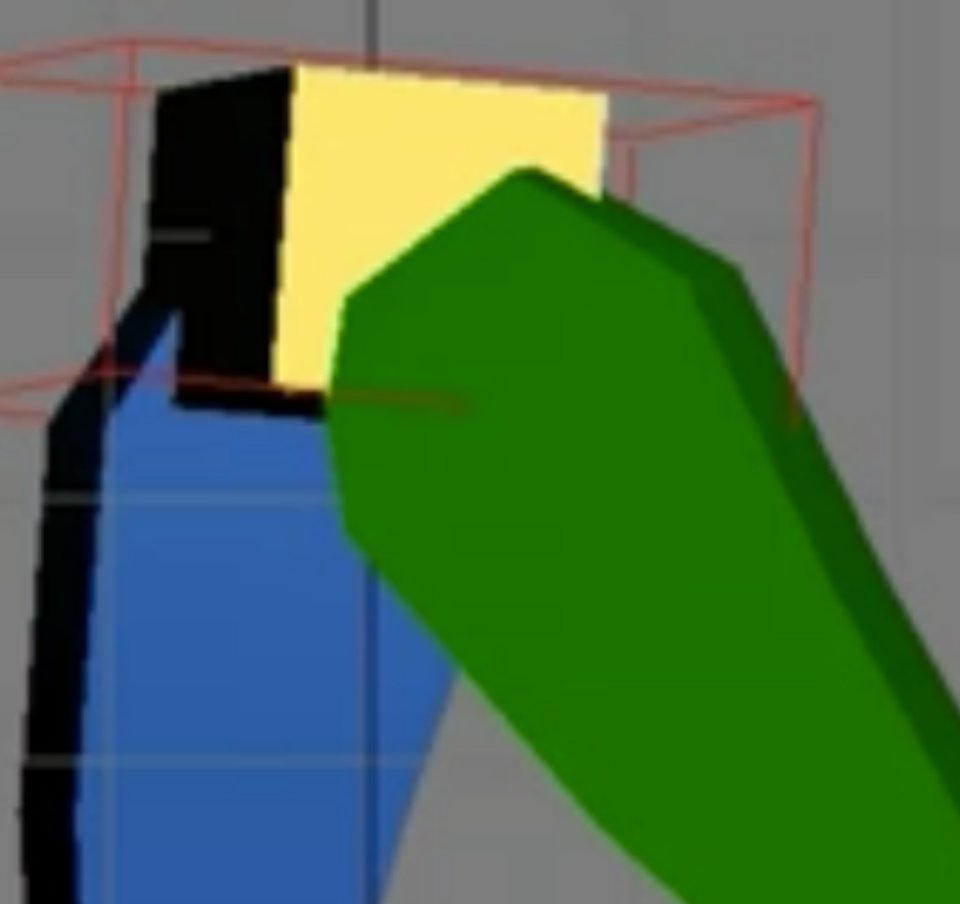
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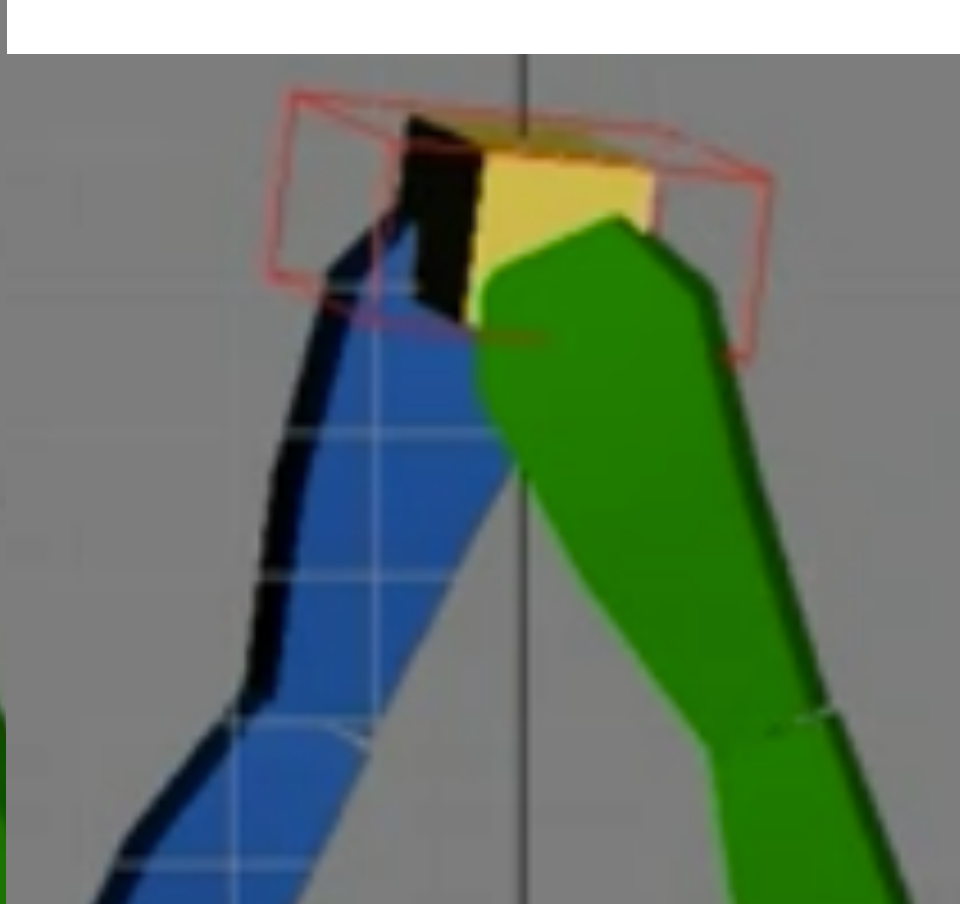
