

HOW TO OPEN A DOOR

<https://youtu.be/Wof0xPUmW38>



Did you know that every third person constantly opens doors incorrectly.



Do not be a bad door opener, for there is hardly anything easier than opening a door.



The rule of thumb for opening a door is that the door is always opened in the same way.



It's important to properly learn basic door opening.



The door is approached calmly.



Three meters before the door your steps have to be adjusted so that the left foot stops about 5 cm from the threshold.



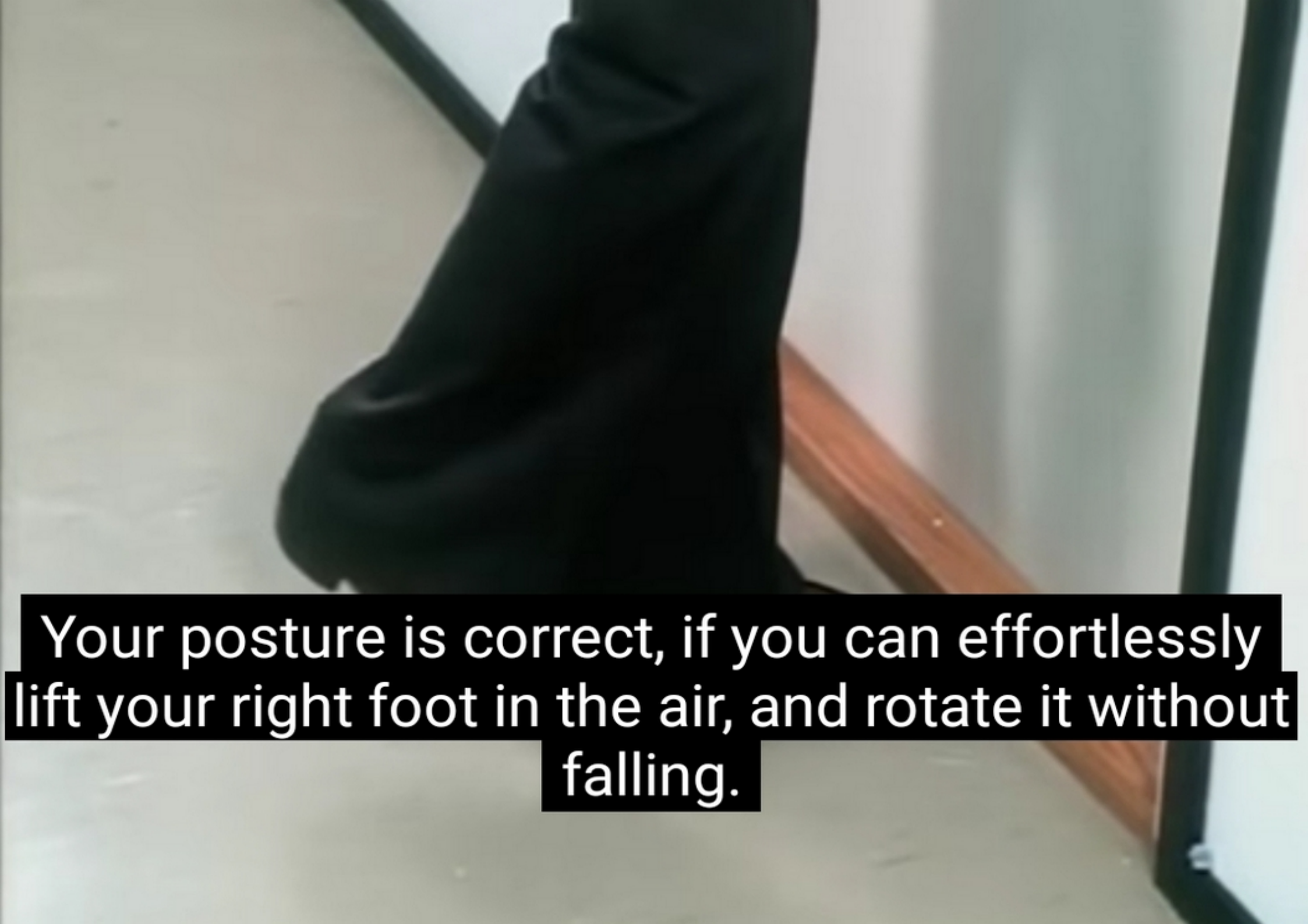
Right foot stays behind.



The prerequisite for opening a door in a rhythmically successful way is that your weight rests on your left foot.



Your posture is correct, if you can effortlessly lift your right foot in the air, and rotate it without falling.

A close-up photograph of a person's right leg and foot, wearing a black sock, resting on a wooden handrail of a staircase. The background is a light-colored wall and a dark metal railing.

