

# Animal Forms

Fly like a hawk,  
lumber like a  
bear.

Taking on the forms of wild animals helps you put yourself in their place. We can learn a lot from the actions of animals. The wiliness of coyote, the stealth of weasel and the playfulness of otter—all have lessons to teach.



## Try this!

**Diagonal Walkers** move limbs on opposite sides of the body at the same time. Eg., a walking cat lifts and places it's right front and left hind feet at the same time, alternating sides of the body as it goes. At higher speeds, these animal move into the other animal forms of trotting, loping, bounding and galloping.

**Bounders** hop like a sewing machine sews. Their front feet come down first and the back feet pull up right behind them. No matter what their speed, bounders rarely change this basic pattern.

**Gallopers** hunch their bodies and spring, bringing their hind feet down in front and to either side of the front feet. This creates a U-shaped track pattern. As the animal gallops faster, each set of tracks becomes further and further apart.

**Pacers** move both feet on the same side of the body at the same time in a lumbering or shuffling fashion. As they move faster, they go into a bounding motion.

Diagonal Walkers	Cat and dog species, hoofed animals. Humans.
Bounders	Weasel-type animals except for skunks, badgers and wolverines.
Gallopers	Most rodents, squirrels and rabbits.
Pacers	Raccoons, opossums, bears, beavers, porcupines, wolverines, badgers and skunks.

