

I don't consider walking.  
About where my heels are,  
or the spline of my foot,  
grounded in motion.

Much less the ball of my foot,  
and toes, poised.

I live heels down, feet flat

weight to the rear  
a foundation like stone.

Good anchor for weathering  
shocks.

Right now? I'm absorbed by the kinetics  
of weight-forward:

ball of one foot holding ground,

all else committed,  
motion's swinging pendulum  
suspended. Not braced.

I could be knocked off my feet.