Your posture is correct, if you can effortlessly lift your right foot in the air, and rotate it without falling.




Now you'll extend your left arm towards the door handle, while your weight shifts forward.




Due to this maneuver your weight also moves to your left hand, which sort of automatically pushes the handle down.




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From the emerged opening you'll slip your right foot in, rotating on it, turning your front side towards the entry direction

A man in a brown jacket and dark trousers is walking through a narrow doorway. He is captured in profile, moving from left to right. His right foot is positioned on the edge of the doorway, and he appears to be using it as a pivot point to rotate his body. The background is a plain, light-colored wall. The floor is a light-colored, polished surface.


From the emerged opening you'll slip your right foot in, rotating on it, turning your front side towards the entry direction

A person wearing a light-colored suit jacket and dark trousers is standing in a doorway, viewed from behind. The person is positioned in the center of the frame, with their back to the camera. The doorway is framed by dark vertical lines, and the background is a plain, light-colored wall. The lighting is soft and even.

From the emerged opening you'll slip your right foot in, rotating on it, turning your front side towards the entry direction



while releasing your grip from the handle

A white door is shown slightly ajar, revealing a silver handle. The door is set against a light blue wall. The image is a still from a video, as indicated by the text overlay at the bottom.

while releasing your grip from the handle




while releasing your grip from the handle





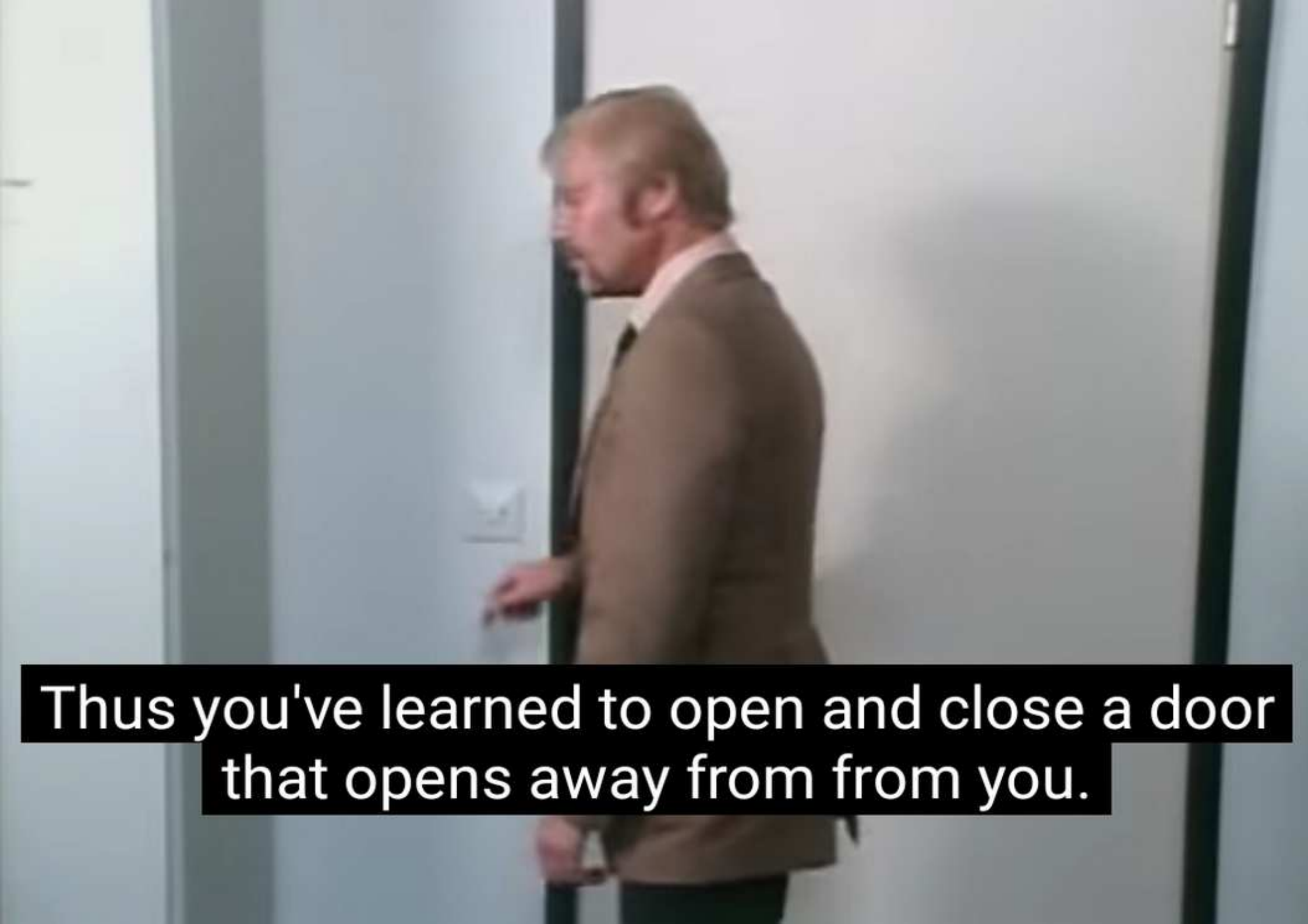
but at the same time grabbing the handle with your right hand while shifting your weight to the right.



but at the same time grabbing the handle with your right hand while shifting your weight to the right.



