

Homolateral Self Pattern

Head turned towards hand.
Eyes focused on hand.

Hand is flat,
next to face.
Palm down.
Thumb in line
with mouth.

Spine is in a
straight line from
head to toes.



Hip and knee at
90 degree angle.

Palm face up.

Notice
straight line
down from
hip to foot.

Switching sides - head turns first, keeping neck
straight. Head sets down in same place, other
ear on floor.

This hand
brushes
straight
down next
to body,
ending
with palm
facing up,
hand next
to hip.



Lower arm
swings up
& around to
place palm
flat on floor
in front of
head
turned
towards it.

Bent leg straightens
down, ankles meet,
foot turns in.

Straight leg
bends up. Hip
and knee
make right
angle.

Same as first position, just
switched to the other side.



Notice both feet
point in same
direction as bent
arm and leg.

To Switch Sides:

- **HEAD** always **STARTS** the whole movement, by beginning to turn towards the other side.
- **Nose** brushes just above the ground as the head turns.
- **Immediately followed by the arms/legs switching, ankles meet at the bottom.**
- **Hand that is up by the face moves straight down along the floor, brushing down, next to the body, ending palm face up, next to the body.**
- **The other arm swings up & around, without touching the ground, and the palm ends up flat next to the turned head, now facing it.**

Your assignment: