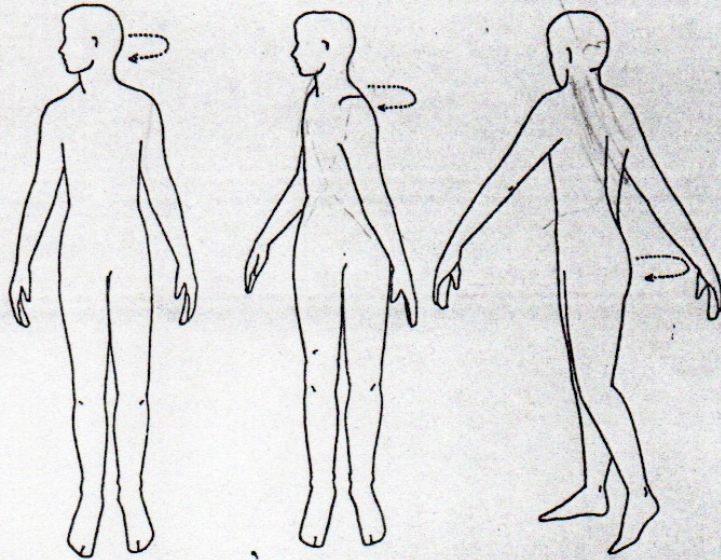
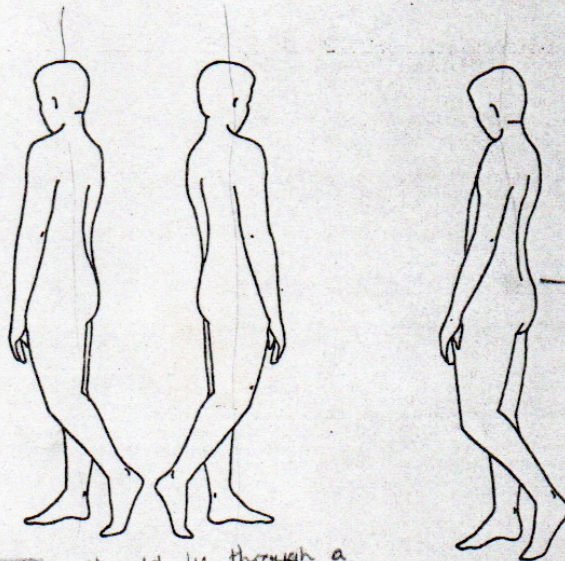


SWINGING



See notes

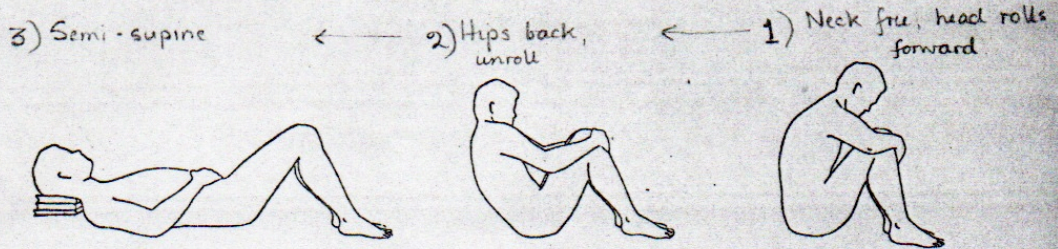
Stand with feet apart squarely facing one side of room. Turn eyes head & shoulders to R, <sup>with</sup> lifting left heel short distance from floor, until line of shoulders is parallel with the wall. Now turn body to L after placing L heel on floor & raising R heel. Alternate looking from L to R wall (or behind) being careful to move head & eyes with movements of shoulders



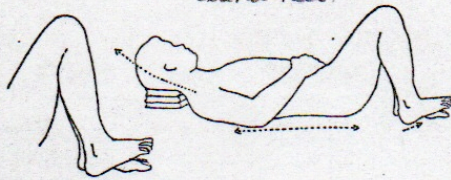
avoid thrusting pelvis forward. This widens the turning circle.

Rotation should be through a vertical axis, torso retaining its maximum height

A) Lying down.



B) Extending leg(s) 1) Neck free, head out, extend heel.



2) Heel out - extend leg.



3) Release leg



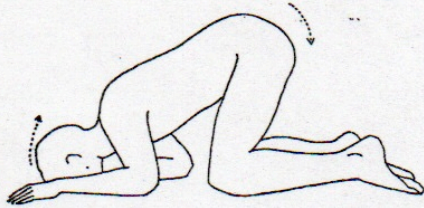
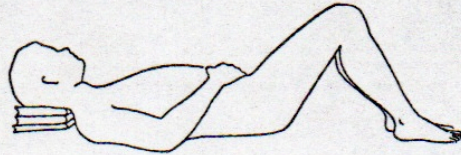
C) Bend leg.

1) Neck free, head out, heel out.

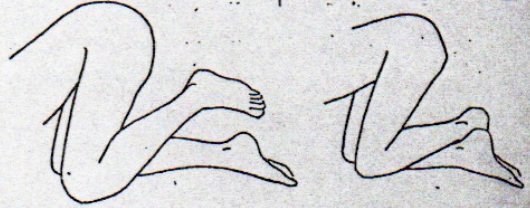
2) " " " " knee up



Semi-supine to Crouch.



Note - L over R - repeat R over L.

