

Metadata: <https://www.youtube.com/watch?v=zOoTdFws36Q>

Now that we work both base foot or traditional hip scape, we're gonna do what we call single leg hip scape. So pretty much when you're doing this in class, or you're warming up, you're gonna do this along the mat. You can do it on your own, all right? Just make sure you follow the principles that we're talking about. So single leg hip scape, pretty much you're gonna go all the way down, transitioning from traditional hip scape to base foot hip scape. So it's gonna look like this. The sensei goes in, hey guys, single leg hip scape. Go up, and I start here. Leg up, okay, and I want this leg on the ground. So keep this leg relaxed, maybe around here, because I want to make sure this leg, every time it moves, it's working, okay? Because it's either looking for a bottom connection, or a top connection. Make it moving, okay? Always following the principle. So just pay attention, every time I reverse, okay? And you guys are gonna see this on the shoulder extension. Pay attention that every time that I switch sides, or elongate my body, or extend my body to reset, I'm moving my feet. So every time my shoulder moves, my foot moves, okay? So what do I mean by that? So what I'm doing, see my foot's here, I adjust whatever you feel is maybe more comfortable for you. For hip scape, from the outside foot, I really like my foot outside a little bit. Just a little bit outside of my hip, okay? To give me more of this turn, okay? So I go one, boom. Now as I come back up, my toe is still on the ground, and I use this to go back in my position. And then I move. See, I'm always hopping that foot, okay? Push. Push. And this way, I build many different abilities to move.