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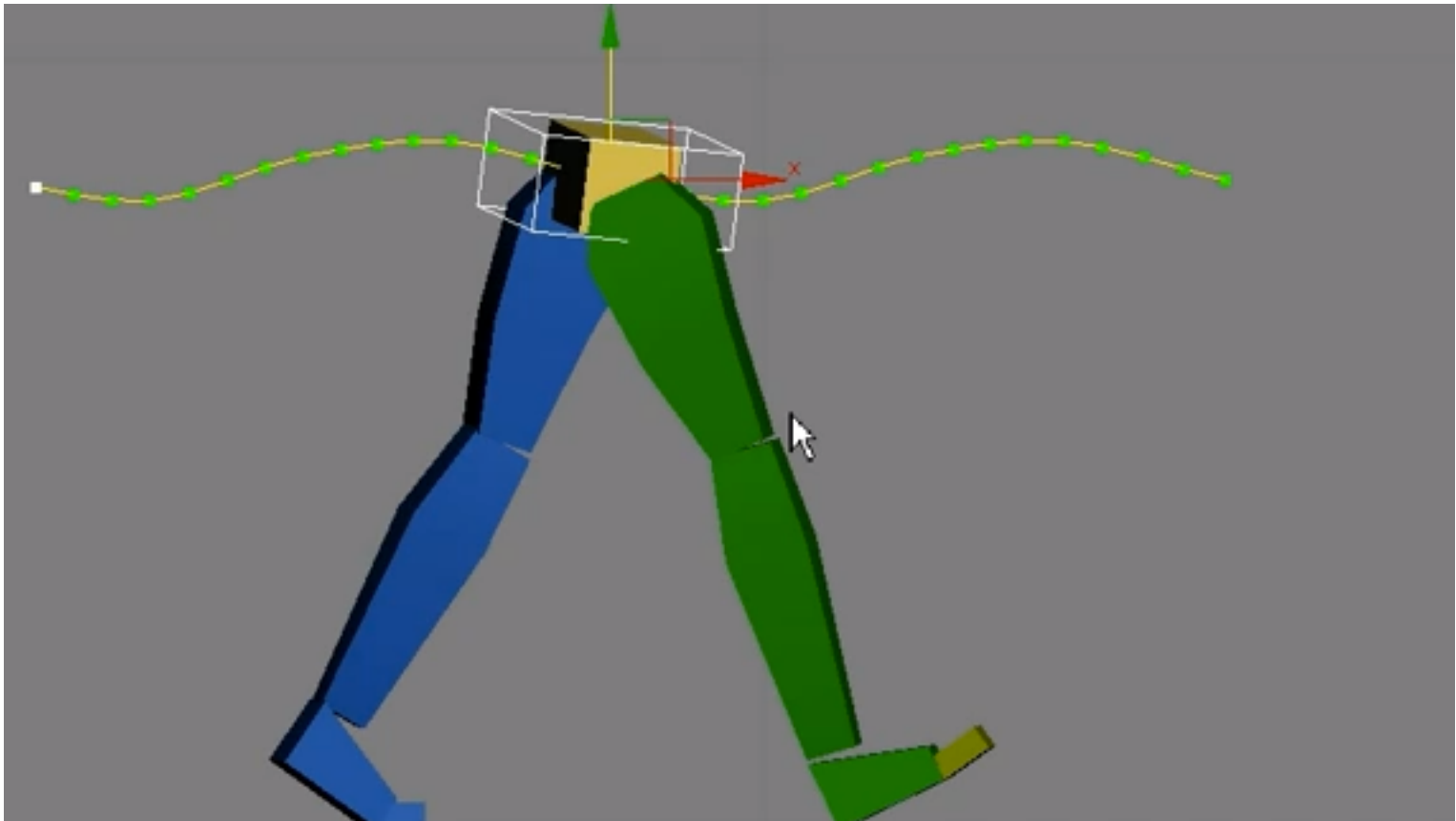
Up



