

Term II Tues May 13, 1980

sitting - femur rest in acetabula - pull femora in acetabula - Breathe femur in acetabula

standing - arms over head let reach of arms pull ~~and~~ femora into acetabula

Then lift sit bones <sup>+ flex</sup> & see similarity of breath & flexing effort ankle flexion w joint or hinge

joint as balls - ankle & ilio femoral

Breathing - zipper head drops to floor -

worm ankles - suspended from <sup>front of</sup> curve or leg drop from under -

Pull leg

pull all three leg, arms, head

- eye sockets for sat class

heel or thumb - great toe four fingers for dancers  
~~great toe or heel~~

- Experience then analyze  
- what a good teacher is -