

WALTER'S GAMES

NOTE

- 1 Crawling
- *2 Sit to Stand with hands in back
- *3 Taking pupil onto toes from back
- 4 Whispered Ah
- *5 Squatting
- 6 Taking pupil from side
- 7 Hand on shoulders - from behind
- 8 In and out of chair - from neck
- 9 Saying W. A. sitting and standing
- 10 Saying W. A. monkey
- 11 Reading aloud sitting
- 12 Reading aloud standing
- 13 Putting hands on top of head whilst pupil did W. A. sitting
- 14 Hands on ribs and chest and up on toes with W. A.
- 15 Hand on front of throat and larynx W. A. (standing)
- 16 Hands on shoulders and base of neck for reading and sitting
- 17 Hands on head and back for reading and standing
- 18 Taking head (on table)
- 19 Taking legs (on table)
- 20 Taking shoulders (on table)
- 21 Taking up and down from table
- 22 Homo-lateral crawling
- 23 Cross pattern crawling
- 24 Hands on back of chair
- 25 Hands on back and taking out of chair
- 26 Hands on base of neck and so in and out of chair
- 27 Taking arms and shoulders in chair
- 28 Going up on toes from the one foot forward position
- 29 Walking
- 30 One knee bending
- 31 Both knees bending into monkey
- 32 Walking - whole procedure
- 33 Hand on back of chair
- 34 Hands on shoulders
- 35 Hands on neck
- 36 Hands on head and so out of chair
- *37 Effects of sitting with knees crossed
- 38 Eating and drinking and problems of taking food in through the mouth
- 39 Writing sitting in chair
- 40 Writing holding pen
- 41 Lying down
- ? 42 Make paper tubes and use them as instruments to blow through
- 43 Going up on toes in monkey
- 44 Going into monkey widening upper part of arms
- 45 Taking shoulders and widening upper part of arms
- 46 Going down into squatting
- 47 Out of the hips in the chair
- 48 Out of the hips on the table
- 49 Out of hips by going on toes
- 50 W.A. H. O. front and back of chest
- 51 W.A. H. O. back of head
- 52 Going down stairs
- 53 Taking pupil out of chair by group co-operation
- *54 Hand on back of chair raise one leg
- 55 Walking backwards
- 56 In and out of chair holding hands
- 57 Taking into chair from behind
- 58 H.O. back and front and in and out of chair
- 59 H.O. neck in and out of chair
- 60 H.O. head out of chair

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| 51 | H.O. Head into chair | 126 | Lifting and carrying to front |
| 62 | Taking legs and feet in chair | 127 | Reaching High |
| 63 | W.A. in monkey | 128 | Lifting high |
| 64 | Moving pupil's back and front in chair | 129 | Using a tie to demonstrate r |
| 65 | Walking transferring weight | | movement |
| 67 | Stepping up | 130 | Squatting |
| *68 | Lifting up | 130A | Squatting to take head on floor |
| 69 | Lifting arms above head | | |
| 70 | W.A. leaning forwards in chair | | |
| 71 | Leaning back in chair with book support | | |
| 73 | Taking pupil down onto floor | | |
| *74 | Taking pupil up from floor with hands | | |
| 75 | Knees forward and away in chair | | |
| 76 | Knees forward and away in monkey | | |
| 77 | Hands and knees on floor | | |
| 78 | Writing - position of desk | | |
| 79 | Writing - use of pen | | |
| 80 | Stepping down | | |
| *81 | Holding object in hands without hollowing back | | |
| 82 | Hands on chair in sitting | | |
| 83 | Hands on chair in sitting head turning in all directions | | |
| 84 | Stretching arms above head in standing | | |
| *85 | Moving one foot to side | | |
| 86 | Stepping onto high step | | |
| 87 | Vocalized sounds | | |
| 88 | Head neck and body turning | | |
| 89 | Eye and head movements | | |
| *90 | Standing picking up a chair | | |
| 91 | Balancing on one leg | | |
| *92 | Elbow and forearm on table | | |
| 93 | Saying la instead of words | | |
| 94 | Squatting with hands on chair | | |
| *95 | Resting elbows on table | | |
| *96 | Lifting weight in monkey | | |
| 97 | Widening upper part of | | |
| *98 | Taking out of chair by taking arms | | |
| *99 | Squatting in pairs | | |
| 100 | Monkey - hands on table | | |
| 101 | Pushing hands in monkey | | |
| 102 | Pushing hands in monkey raising alternate feet | | |
| 103 | Monkey with arms outstretched | | |
| 104 | As above moving feet as well | | |
| 105 | Swinging a tennis racket | | |
| 106 | W.A. joining hands | | |
| 107 | W.A. with hands pushing | | |
| 108 | W.A. pinching the nose | | |
| 109 | W.A. blocking alternate nostrils | | |
| 110 | W.A. hands above head, getting up and sitting down | | |
| 111 | Vocalized vowels | | |
| 112 | Opening and closing nose on W.A. (resonance) | | |
| 113 | Speaking phrases in full voice | | |
| 114 | Singing Ah up and down scale | | |
| 115 | Humming the Ah | | |
| 116 | Humming the La | | |
| 117 | Sing Arpeggios | | |
| 118 | Arms lengthening out to side | | |
| 119 | Lengthening arms above head | | |
| 120 | Monkey raising alternate knees | | |
| 121 | From sit to stand and onto toes | | |
| 122 | Getting up - looking up | | |
| 123 | Getting up - looking sideways | | |
| 124 | Lifting and carrying to side | | |
| *125 | Getting up and looking down | | |

- BACKGROUND
- 131 Foot moving forwards and sideways
 - 132 Walking
 - 133 Walking backwards
 - 134 Walking and turning
 - 135 Paul's game/made by David on wall
 - 136 Reaching out to touch wall
 - 137 Turning body with both arms above head
 - 138 Head and eye movements
 - 139 Head movements with eyes stable
 - 140 Sucking
 - 141 Moving ribs with effects on deep breathing
 - 142 Turning head on table
 - 143 Taking thorax on table
 - 144 Squatting down in front
 - 145 Taking down onto floor
 - 146 Writing lengthening the thumb
 - 147 Deviation of wrist
 - 148 Taking arms above head thumb leading
 - 149 Taking legs in chair
 - 150 Head and trunk turning
 - 151 Head and trunk turning with arms stretched
 - 152 Head and trunk turning with arms and eyes
 - 153 Lifting weight from table with both hands
 - 154 Folding the arms
 - 155 Use of fingers in writing (lying down)
 - 156 Sitting in chair book in back
 - 157 Two people lifting together
 - 158 Monkey to lift chair
 - 159 Monkey arms to side
 - 160 Monkey arms in front
 - 161 Up onto toes then squat
 - 162 Up onto toes to sit
 - 163 Typing with imaginary key board
 - 164 Walking backwards head turning
 - 165 Lying prone
 - 166 Lying prone moving arms and legs
 - 167 Raising from creeping to kneeling
 - 168 From knees to squatting
 - 169 Standing one one leg arms raised

It will be led by Don Burton, on his first visit to Australia, leading him to the teaching of the Alexander Technique. Don, a practising Physiotherapist and teacher of the Technique, is currently Director of the ATA Teacher Training Course in London and has considerable clinical and teaching experience to bring into this teaching program.

Don has been working anatomy and physiology for the last ten years on three of the Alexander Teacher Training courses and during this time, during his work on Alexander's initial discoveries, he has been conducting research into functional anatomy and physiology - he will be presenting some of this work during the teaching program.