

STEALTH MOVEMENT COMPENDIUM

From the Canadian Field craft manual:

THE GHOST WALK

21. One's legs should be lifted high, to avoid long grass, and swept outward. The toes should be used to feel gently for a safe spot to place the foot. One foot must be secure before the other is moved. The knees should be slightly bent and the weapon carried in one hand. The empty hand feels in front of the body, in the area between the knees and top of the head, for brush, wire or obstructions that will impede movement or make noise.
22. The soldier should not bend over because that position is tiring and restricts observation. The head should be kept up to improve observation.

THE KITTEN CRAWL

23. The kitten crawl is carried out by crawling on hands and knees. The ground ahead should be searched for twigs with the right hand and the weapon should be held in the left hand. When the area has been cleared or found free of noise-making debris, the knees are moved up to the right hand and the process is repeated.

THE STOMACH CRAWL

24. The stomach crawl is a very quiet means of closing with the enemy. It is slow and tiring and needs a lot of practice. One should lie on the stomach, search the ground ahead for twigs, dry leaves and trip wires with the right hand. Lift the body on the forearms and toes, press the body forward, and lower it to the ground. The weapon should be moved with the left hand.

From USFM Movement:

Techniques to avoid being seen or heard by the enemy:

Camouflage yourself and your equipment. Tape your dog tags together and to the chain so they cannot slide or rattle. Tape or pad the parts of your weapon and equipment that rattle or are so loose that they may snag (the tape or padding must not interfere with the operation of the weapon or equipment). Jump up and down and listen for rattles. Wear soft, well-fitting clothes. Do not carry unnecessary equipment. Move from covered position to covered position (taking no longer than 3 to 5 seconds between positions). Stop, look, and listen before moving. Look for your next position before leaving a position. Look for covered and concealed routes on which to move. Change direction slightly from time to time when moving through tall grass. Stop, look, and listen when birds or animals are alarmed (the enemy may be nearby). Use battlefield noises, such as weapon noises, to conceal movement noises. Cross roads and trails at places that have the most cover and concealment (large culverts, low spots, curves, or bridges). Avoid steep slopes and places with loose dirt or stones. Avoid cleared, open areas and tops of hills and ridges.

The low crawl gives you the lowest silhouette. Use it to cross places where the concealment is very low and enemy fire or observation prevents you from getting up. Keep your body flat against the ground. With your firing hand, grasp your weapon sling at the upper sling--swivel. Let the front hand guard on your forearm (keeping the muzzle off the ground), and let the weapon butt drag on the ground. To move, push your arms forward and pull your firing side leg forward. Then pull with your arms and push with your leg. Continue this throughout the move.

The high crawl lets you move faster than the low crawl and still gives you a low silhouette. Use this crawl when there is good concealment but enemy fire prevents you from getting up. Keep your body off the ground and resting on your forearms and lower legs. Cradle your weapon in your arms and keep its muzzle off the ground. Keep your knees well behind your buttocks so your body will stay low. To move, alternately advance your right elbow and left knee, then your left elbow and right knee.

The rush is the fastest way to move from one position to another. Each rush should last from 3 to 5 seconds. The rushes are kept short to keep enemy machine gunners or riflemen from tracking you. However, do not stop and hit the ground in the open just because 5 seconds have passed. Always try to hit the ground behind some cover. Before moving, pick out your next covered and concealed position and the best route to it. Make your move from the prone position as follows:

- Slowly raise your head and pick your next position and the route to it.

- Slowly lower your head.

- Draw your arms into your body (keeping your elbows in).

- Pull your right leg forward.

- Raise your body by straightening your arms.

- Get up quickly.

- Run to the next position.

When you are ready to stop moving, do the following:

- Plant both of your feet.

- Drop to your knees (at the same time slide a hand to the butt of your rifle).

- Fall forward, breaking the fall with the butt of the rifle.

- Go to a prone firing position.

Use the following techniques when crawling:

Crawl on your hands and knees. Hold your rifle in your firing hand. Use your nonfiring hand to feel for and make clear spots for your hands and knees to move to. Move your hands and knees to those spots, and put them down softly.

From Ninja Invisiblity
by G.T. Karber of www.karber.net

Ko Ashi (Small Step)

The Ninja will use this to move through shallow water or dry leaves. The goal is to get the foot beneath the surface as silent as possible. Maintain a low hip position and place your body weight on the front foot, pull your rear foot up, and slowly move it over to the spot where it will touch down. Then point your toe downward and dig straight in, passing through the surface slowly. After the heel has gone through the surface, your foot should level out so the sole of the foot may come to rest on the ground beneath the water or leaves. Then shift the weight onto this new leading foot, and pull the trailing foot out and move forward into the next step. This will make the Ninja appear as a crain.

