

Ipsilateral & Contralateral Locomotion Patterns

These locomotion patterns explore how the body organises movement through coordination between the arms, legs, spine, and shifting weight.

Ipsi = same side

Contra = opposite side

1. Ipsi Forward

Pattern: Same side

- Step the **right foot forward**
- The **right arm reaches forward**

Both arm and leg move on the same side.

2. Contra Forward

Pattern: Opposite side

- Step the **right foot forward**
- The **left arm reaches forward**

3. Ipsi Backward

- Move the **right leg backward**
- The **left arm reaches forward**
- Weight settles onto the **left side**
(left foot + left arm)

4. Contra Backward

- Move the **left leg backward**
- The **left arm reaches forward**

This creates a contralateral spiral through the body, producing a rotational twist through the torso.

5. Ipsi Inward

Pattern: Same as ipsi backward, with the leg going sideways

- The **right leg sweeps sideways**
- The **left arm reaches forward**

6. Contra Inward

Pattern: Same as contra backward, with the leg going sideways

- The **left leg sweeps sideways**
- The **left arm reaches forward**

7. Ipsi Outward

- The **left leg steps sideways**
- The **left arm moves forward** after the step is completed

8. Contra Outward

- The **left leg steps sideways**
- The **right arm moves forward** after the step is completed

Practice Notes

Move slowly and increase speed as you get more comfortable with each move.

Prioritise:

- Ease over effort
- Smooth weight transfer
- Clear arm-leg relationship
- Relaxed breathing
- Soft, responsive feet