

Wall Walking

This activity helps you develop freedom in thinking with your hands while your feet are in extreme positions.

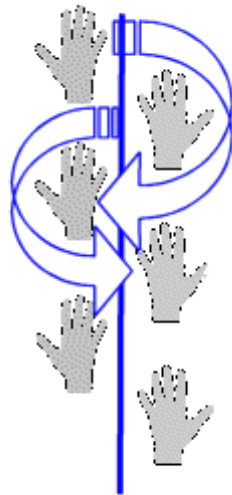
You will need a straight vertical line drawn on a whiteboard, or you could use the vertical line on the edge of a door.

Step 1. Toes out, heels together

Stand about arms length from the wall so that the middle of your body is in front of the vertical line. Keeping the heels of your feet together, turn your feet outwards, **as far as is comfortable**, so your toes point outwards.



Now place one hand on each side of the vertical line with your wrists crossed, so the right hand is to the left of the line and your left hand is to the right of the line. Place your hands on the wall as high as is comfortable. Your fingers should point upwards, toward the ceiling, and the palms of your hands should be flat against the wall.



the top hand
crosses over
the line and
under the
lower hand

Wall walking - down



Begin walking down the line on the wall with your hands so the top hand crosses over the line and under the other hand as it moves down. Walk down the wall with your hands until your knees start to bend.

Now walk your hands back up the wall as far as you can comfortably reach. The lower hand crosses the line and crosses over the upper hand as it moves up the wall. Remember to keep your feet turned out as far as you can and keep your heels together.

Walk up and down the wall once with your toes out then try step 2.

Step 2. Heels out, toes together

Now stand in front of the vertical line with your toes together and turn your heels out as far as is comfortable.



Start by placing one hand on each side of the line, with your wrists crossed, as high up the wall as is comfortable. Remember that your fingers should point upwards towards the ceiling and your palms should be flat against the wall. Walk down the wall, crossing over the vertical line with your hands, until your knees begin to bend. Then wall walk back up the wall as far as you can comfortably reach.

'Wall walk' up and down the wall with toes in, then 'wall walk' up and down once more with toes out and once more with toes in.

Your goal is to walk up and down the line, crossing your hands over the line, while keeping your feet in the toes out or toes in position.

Notes for helpers:

If you see any of the following make sure you tell them so they can adjust their movements.

1. When wall walking with toes in - heels of feet move apart, toes begin to rotate inwards.
2. When wall walking with toes out - toes move apart, heels begin to rotate back.
3. Fingers move to the side.
4. Wrists don't cross.
5. Palms not flat on the wall.