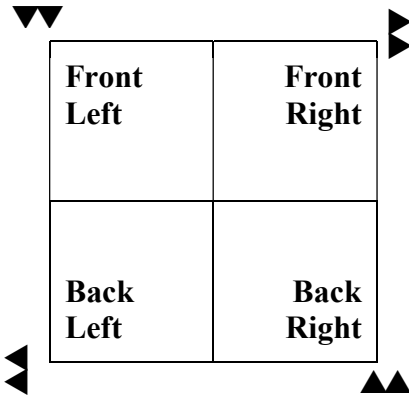


THE SQUARE WALKING DRILL (Page 1 of 2)

As taught by Sijo Carl Totton



- ✓ Visualize walking around the sides of a square.
- ✓ Every time your feet are together, you should be facing a different direction at one of the corners of the square.
- ✓ Keep your knees bent and move as if you are walking under a low ceiling at all times.

1. Back Right Corner (Facing Front)

- a. Start with your feet together in the back right corner (facing front)
- b. Sweep your **LEFT** leg out to the left and then sweep your **RIGHT** leg out to the right (think about kicking out your robes)
- c. Sink into a square horse stance (feet double shoulder width apart, knees bent, feet straight forward)
- d. Forward bow to the right (bend your knees and sink as you turn to the right and drive your left heel into the ground)
- e. Forward bow to the left (bend your knees and sink as you turn to the left and drive your right heel into the ground)
- f. Straighten your **FRONT** foot and step your **BACK** foot forward

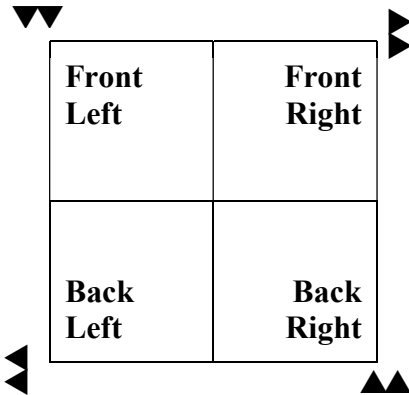
2. Back Left Corner (Facing Left)

- a. Start with your feet together in the back left corner (facing left)
- b. Sweep your **RIGHT** leg out to the right and then sweep your **LEFT** leg out to the left (think about kicking out your robes)
- c. Sink into a square horse stance (feet double shoulder width apart, knees bent, feet straight forward)
- d. Forward bow to the right (bend your knees and sink as you turn to the right and drive your left heel into the ground)
- e. Forward bow to the left (bend your knees and sink as you turn to the left and drive your right heel into the ground)
- f. Straighten your **BACK** foot and step your **FRONT** foot backward

*Movement descriptions by Justin Waggle
ThisIsTheTao.com*

THE SQUARE WALKING DRILL (Page 2 of 2)

As taught by Sijo Carl Totton



- ✓ Visualize walking around the sides of a square.
- ✓ Every time your feet are together, you should be facing a different direction at one of the corners of the square.
- ✓ Keep your knees bent and move as if you are walking under a low ceiling at all times.

3. Front Left Corner (Facing Back)

- a. Start with your feet together in the front left corner (facing back)
- b. Sweep your **LEFT** leg out to the left and then sweep your **RIGHT** leg out to the right (think about kicking out your robes)
- c. Sink into a square horse stance (feet double shoulder width apart, knees bent, feet straight forward)
- d. Forward bow to the right (bend your knees and sink as you turn to the right and drive your left heel into the ground)
- e. Forward bow to the left (bend your knees and sink as you turn to the left and drive your right heel into the ground)
- f. Straighten your **FRONT** foot and step your **BACK** foot forward

4. Front Right Corner (Facing Right)

- a. Start with your feet together in the front right corner (facing right)
- b. Sweep your **RIGHT** leg out to the right and then sweep your **LEFT** leg out to the left (think about kicking out your robes)
- c. Sink into a square horse stance (feet double shoulder width apart, knees bent, feet straight forward)
- d. Forward bow to the right (bend your knees and sink as you turn to the right and drive your left heel into the ground)
- e. Forward bow to the left (bend your knees and sink as you turn to the left and drive your right heel into the ground)
- f. Straighten your **BACK** foot and step your **FRONT** foot backward

*Movement descriptions by Justin Waggle
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