Up



Contact

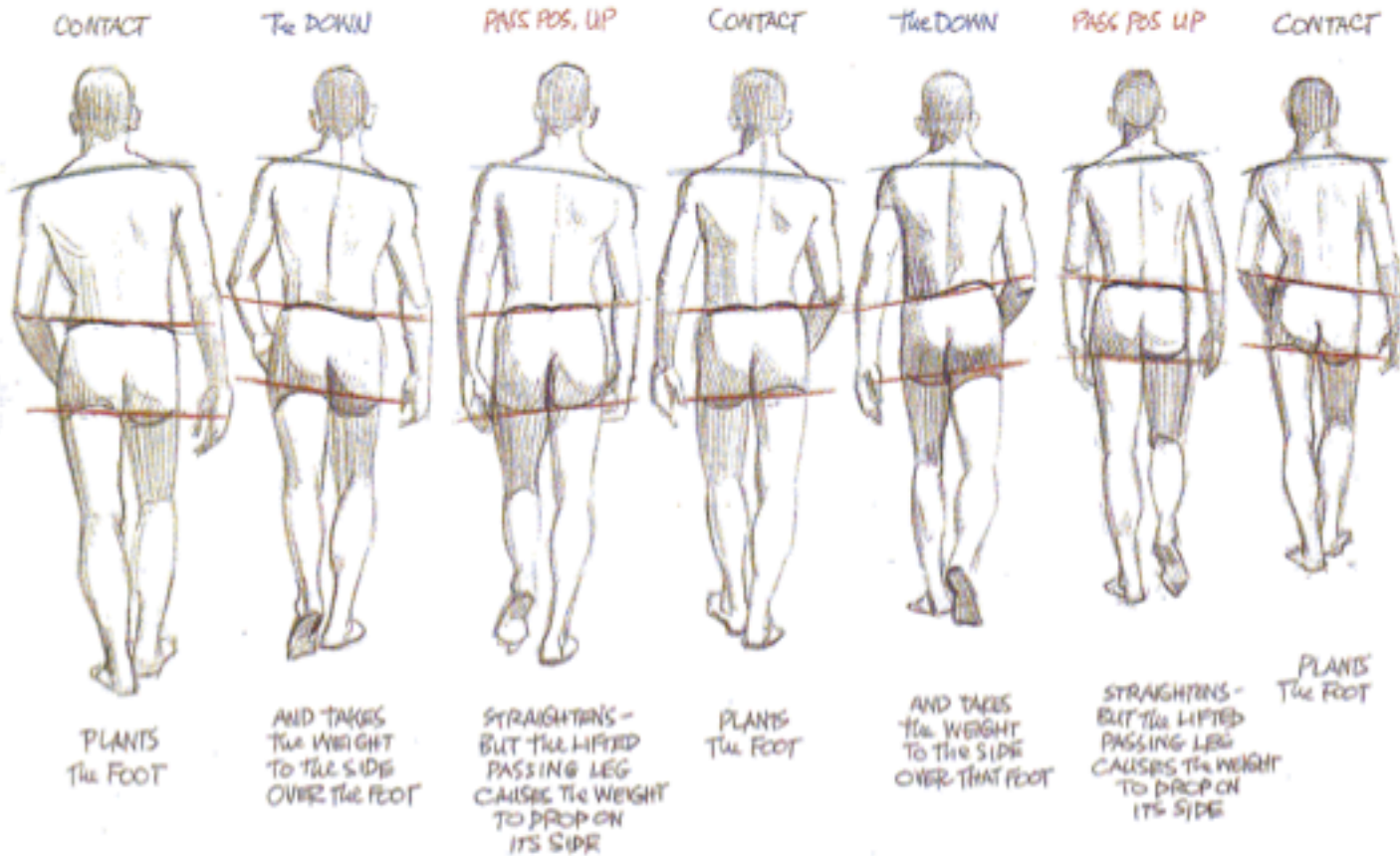


WEIGHT SHIFT

THE WEIGHT SHIFTS FROM ONE FOOT TO ANOTHER IN A NORMAL STRIDE.

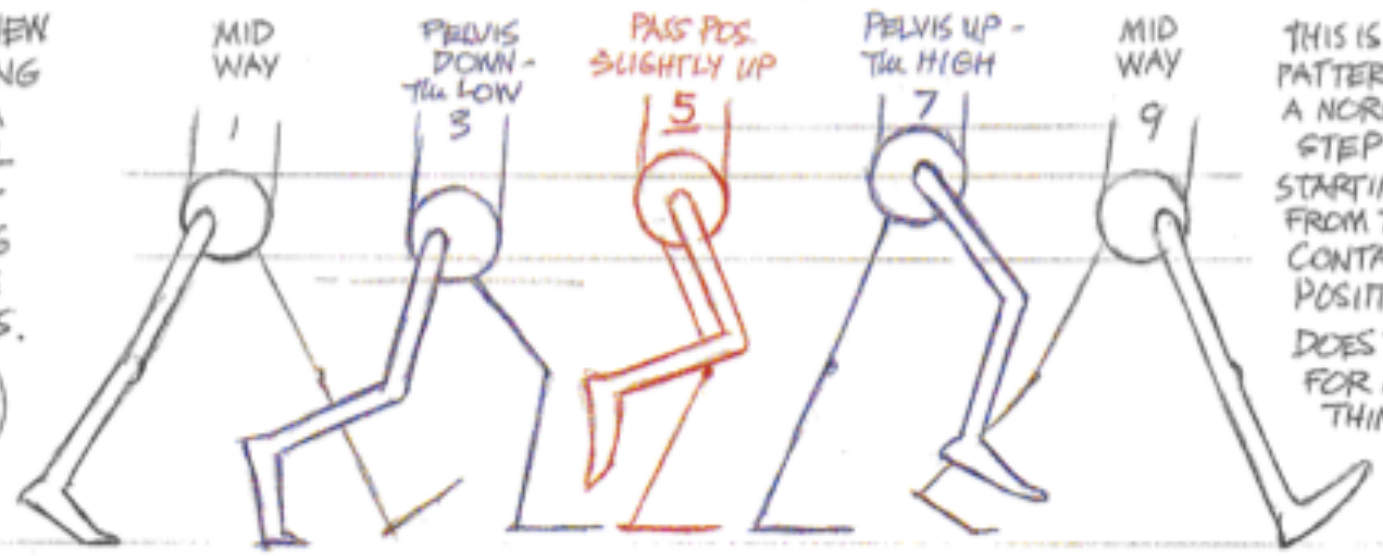
EACH TIME WE RAISE A FOOT IT THRUSTS THE WEIGHT OF OUR BODY FORWARD AND TO THE SIDE OVER THE OTHER FOOT.

AND THE SHOULDERS MOSTLY OPPOSE THE HIPS AND BUTTOCKS.