The door closes.



Thus you've learned to open and close a door that opens away from from you.



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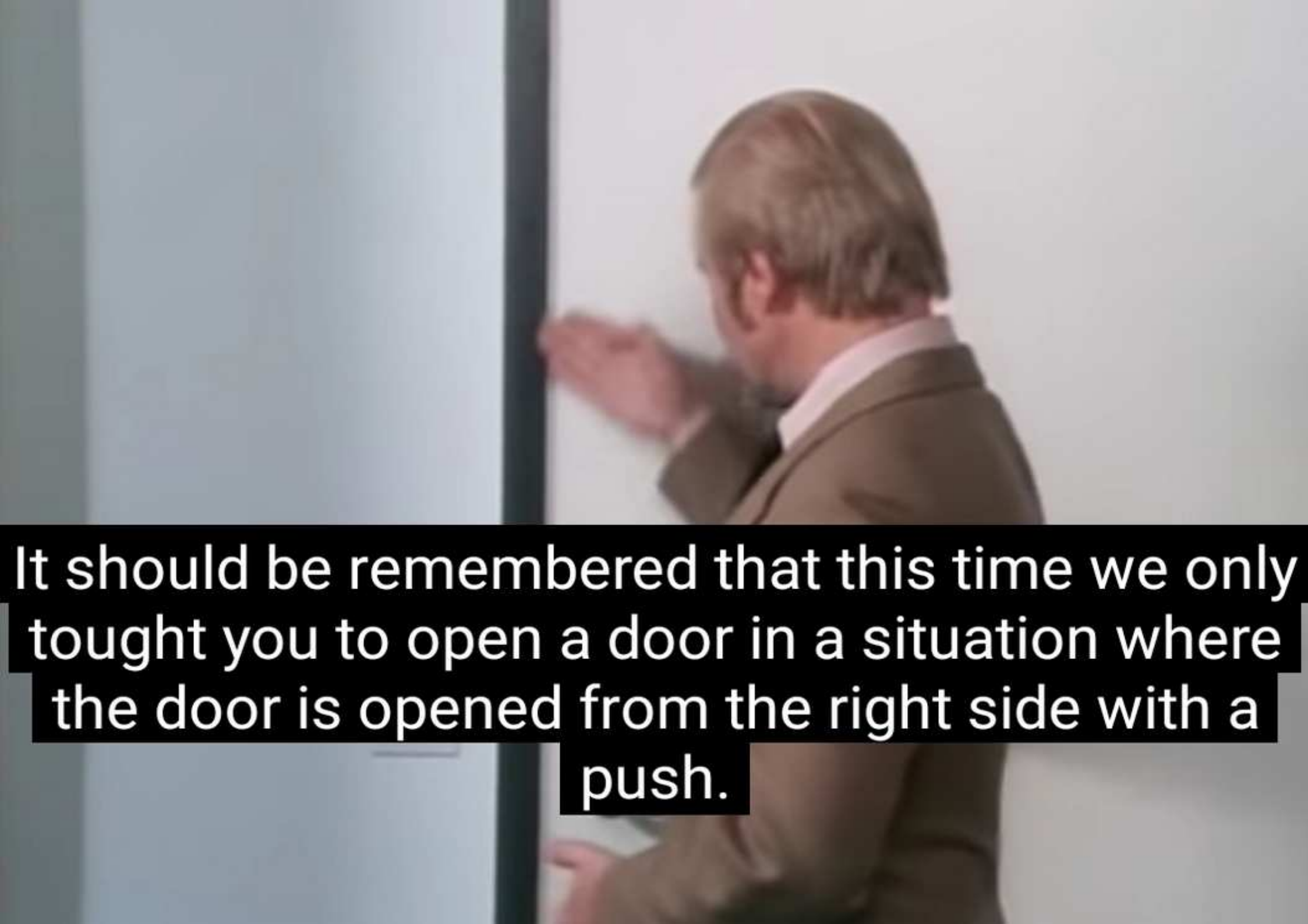
Thus you've learned to open and close a door that opens away from from you.




Doors do often also open towards us.



