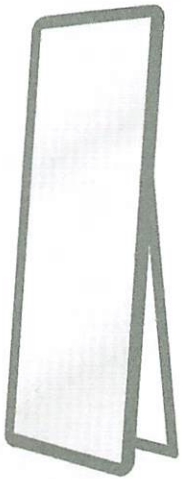


EQUIPMENT



You will need a full-length mirror.



**1** STAND ON A FIRM FLOOR WITH YOUR FEET HIP-WIDTH APART AND TURNED OUT 10°-15°

Because your feet are your foundation when you stand, it is important that they be arranged well. You will “shape” them in the next few steps.

**2** RELEASE THE WEIGHT ON YOUR RIGHT FOOT. FIX THE TOES AND BALL OF THE FOOT ON THE FLOOR, AND RAISE THE HEEL SLIGHTLY

Leave your foot muscles relaxed as you do this.



A common mistake is to raise the heel too high. This causes tension in the foot that prevents reshaping.

**3** PIVOT THE HEEL INWARD BEFORE  
PLANTING IT FIRMLY ON THE FLOOR



Note that this action emphasizes the inner arch of your foot, creating a “kidney-bean” shape. Also note that your legs will turn outwards (“externally rotate”) in this step. In fact, focusing on externally rotating your knees can help you create a kidney-bean shape in your foot.



(India)



(France)



(USA)



(Thailand)

*Kidney-bean shaped feet are a function of strong tibialis anterior muscles (see Appendix 1 for exercises to strengthen this muscle).*

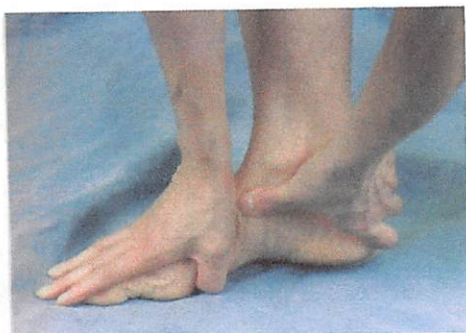


A common mistake is to pivot the front of the foot inward rather than the heel. This easily results in a “pigeon-toed” stance.



Another common mistake is to let the ball of the foot pivot outward as the heel moves inward. This simply increases the splay of the foot rather than changing its shape.

**4** IF NECESSARY, USE YOUR HANDS  
TO GUIDE THE MOVEMENT



Steady the front of the foot with one hand. Grasp the heel with the other hand, lift the heel from the floor, and firmly pivot it inward.



EXAMPLES OF HEALTHY FOOT STRUCTURE FROM AROUND THE WORLD



(Burkina Faso)



(Germany)



(USA)

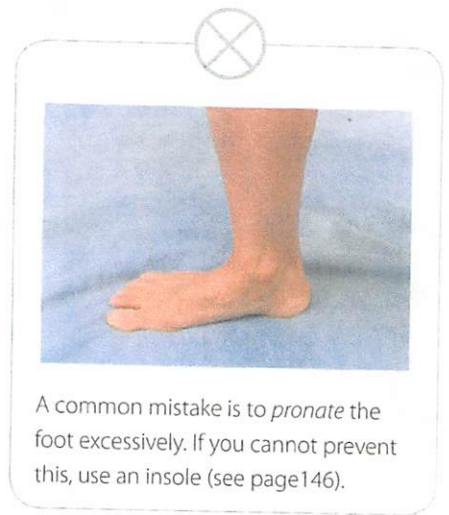


*This Kathakali dancer from South India keeps his feet in the traditional, slightly exaggerated kidney-bean shape with the weight somewhat to the outside of the foot.*

5 ROLL YOUR ANKLE SLIGHTLY INWARD



This subtle movement evens the weight between the inside and the outside of the foot.



A common mistake is to *pronate* the foot excessively. If you cannot prevent this, use an insole (see page 146).

6 SHRINK THE LENGTH OF YOUR FOOT



Engage the arch muscles to pull the front of the foot closer to the heel. If necessary, use your hands to assist you.

7 REPEAT STEPS 2 THROUGH 6 WITH THE LEFT FOOT



## 8 CHECK THAT YOUR KNEES AND LEGS ARE ROTATED SLIGHTLY OUTWARDS

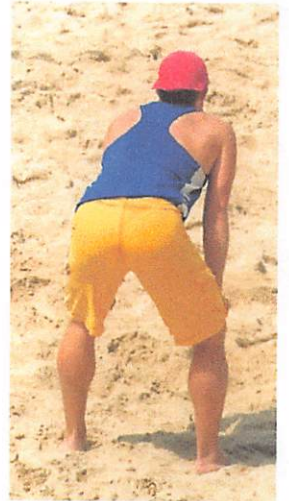
### EXAMPLES OF HEALTHY EXTERNAL LEG ROTATION



Bend your knees a little and check that your knees and feet are aligned. Imagine that a line runs outward from your heel through the second or third toe. Your knee should point along this line.



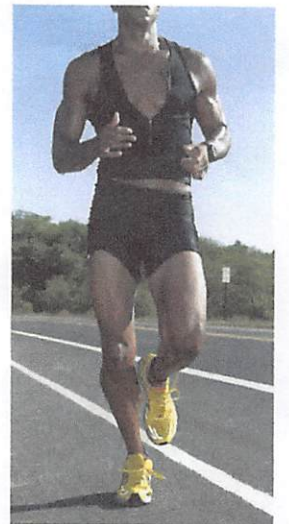
(USA)



(Brazil)



You may have to shift your head over your knee to get an aerial view of the alignment.



(USA)