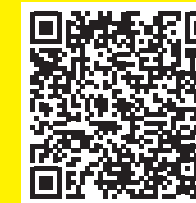


# Running



## **ACTION**

- Runs with flight extending support leg
- Lead knee raised high

## **ACTION**

- Arms in opposition to legs in forward - backwards motion
- Arms bent at 90°