



VCLLI Beginning Nordic Pole Walking

From the Arthur Murray School of Nordic Pole Walking:

Step/Pole Sequencing Coordination:

Each footstep coordinates simultaneously with the opposing pole's plant and push.

eg: Right Step pushing off with Left Pole Plant

Left Step pushing off with Right Pole Plant

Right Step pushing off with Left Pole Plant

Left Step pushing off with Right Pole Plant...

and continues...

** The diagram represents the initial pole placement

Your Poles are NEVER perpendicular to the ground
and
Your Pole Tips are ALWAYS pointing back

With hope you find this helpful, enjoyed learning this skill, and you continue to make this an integral part of your lifestyle.

AND ALWAYS RULE# 1: Don't Push. If you're tired STOP. REST.

Thank YOU for your participation and your enthusiasm.