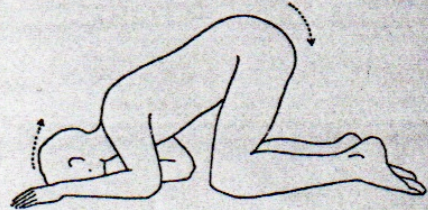
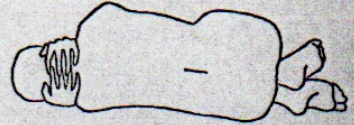


same with arms.

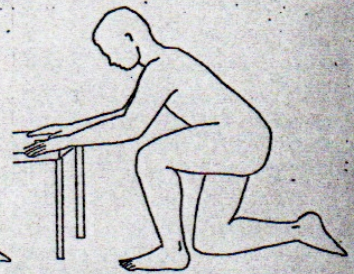
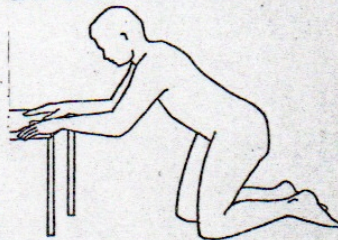
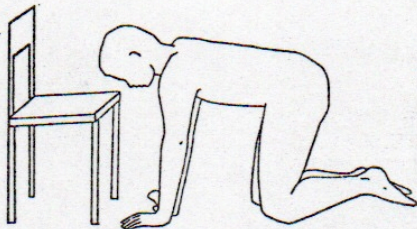


Crouch - eyes closed.

Roll over as slowly as possible - pause before fall  
(note respiratory interference if any)

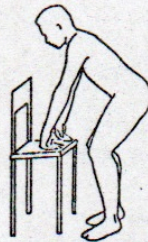
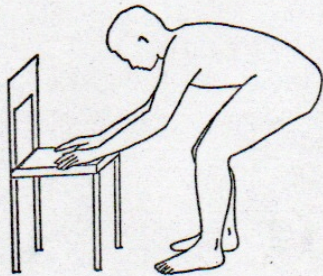
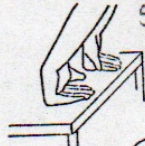


Palms on chair



Knuckles on chair

Anthropoid hand position  
gradually  
extend  
fingers



Semi supine

or

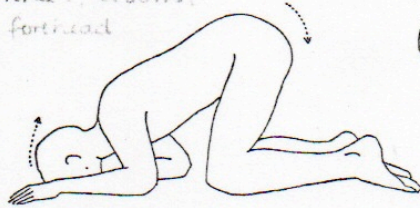
crouch



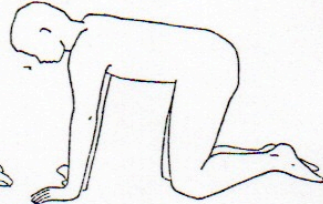
Roll over: 1) Head turns  
2) Torso follows



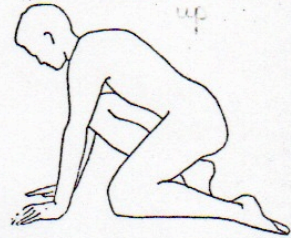
Knees, elbows,  
forehead



Extend arms

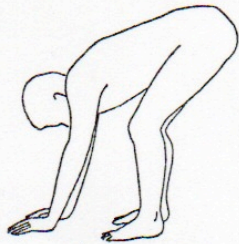


Tail down, head  
up

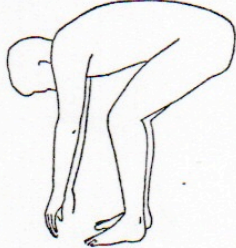


(crawling position)

Head down, tail up



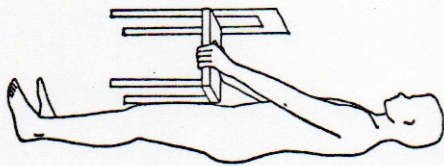
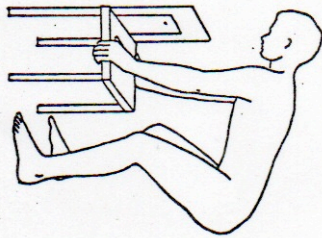
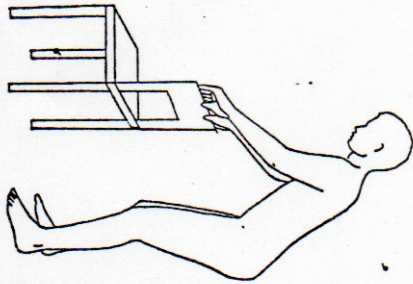
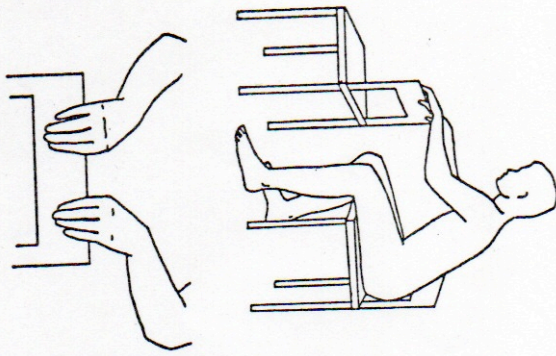
Tail down, head  
up



(Elephant walk)



Elephant  
Man.



Fully prone to fully supine.