Yoko Aruki (Sideways Walking)

If you would like to move in the shadow of a building, or through a tight passageway. You must line the hips up (instead of facing in) the direction of travel, and the stepping motion is lateral. The movement begins by leading with the hips to one side or the other, depending on whether one is advancing or retreating (Remember, the Ninja that runs away, lives to fight another day. Unless he is killed by fellow Ninja). As the weight shifts to the leading leg, the knees are bent deeply and the rear leg crosses over in front. The body weight then shifts to the new leading foot, as the new rear leg is pulled from behind and repositioned in the lead. The sideways walking motion is done in a smooth and level flowing action, and gives the appearance of a sand crab scurrying sideways.

Nuki Ashi (Sweeping Step)

With this technique you can cross straw matting or wooden planks without being detected by shifting your body weight. From a low crouching position, the balance and then the body weight are slowly shifted to the forward leg until it supports the entire body. the rear leg is then pulled forward and in toward the supporting leg. The ankles barely brush each other as the moving leg goes forward and out with the toes pointed slightly inward. With the weight on the stationary leg, the outside edge of the moving foot can be used as a feeler to probe probe lightly for any obstacles that might be in the way. The foot is then eased to the floor, outer edge first. The weight is gently shifted to this foot, and can be withdrawn quickly if any creaking of the floor is noticed. The groping foot then becomes the new support foot as the ninja continues forward. With his hands moving lightly like tentacles, the ninja takes on the appearance of an octopus.

From Secrets of the Ninja By Ashida Kim

HAI PU (BLACK/STEALTHY STEP)

First among the Kuji Ashi is the Hai Pu, the Black/Stealthy Step. It is taught not only as a means of moving in total darkness, but also as a type of dynamic meditation. In its advancing and retreating action is the core of Ninjitsu. Only by this method can one develop the kinesthetic sense of the body that is required to practice Ninjitsu. Master Hai Pu first.

This technique is used in total darkness. It is designed for the protection of the body, for moving silently and slowly, and for attacking instantly.

Fig. 1 Assume the following stance: lower the hips and raise both arms; the feet should be one shoulder's width apart; turn the toes inward; bend the knees and lower the hips until the knees touch. The hips are back, the shoulders shrugged, the head is lowered. Draw the elbows close to the chest, raise the hands above the head and extend the fingers. The eyes are directed without being fixed at a spot on the path about ten feet away. Martial artists will recognize this as a variation of the closed stance of Praying Mantis Kung Fu.

Fig. 2 Keeping the hips and shoulders at the same level, shift the weight onto the right leg; glide the left toes forward and out in a semicircular manner, keeping the knees together. The body does not move above the hips, but gently weaves from side to side as weight is shifted over each foot alternately.

Fig. 3 The right foot is then drawn over to the left ankle in the loose-ankle step of Tai Chi Chuan, and advanced in a similar manner. Practice in this step strengthens the hips and feet, developing balance. The most important point in practicing this step is that the hips and shoulders do not change their level. The arms act as antennae, sensing obstacles, and protecting the head. Practice in this step develops an unconscious awareness of the body as a whole.

In kabuki theater, this technique is performed so slowly that even though the Ninja remains in plain view, no movement is discernible. In ancient times, this method was used in crossing the obi, or sash-belt. If confronted by a gravel path or a nightingale floor (one designed to creak when weight is applied), the Ninja would roll his obi across the obstacle and tread its narrow width, effectively muffling any sound which might betray him.

Practice moving forward about ten feet, then back, always directing the Qi forward.

HENG PU (CROSS STEP)

The second of the Nine Steps to learn is the Heng Pu. By employing this technique, it is possible to move quickly and quietly in narrow passages, corridors, and hallways. In combat, this stance presents a smaller silhouette to the enemy. Also, when fleeing, one presents a smaller target. Note that tracks left by this method appear to travel in two directions at once. Much of the actual penetration of the enemy camp will involve traversing narrow alleys between buildings, or flattening against a wall to remain concealed in its shadow. This requires a posture which overcomes the width of the shoulders. In order to move forward, one must move sideways.

Fig. 4 To assume this stance, stand with back to the wall, crouch slightly, bow the legs with knees pointing out, turn the head in the direction you wish to move and lower the shoulder facing that direction. This is an exaggerated fencing posture, with the lead toe at a 90-degree angle to the body and the rear foot facing 135 degrees away from it.

