Walk

* Relax Clavicle
* Move Clavicle with arm
* Hip goes up and down
* Foot is flat after two frames
* Body moves forwards a bit when leaning
* Hips move left and right to keep foot in centre

Run

* Y on the clavicle to move with the arms
* Reduce swing on arms
* Copy the frames to be after 30 and some before 1. Will produce a better auto smooth.
* Use the handles on the graph editor to produce better lines
* Add Delay to neck movement went foot lands on the ground

Fight scene

* Focus on the main expressive poses (impact of punch and after being hit)
* Show anticipation
* Show a high amount of force (whole body in the punch)