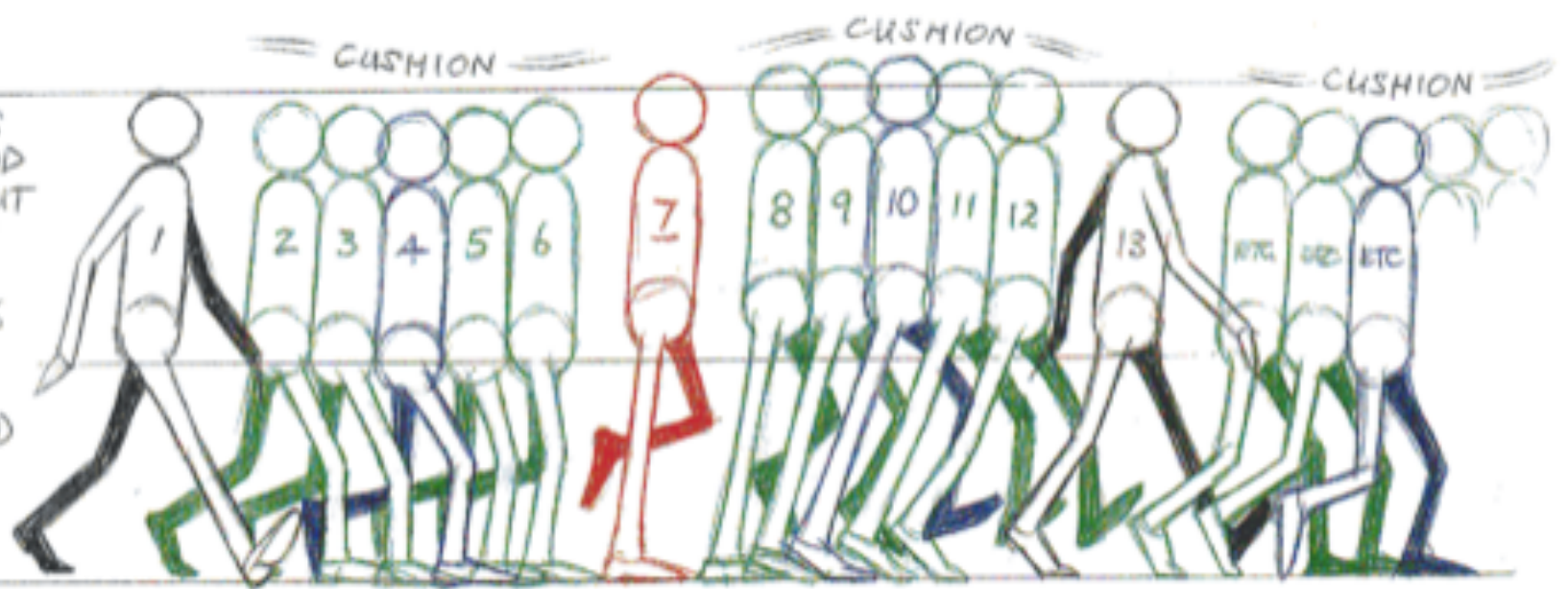
LET'S REVIEW
THE PASSING
LEG IN A
NORMAL
WALK -
STARTING
WITH THE
CONTACTS.
(SAY IT'S
ON 8'S)

SPREAD
OUT -



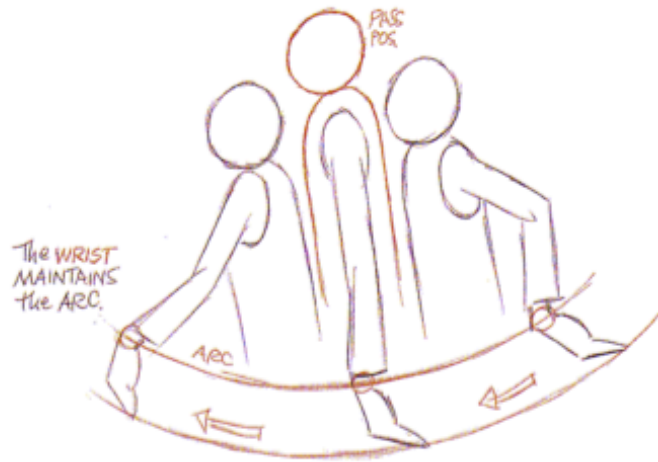
THIS IS THE
PATTERN OF
A NORMAL
STEP
STARTING
FROM THE
CONTACT
POSITION -
DOES THE JOB
FOR MOST
THINGS.