Fig. 5 Now cross-step in back with the rear leg, placing the toes past the lead foot, facing in their original direction. The toes of each foot now face those of the other. This extreme toe-in position is necessary to allow clearance for the lead leg which is drawn through as weight is shifted onto the rear leg. Step out with the lead leg to again assume the original position.

Fig. 6 Having developed some skill in this technique, begin to practice the Cross Step in

front. Each of these has its uses and applications. Bear in mind the importance of the toe-in position during this exercise as well.

Heng Pu - The Cross Step

Fig. 7 The eyes scan the ground about three yards in front of the feet. Care must be taken not to look toward the enemy when moving, as the face may reflect moonlight and the eyes will shine if struck directly by a strong light. Further, obstacles which may lie in the path (stones, trip wires, etc.) are more readily visible. Using tile eyes ill this manner takes advantage of pupil dilation. When looking ahead, the pupils contract as light enters the eye. By focusing on the path, less light enters the eye. The pupils expand and more is seen through the rod cells, resulting in a type of off-center vision.

Fig. 8 The Heng Pu is easily mastered and enables one to move quickly over great distances, making no sound, with little fatigue. Practice by moving flat along a wall without touching it. The step should be at least one yard per pace, at the speed of a double-quick march. Once this level has been achieved, crouch lower. This strengthens the legs and makes it possible to move quickly in low shadows and under windows.

Fig. 9 When passing a window in this manner, it is advisable to listen for sounds from inside. Should the occupants be silent or snoring, or be engaged in an activity which requires their attention, they are less likely to detect your presence. One should listen at both sides, before and after passing.

P'A PU (NIGHT WALKING ABILITY)

Third among the Nine Steps is Pa Pu, or Night Walking Ability. This movement is developed by running on the balls of the feet. After much practice, add weight to the ankles. This strengthens the feet, making it possible to walk on tiptoe for great distances. This aids in eliminating sound.

Fig. 10 P'a Pu is employed when it is necessary to move quietly and quickly forward. Exhale and tense the Hara. Lower the body for better balance. Extend the arms, palms down, at waist level. Step forward with the left foot first, balancing on the right leg. Place the toes lightly on the surface, and shift body weight forward.

Fig. 11 As you move over the left foot, draw the toes back slightly, press the left heel down lightly. Glide forward, advancing the right foot in a similar manner. It will be noted that this is a variation of the hunting step, in which the toes may be used to clear leaves, twigs, and other small debris from the path before stepping on them.

SHE PU (SERPENT STEP)

The fourth technique is called She Pu, the Serpent Step. It is so named because the action of the Ninja's body resembles that of a snake. She Pu is used at times when one must move close to the ground to avoid being discovered. Use She Pu when cover is scarce, visibility permits good enemy observation, and speed is not essential.

Fig. 12 Keep the body as flat as possible. The hands are kept palms down, near the face, with elbows close to the body, legs spread, and toes outward. The head is lifted to observe the enemy. Study the movements of a stalking cat to perfect this approach. To move forward, extend the arms and draw the left leg forward. Pull with the arms and the toes of the left foot.

The weight is borne on the forearms and the left leg from knee to ankle. Thus, the body is lifted slightly above the ground to prevent scraping or dragging noises. Change the pushing leg frequently to avoid fatigue. Stop, listen, and observe after each movement. Silence and slow

movement are essential. This technique is also taught in every military service in the world. Most frequently called the Low Crawl and practiced under barbed wire while live rounds ricochet overhead to acclimate the recruit to battle. In South Africa it is known as the Leopard Crawl, because that is the action of the animal that most closely resembles that need to be successful. To the Ninja, however, the technique includes the injunction to weave back and forth across the line of travel. in serpentine fashion to disguise the trail and avoid gunfire.

LUNG PU (DRAGON STEP)

The Dragon Step is a variation of the Serpent Step. Use the Lung Pu technique when cover and concealment are available, when poor visibility reduces enemy watchfulness, and when more speed is needed.

Fig. 13 Keep the body free of the ground by resting body weight on the forearms and lower legs. The knees are maintained low behind the buttocks to reduce silhouette. Move forward by alternately advancing the right knee/left elbow and the left knee/right elbow. For the most part, sounds made by these motions are muffled by the costume. However, in this position one is quite vulnerable. It is therefore recommended for use in the primary ingress phase, which is beyond the enemy reach, but not beyond his field of view. In most military and paramilitary forces, this technique is referred to as the High Crawl and resembles the action of a lizard darting across a patio. In both of these techniques, the most common error is to let the buttocks bob up and down when moving. This, of course, leads to embarrassing injuries on the battlefield, and the unusual movement often attracts the attention of posted sentries.

