

THE EMPTY STEP WALKING DRILL
(Page 1 of 2)

As taught by Sijo Carl Totton

Level 1 (no hands) / Level 2 (add hands) / Level 3 (add kicks)

Preparation:

Place your hands on your waist
Keep your waist facing straight forward
Raise your hands up in front of you
Keep your arms angled forward
Make your hands into chops
Keep your palms facing each other

Repeat the following while moving forward:

Angle your left foot 45° to the left
Place your weight on your left foot
Bend your left leg
Place your right toe on the ground without placing weight on it
Angle your right foot straight forward
Keep your right hand up higher than your left (with martial intent)
Keep your left palm heel in line with your right elbow

Pick up your right foot
Kick forward with your right foot
Pull your right foot back faster than it went out
Step forward with your right foot (heel first)
Circle your hands forward

Angle your right foot 45° to the right
Place your weight on your right foot
Bend your right leg
Place your left toe on the ground without placing weight on it
Angle your left foot straight forward
Keep your left hand higher than your right (with martial intent)
Keep your right palm heel in line with your left elbow

Pick up your left foot
Kick forward with your left foot
Pull your left foot back faster than it went out
Step forward with your left foot (heel first)
Circle your hands forward

Movement descriptions by Justin Waggle
ThisIsTheTao.com

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Repeat the following while moving backward:

Angle your left foot 45° to the left
Place your weight on your left foot
Bend your left leg
Place your right toe on the ground without placing weight on it
Angle your right foot straight forward
Keep your right hand up higher than your left (with martial intent)
Keep your left palm heel in line with your right elbow

Kick forward with your right foot

Pull your right foot back faster than it went out

Continue facing forward while using your right toe to test if you can step backward
Trace a half circle on the ground with your right toe from the front to the back
If the path is clear, rock your weight back onto your right foot
Circle your hands forward

Angle your right foot 45° to the right
Place your weight on your right foot
Bend your right leg
Place your left toe on the ground without placing weight on it
Angle your left foot straight forward
Keep your left hand higher than your right (with martial intent)
Keep your right palm heel in line with your left elbow

Kick forward with your left foot

Pull your left foot back faster than it went out

Continue facing forward while using your left toe to test if you can step backward
Trace a half circle on the ground with your left toe from the front to the back
If the path is clear, rock your weight back onto your left foot
Circle your hands forward