Legend for classification of CR modes

ALTERNATING		PARALLEL	
SYMMETRICAL	ASYMMETRICAL	SYMMETRICAL	ASYMMETRICAL
Both arms and legs move alternately	Alternate move by arms or legs	Both arms and legs move, each pair unidirectionally	Unidirectional move by arms or legs
In animals Horse walk	Bird walk	Panther leap	Kangaroo ricochet
In human Human walk	Human walk with hands crossed	Human leap	Human skip