TU PU (RUSHING STEP)

The Kuji Ashi's sixth step, Tu Pu, is the fastest way to move from one point of concealment to another. Unfortunately, it also exposes one to enemy observation. The Rushing Step is employed only when sufficient background exists to prevent silhouetting or when the enemy's attention is distracted.

Fig. 14 From the prone position, slowly raise the head and select your next point of concealment. Lower the head, draw the arms into the body, keeping the elbows in, and pull the right leg forward.

Fig. 15 In one movement, raise the body by straightening the arms. Spring to tile feet. stepping off with the left foot first.

Fig. 16 Run to the new position using the shortest route. Carry the body on the balls of the feet, in a crouch, with the shoulders rounded, arms hanging loosely at knee level. Press the first knuckle of each index finger with the ball of the thumb. The fingers are thus curled loosely and are carried as though the hands were sliding along a rail. This is known as Pao Nei An, or "running in darkness."

Fig. 17 As you near the next position, plant the feet slightly apart, drop to the knees as quietly as possible, fall forward and break the impact with the heels of the hands. Shift your weight to either side and roll over into position behind cover. Lie as flat as possible. If you think your movement was observed, move to the right or left as cover permits.

From Way of the Shadow by Psychlonic

How to Travel:

Different land and objects dictate a different way to travel. Here is a guide for when to use each kind of traveling, and how to do it.

Upright Walk

Walk upright when you have low risk of being seen, such as in fields, near your house, or inside a building when the area has been secured.

Bent Knee Walk

Walk with your knees bent to keep a low profile. Walk on your toes to distort your foot print, and walk silently. This may seem like overkill, but there's no good reason not to. Remember Rules 2 and 4. When crossing gravel and other loud terrain, slowly place your feet forward, on the ground, then lean forward, placing your weight onto that leg. This will help muffle the sound a little.

Jog

Rarely needed, only use when you are in safe areas and need to gain a little extra time on your watch. You may also opt to jog if you are crossing an area of high traffic, such as a main road.

Sprint

Only sprint when you are being chased or are in danger of being seen by a vehicle. Otherwise, the noise and the movement will draw all sorts of attention to you.

Crawl - Hands and Knees

Crawl on your hands and knees when you need to keep a low profile, yet retain decent speed. Be aware that doing this will often leave marks on soft ground

Crawl - Elbows and Legs

Gives you a lower profile, but slows you down. To do this, lay down in the prone position, and push yourself forward using your elbows and your feet.

Crawl - Prone

Lowest and slowest. Lay flat on the ground and slowly inch forward using your legs and forearms. Necessary only when traveling under objects or behind grass.

Bent Ankle Walk

When crossing snow, you need to try to fool any potential investigators as much as possible. To do so, one idea is to bend your feet inwards and walk on the outsides of your ankles. Doing so leaves only lines in the snow as opposed to actual prints. Also good for loose dirt. Remember that a footprint draws attention, but a few lines will not, so try not to create a trail while doing this.

No matter how you walk, you should always try to follow some basic rules, such as what type of ground you walk on. Try to stay on grass, asphalt, and other ground that is quiet. Silence is of the highest importance, with softness coming next. Soft ground retains prints. Stay out of gravel, snow, and loose dirt whenever possible. Also keep an eye out for twigs, dry leaves, and dog shit. Annoying, for obvious reasons.

From Name_Classified Guide by Name_Classified

there is no definitively way to walk silently, everyones stalk is different and is devolved around there body, skill, weight, etc. LUCKLY for us there is somethings we can do to help us develop our stalk!!!!

Now the way you walk will greatly depend on the type of terrain and the environment that your are walking through, ie on concrete its important to step softly and absorb the pressure of the foot fall by bending your legs, while in a bush or woodland environment, your main concern should be not to step on things that will make lots of noise such as sticks, dry leaves, dead wood etc.

NOW lets jump straight into it!!

-Concrete/hard solid ground-

I find that concrete and other such terrain is fairly easy to stay quiet on, even when moving at a quick pace.

a lot of people do this differently but i find this works for me and i have found that i can actually run at a decent pace using this technique!

