

## Jogging technique

Where do we start?!

We start with gravity. Gravity is the tool!

The weight of the torso is the motor of movement. It's like a drawer thing: the chest-drawer is lightly forward and the pelvic-drawer stays a little back.

The point of gravity is in front of the line.

Your own weight is pulling you forward. Imagin an elastic string at the sternum, who is pulling you forward.

The goal you are heading is pulling you forward.

You should perceive the feeling of your trunk being pulled to length. Your trunk is getting longer.

Of course, remember, that you don't push out your chest.

The legs aren't doing very much. There are hanging out of the pelvis like pendulums. You just let them hang.

Automaticly, without doing anything, you have a movement in the foot from your heel to the toes.

The main part of your weight doesn't come down on the heel. The foot is not actually rolling on the floor. The foot is hollow.

It is like a spring. This spring is beeing pushed to the ground by our weight.

Practicly there is always one foot on the ground and never both feet in the air at the same time.

We don't want to jump in the air and loose a lot of energy. We want to go forward.

Don't lift off your forfoot.

Leave your foot on the ground until it lift's off by itself and swings off.

Try to feel the ground under your feet: thereby your core beeing stimulated, long and strong.

The feet practicaly follow a line and this is how you prevent the upper body from swinging to the left and right and loosing energie. Trunk and pelvis are hovering through the air, like a hover-craft.

Your head is lightly balanced on the middle axis of the neck, like a buoy on the water.

Your vision is open and the eyes aren't focused on anything.

Let your eyes be open for the environment.

At the same time your ears are open for the sound of the environment.

Don't do to much.

The movement will only be stabil and economical if your senses are active and you allow them to be open.

The shouldergirdle rests lightly on the trunk and the arms are hanging from it. Feel the weight of the arms in the elbows that move horizontally forwards and backwards.

Let your elbows stay low, feel the weight. Let your arms move freely. The arms are moving freely in the shoulders. The arms are pendulums.

Do not make fists!

The movement is coming from the region of the scapula and from the lumbar. Let your torso, your upperbody be stabil. Let your forward movement be stabil.

This results in a light relaxed movement, which is like the movement of a cat.

You actually hang in your soft tissue and you do not make an effort with your muscles.

The point of gravity in this movement should be quiet and stay in one line and thereby be as low as possible. Think of a racing car.

By folding in a zigzag-line you reach this in a ideal way.

Imagin or try to keep your gravitypoint as low as possible all the time, even when you go down- or uphill, or when the ground isn't flat.

It's best when you start by walking slowly until you can feel the weight of your upper body pulling you forward and until you feel the whole length of your front and the lightly swinging legs, etc...

And... don't stretch at the end – “cool down” by slowly walking for a while...

*thank you B.S., A.W. + P.M. for the translation!*