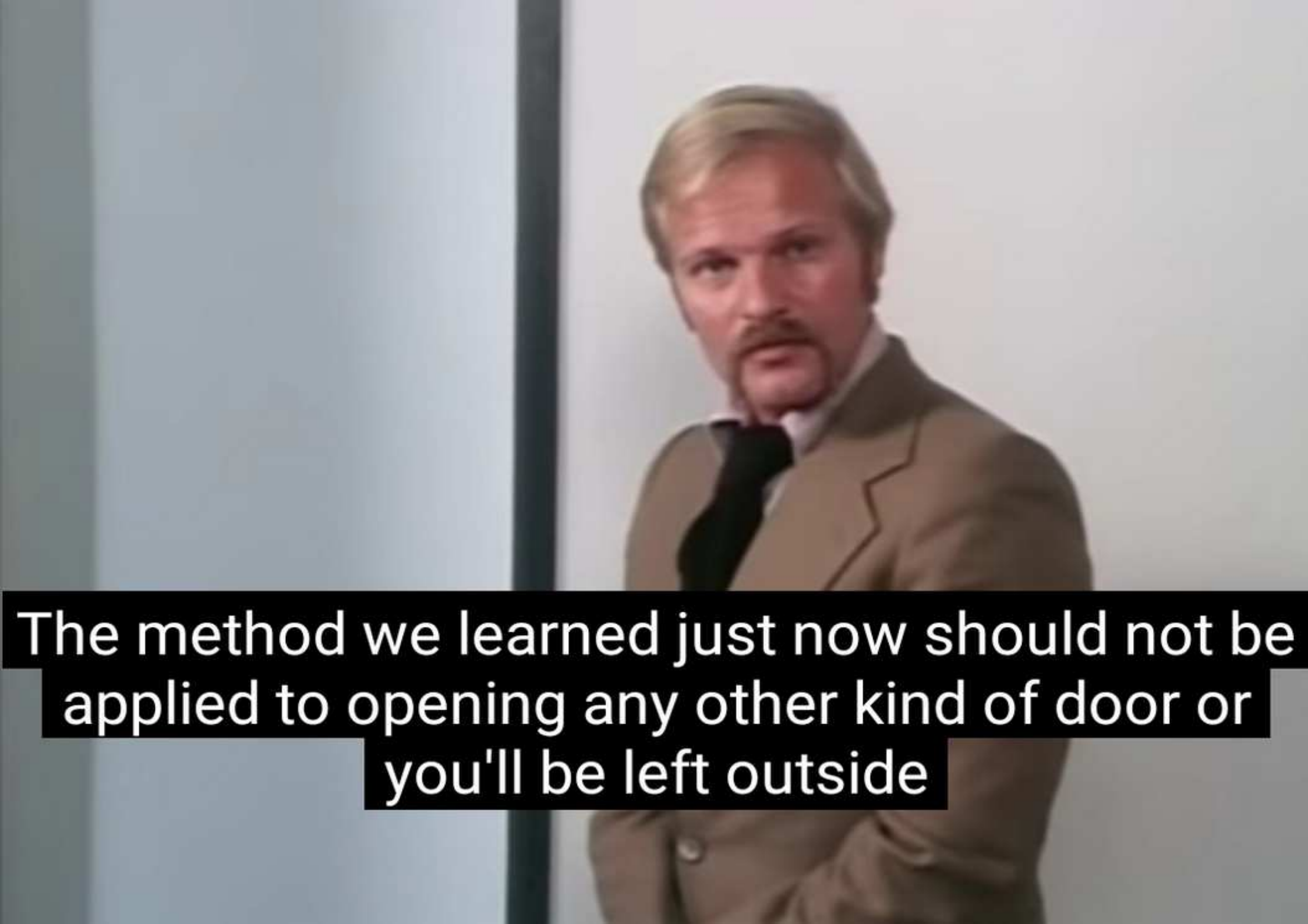
It should be remembered that this time we only taught you to open a door in a situation where the door is opened from the right side with a push.

A man in a brown suit and white shirt is shown from the side, pushing a light-colored door open. The door is slightly ajar, and the man's hand is visible on the edge. The background is a plain, light-colored wall.

It should be remembered that this time we only taught you to open a door in a situation where the door is opened from the right side with a push.

A man with a mustache and goatee, wearing a brown suit, is shown from the chest up. He is looking back over his right shoulder with a serious, warning expression. His right hand is pressed against a dark vertical frame, likely a door. The background is a plain, light-colored wall.

The method we learned just now should not be applied to opening any other kind of door or you'll be left outside

A man with light-colored hair and a mustache, wearing a brown suit jacket, a white shirt, and a black tie. He is looking slightly to his right with a neutral expression. The background is a plain, light-colored wall with a vertical dark line on the left side.

The method we learned just now should not be applied to opening any other kind of door or you'll be left outside

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