First stand side on with your dominant foot forward. the reason we stand with out dominant foot forward is that that will be the one thats the most stable. NOW lightly pick up your leading foot and curl your toes upwards, now move your leading foot in front of you till its extended comfortably, uncurl your toes and place just the ball of your foot/shoe onto the ground, now lower the rest of your foot lightly, all of the weight should've been on the ball and so that step should have been completely silent.

Now once your stabilized, pick up your back foot (Make sure to keep your knees bent) while still standing side on and bring it to the front of your leading foot like your doing a side step (your lower half should be facing sideways but your head/shoulders should be facing forward. Carefully lower the ball of your foot down onto the ground just beside your leading foot but far enough away so that you can move your leading leg, now place the rest of your foot down slowly, once again all the weight should be on the ball of your foot so that the footfall is silent. so now you should be standing with your feet perpendicular and your knees bent, then just start from the beginning, bring up your leading foot and extend it etc.....

I will try and get some videos or pictures of this technique when possible (I know im not a very descriptive writer lol)

-Bush/Woodland-

Bush and woodland is one of the hardest types of terrain to stalk through, mainly because of all the crap that litters the forest floor, but also because the ground is often very uneven and can cause injury.

The technique i use to stalk through the bush is the same one that deer stalkers/hunters use.

Right of the bat i have to mention that you must shorten your strides to about half there normal length to maximize stability and balance.

OK first of you gotta make sure that once again, keep your knees slightly bent, next take your leading foot and pick it up slowly being careful not to disturb any foliage or branches that are near you (make sure that you lift your foot straight up, do not slide your feet at all.)

Next slowly bring your foot towards the ground, once again being careful not to disturb any foliage or branches, make sure that all your weight is on the back foot, this is because if you feel that your leading foot is touching something that will make a lot of noise when you put your foot down, your going to have to pick your foot up again without lowering it and move it to another position. Keep your toes curled and your foot on an angle so that the first thing to touch anything below you is the outside edge of your foot, when your finally found a piece of ground thats suitable to put your foot down, lower it down till the outside edge of your foot is on the ground, next uncurl your toes and gradually shift your weight down on to your leading foot while rolling it inwards onto the base of your foot, by the time your foot is flat on the ground, all your weight should be on it and you can now repeat the technique with the other foot. Each footstep should take between 30-60 seconds.

-grass/paddocks-

Im my experience, grassland is the easiest type of terrain to move across quietly, in fact even while walking normally, your footfalls with be nearly silent. I haven't developed a stalk for this type of terrain as i really don't see the point, even walking normally my foot falls are silent on grasslands. thats unless it is muddy or wet, in this case i use the same sort of walk as i use for the bush except quite a lot faster, this cuts down the noise of the mud under foot.

Moving while prone is a very important skill, and it is a skill that you will use more times than the shitter!!

The secret to moving prone is what i like to call "Segmented Movement" what this means is that you move a little bit and then lie prone for a while before moving a little bit again.

first off, the movement! first start on your stomach with your toes pointing downwards and your hands beside your chest like your at the bottom of a press up.

First push of the ground with your hands into a semi press up, this will allow you to move silently while still remaining stable.

Next, move your hands forward (the distance you move them depends on you, just make sure that you can move your body forward to the press up position again in one motion) next put downward pressure on your hands and pull yourself forward using your toes to shuffle your lower body. once you've done this you should be in the half press up position again, now lower yourself to the ground to the position that you first started in.

Heres where the "Segmented Movement" comes in, after your back into your prone position, stay completely still and open your mouth to quieten body sounds such as breathing, heart beat, and saliva movement and to allow you to hear better.

If you have face camo or a mask on then keep your head up and look around, if not you'll have to keep your head facing downwards and use just your ears!.

The semi crouch position is the name i have given to the way that soldiers and police walk to keep there weapon as steady as possible.

The reason it is so stable is because the knees are bent and the head is brought down to you weapon sights, this pushes your back shoulder up and shifts your center of gravity to the front of your body, you also keep a leading leg out in front of you unless your in the middle of a step, and that coupled with the forward momentum while your walking makes your torso a stable weapon platform.

The way i do this is the same as the method i use for concrete and other solid ground except i turn my body towards the front a bit more and sort of bounce every step so that only my legs move and my torso stays level.

Bear in mind that this position is only suitable when you will have to fire as soon as you have contact or if you'll have little to no time to react to a compromise or a situation, if your carrying a weapon on a usual Night Op, you should always point the muzzle in a safe direction and keep either the safety on or the bolt and chamber open, if you think stepping on a stick is going to compromise you what do you think an unwanted discharge is going to do.