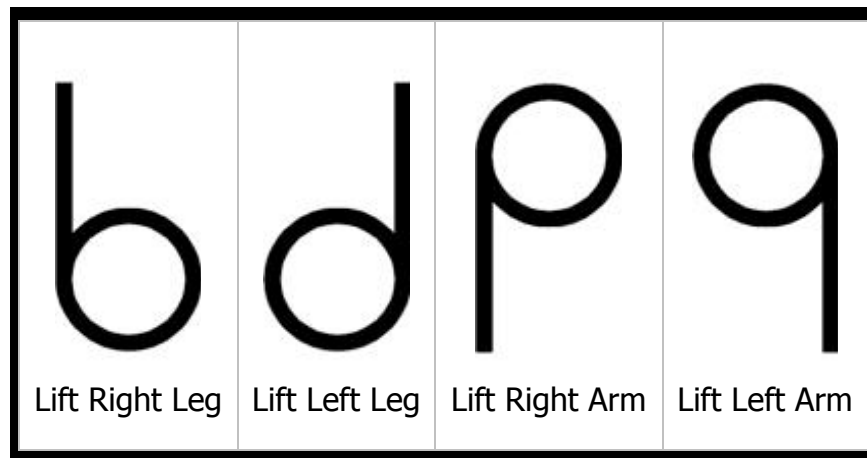


# Pluto

Here is another code. This time a shape with a stick and a circle is a code for moving an arm or leg.

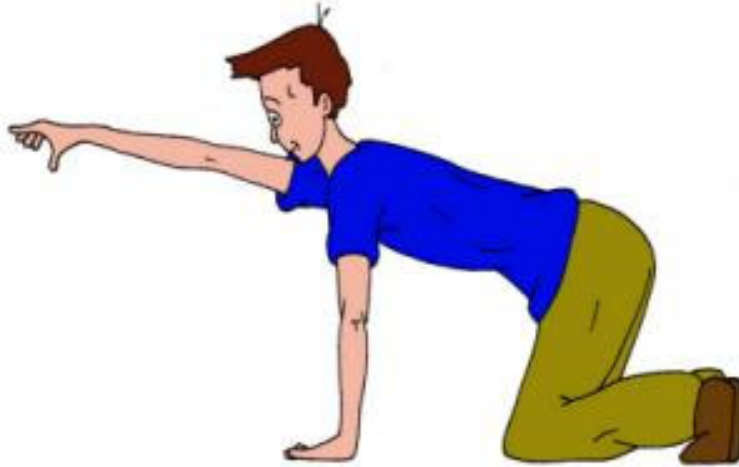
Get down on the floor on hands and knees, as if you are going to crawl. Make sure your hands are directly under your shoulders, fingers pointing straight ahead and palms are on the floor. Knees should be directly under your hips. Weight should be about equal on hands and knees.

Each code shape has a middle line with a circle attached to it at the top or bottom or on one side or the other. **The position of the circle is a code to lift an arm and point it straight ahead, or lift a leg off the floor and point it straight out behind you.** The code is like this:



## **Step 1. Lifting an arm or leg - single lines**

A piece of paper with 3 lines of the code (code chart 1) should be on the floor in front of you. Look at the first code shape and lift an arm or leg depending on where the circle is located on the stick. Make sure you point it straight out in front, if it's an arm, or straight out behind you, if it's a leg. Try to hold the arm or leg in this position, so you have to balance, for about 3 seconds before lowering it back to the floor. Keep going along the line, lifting an arm or leg, until you have done every one on the line. Then do the next 2 lines.



Your goal is to lift the correct arm or leg without losing balance and to 'read' the code without confusion.

### **Step 2. Lifting and arm or leg - several lines**

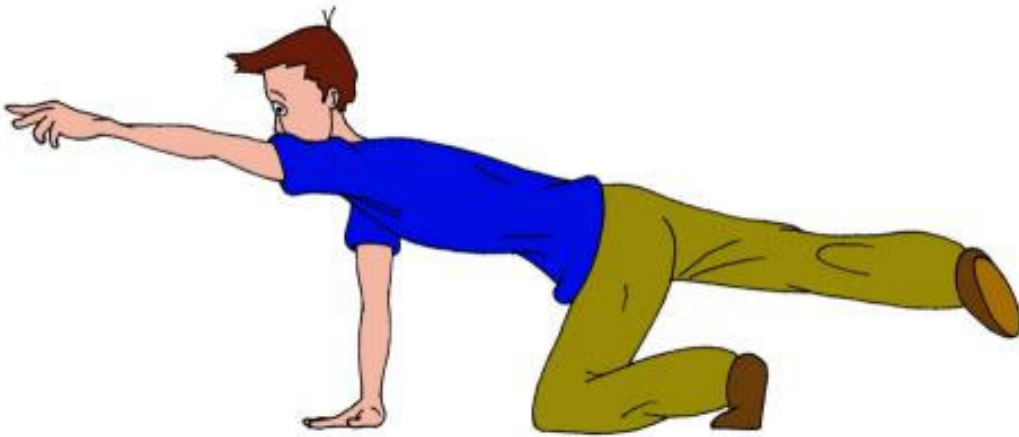
Now change the piece of paper with the code to one with 8 lines of code (code chart 2). '**Read**' each line lifting your arm or leg depending on the position of each circle. Remember to keep balancing for about 3 seconds before lowering the arm or leg back to the floor.

Your goal is to lift the correct arm or leg without losing balance and to 'read' the code without confusion or without losing your place.

### **Step 3. Lifting to a beat**

Click on '**Beat**', on the menu at the top of this screen. Use the code chart with 8 lines of code. '**Read**' the code along each line lifting an arm or leg in time with the beat. On the first beat, lift the leg or arm and point it, on the second and third beat keep the arm or leg balanced and pointing, then on the fourth beat, lower the arm or leg back onto the floor. Keep going until you finish the chart. Your goal is to '**read**' the code and lift and point the arm or leg in time to the beat, fluently without hesitation.

**Step 4. Lifting an arm and leg together**



Now use code chart 3, which has 2 circles attached to each stick. Place the code chart on the floor in front of you. Now you have to lift and point an arm and a leg at the same time for each code symbol. Try to hold the arm or leg in the correct position for about 3 seconds before lowering them back to the floor. Now 'read' the next code along each line.

This is more difficult than just lifting one arm or leg on its own because it is more difficult to balance. This is especially difficult when lifting the arm and leg on the same side. It may take some practice before you can balance easily on just one hand and one knee.

**Your goal is to be able to 'read' the chart and balance easily.**