

# Homolateral Self Patterning

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.

Palm face up.

Notice  
straight line  
down from  
hip to foot.

Hip and knee at  
90 degree angle.

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



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.

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



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

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: