

the front leg, the rear leg is in extension and as soon as the forward foot touches the next step then the rear leg is lifted, first heel then the ball of the foot and the toe pushes off. The ~~flexion~~ <sup>extension</sup> in the rear foot will become a flexion when it is put down on the next step.

- VI. a) 1. pushing or pulling; object  
2. kicking <sup>leg</sup> or <sup>hand</sup> arm.  
3. throwing, something  
4. striking, the object  
5. reaching, for an "

b) 1. In which the body remains in contact with the object like in pushing or pulling, for a small object hand palm touches, flexion posterior, flexion of elbow, if object is bigger, body is flexed forward, knees are bent.   
flexion of fingers to the object, there is more strength when object is close to the body.   
elbow can be flexed, when facing it the back or dorsal muscles work if not facing it, the Abdominal muscles work.