IT LOOKS
A BIT ODD
SPREAD OUT
LIKE THIS
BUT
IT WORKS
FINE
WHEN
COMPRESSED
AS IT
WOULD
BE -



ARM MOVEMENTS

WHILE THE SHOULDER RISES UP IN THE PASSING POSITION THE HAND IS AT THE LOWEST PART OF THE ARC



MOST ACTIONS FOLLOW ARCS - GENERALLY AN ACTION IS IN AN ARC

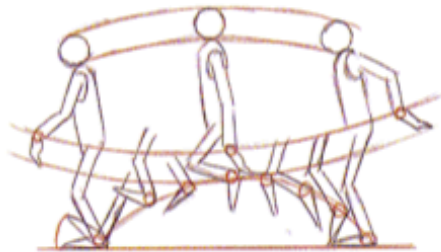


AS THEY SWING TO BALANCE THE THrust OF THE WALK - THE ARMS WILL TEND TO BE IN A WAVELIKE PENDULUM-LIKE MOVEMENT.

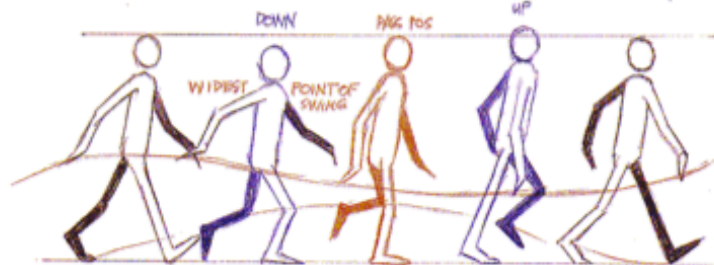


MOST OF THE TIME THE PATH OF ACTION IS EITHER AN ARC OR A SORT OF FIGURE 8 - BUT SOMETIMES ANGULAR OR STRAIGHT

WITH THE LEG THE HEEL MAINTAINS THE ARC



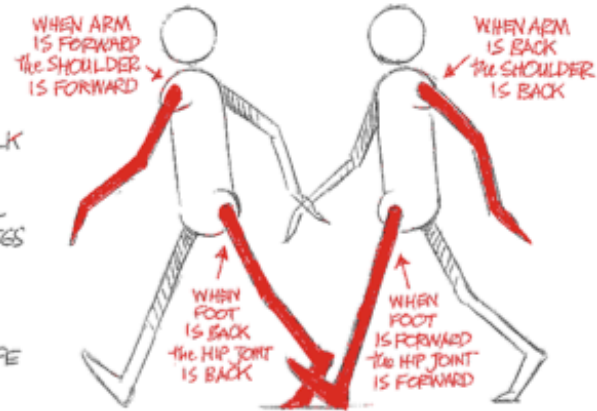
AND JUST TO MAKE LIFE DIFFICULT, WE SHOULD REMEMBER THAT 'NORMAL' - THE GOVERNMENT-ISSUE WALK - THE ARM SWING IS AT ITS WIDEST ON THE DOWN POSITION, NOT ON THE CONTACT POSITION.



BUT OF COURSE WE'RE NOT STUCK WITH THIS -

LOOSENING IT UP

WE'LL START OUT WITH THIS SIMPLE CLICHÉ WALK - NOTHING FANCY YET.
 THE ARMS NORMALLY WILL MOVE OPPOSITE TO THE LEGS - BUT SIMPLY BY HAVING **THE SHOULDERS OPPOSING THE LEGS** WILL GIVE IT MORE LIFE



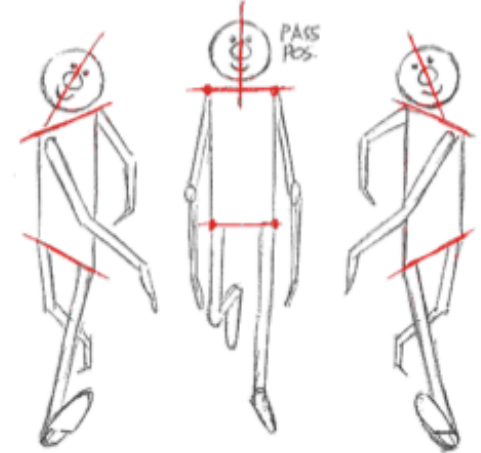
(FRONT VIEW PULLING IT APART FOR CLARITY)

NOW LET'S **TILT THE SHOULDERS** FOR SOME VITALITY -

WE'RE TAKING OUR BASIC PLAN NOW AND ADDING IN THINGS TO BUILD ON THE SYSTEM.



NOW LET'S DO SOMETHING WITH THE HEAD TO MAKE THIS SIMPLE FORMULA WALK MORE INTERESTING - LET'S **TILT THE HEAD:**



Walk Cycle: Figure Dynamics

