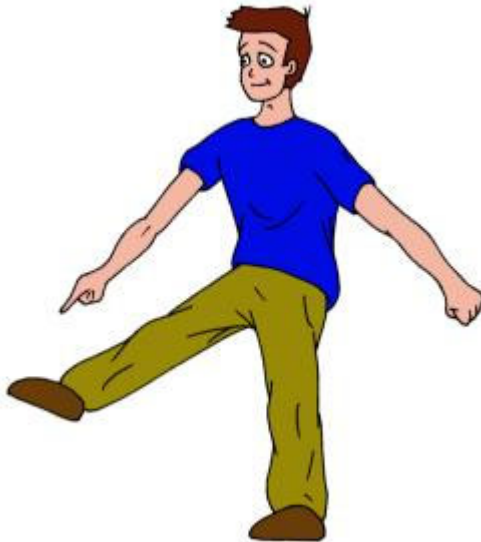


Soldier Walks

You walk every day and its automatic, but here you think about how you walk.

Step 1. Russian soldier walk - same

Russian soldiers walk so they swing the arm and leg forward on the **same** side at the same time. Begin walking by stepping forward with the right leg and at the same time swinging your right arm forward so you can point to your right foot. The left arm will be pointing back behind you. Now step the left leg forward while swinging the left arm forward and the right arm back. The left hand should now be pointing at the left foot. Keep walking in this way, so the hand on the **same** side points to the foot on the **same** side. Sometimes it helps to exaggerate pointing at the toes by bending over as you walk.

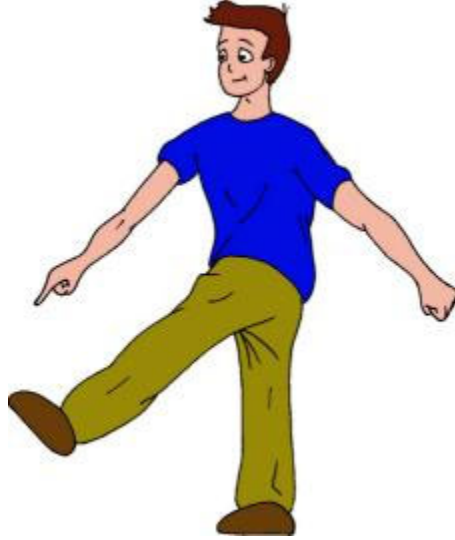


Your goal is to walk in the same pattern, like a Russian soldier, so the movements are smooth and not jerky.

Step 2. British soldier walk - not same

British soldiers (and most others) walk so they swing opposite arm and leg forward at the same time. Now when you walk, step forward on the right foot first, while swinging your left arm forward so the left hand points at the right foot. The right arm should be pointing back behind you. Then swing the left leg forwards, while swinging your right arm forwards and your left arm back. The

right hand should now point at the left foot. Keep taking steps to practise this walk. You can exaggerate the walk by bending over as you walk.



Your goal is to walk in the not same pattern, like a British soldier, so movements are smooth.

Step 3. Walking in time to a beat

Click on '**Beat**' from the menu at the top of this screen. Practice the **same** (Russian soldier) walk, then the **not same** (British soldier walk), in time to the beat.

Your goal is to walk smoothly in time to the beat.

Step 4. Changing walks

Turn off the beat by clicking on '**Beat**' again.

You should now know which walking pattern is the **same** pattern and which is the **not same** pattern. Now change from **same** pattern to the **not same** pattern, every 4th step. Start walking in the **same** pattern. Take 3 steps, then on the 4th step change to the **not same** walk. Take 3 steps in the **not same** pattern, then on the 4th step change again to the **same** walk. Keep changing every 4th step.

Now **turn on the beat again** and try changing walks in time to the beat.
Your goal is to walk, changing from the not same to the same pattern every 4th step in time to the beat.

Now change walks on command, in time to the beat. If your helper says '**same**' you walk in a **same** pattern, if they say '**not same**' you have to change to a **not same** walk on the next beat. Your helper will tell you to change at random, so they may call '**same**' or '**not same**' at any time - you have to be ready to change how you are walking.

Your goal is to change your walking pattern in response to your helper's instructions, smoothly, without hesitation, while staying in time to a beat.

Step 5. Target practice

Now an extra movement is added. When you are asked to change your walking pattern, point both arms straight ahead on the next step you take. Then on the next step point your hand at you foot again in the new pattern you have been asked to do. E.g.

1. Your helper has called '**same**', so you are walking in a **same** pattern, pointing your hand at the same foot.
2. When your helper calls '**not same**', on your next step point both arms directly in front of you, at shoulder height.
3. On your next step walk in a '**not same**' pattern pointing your hand at the opposite foot as it steps forward.

Start without the beat then once you have had some practice, turn on the beat again.

Your goal is to walk changing your pattern to a same or not same, according to your helper's instructions, while pointing arms ahead before changing patterns.

Step 6. Spin

Now a turn will be added. Start walking in a circle in a **not same** pattern. Your helper will now tell you to '**spin**'. You now have to lift up onto your toes and turn your body round so you will face the opposite direction. (**Note:** the turn only works in one direction, if your right foot is forward you will have to turn anti-clockwise, if your left foot is in front you will have to turn clockwise.) You should pivot your body round on your toes so that you are ready to continue walking in the **not same** pattern on the next step, but you will be going in the opposite direction to that in which you were going on the previous step.

Organising Space 4

Try this at first without a beat, then when you have had some practice, turn on the beat and walk in time to the beat.

Your goal is to walk in time with the beat, pivoting smoothly then continuing to walk in the opposite direction.