



Certification Training Manual

Cross Pattern Movement

As we move through various stages of movement integration, we define various layers of our understanding of the world and our personal approach to it. From “Here I am”, and “I demand” in the homologous phase to “This or that”, “black or white” in the homolateral phase, we are now looking at the complexity of the cross pattern phase of development, which some feel to be the highest level of brain organization. And while that may be true, it takes all the layers of our integration at the most primitive levels on up, to make us fully realized human beings.

In the cross pattern itself, that we teach to most of our clients, we are looking at a very mobile, agile creature. Any cross pattern, at any level of development, involves some kind of twist. And a twist likes to untwist. The potential energy within a twisted structure gives it the energy it needs to move forward, so being in a cross pattern is a very “mobile” state of being a “ready to go” position.

Think of the twist of the upper body against the lower body in walking and how the opposition of the arms and legs empowers the body to move forward. Now, picture moving the same arm and leg forward in walking as in a homolateral walk. This is stilted and lacks momentum.

When we have a cross pattern orientation to life, from a metaphoric or psycho-emotional perspective, our sense of ourselves is as being complex and interconnected with oneself. Reaching, running, molding, and creating, ready to leap into the world, could be ways of describing the full integration of the cross pattern. In a cross pattern, we are in harmony with the spiraling universe that invites our participation. When we are cross pattern-oriented, we send messages back and forth across the body, and muscles carry diagonal kinetic chains of energy. When we are fully in a cross-pattern, we have the capacity to be fully alive in our environment.

As Peggy Hackney states in her brilliant book *Making Connections*:

“[Cross laterality] is the most complex pattern in the basic developmental sequence. Now we are able to creep on hands and knees and eventually to walk. Opposite arm and leg swing forward to facilitate the transfer of weight. This seemingly simple ability is the result of a long developmental progression. ...



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With cross laterality, we find connections between body quadrants. We open passageways or highways diagonally through our core, enabling us to cross movement in a connected way from one side to the other, as well as up and down and forward and back. This happens in basic and of course, in more complicated movements, such as a tennis serve. For instance, if I serve with my right arm, I end going around and down and back to the left as I finish the serve; I am connecting right and left, up and down, and forward and back. The movement is transverse in space and requires a diagonal connection bodily. A more common example of cross-lateral movement might be reaching up to climb a ladder and having the opposite leg automatically available to step up.”

So, our not so simple human walk and all movement for sports, dance, and living our daily lives, all are dependent upon this highest phase of development, the cross pattern.