

# BAREFOOT SHOE GUIDE

YOUR GUIDE TO GETTING STARTED  
& TRANSITIONING



Servus,

if you're holding this shoe in your hands,  
you're at the beginning of an exciting journey.

Maybe it feels unusual at first.  
But that's exactly where the opportunity lies:

Back to more natural movement, more feeling —  
and a body that is finally allowed to work again.

And one thing upfront:

**BAREFOOT SHOES ARE NOT CLASSIC SHOES.  
THEY ARE A TRAINING TOOL.**

They don't cushion.  
They don't guide.

They don't take the work away from you.  
And that's exactly why they give something back to your  
body that has often been lost:

Movement, activity, and real feet.back.

We want to accompany you on this journey  
with our barefoot shoe guide.

### Who is "we"?

- **Barefoot School Germany & Switzerland**  
with Pelle, Roman & Ben
- **Dr. med. Martin Weiß**  
General Practitioner & Chiropractic Specialist  
Specialized in: Back & Joint Health
- **Carsten Stark**  
Germany's only Foot Cartographer
- **Maximilian Hundhammer**  
Founder & Product Developer  
of the shoe brand Doghammer



## WHY BAREFOOT SHOES FEEL DIFFERENT

For many years, we've become used to shoes that stabilize, cushion, and guide us.

Our feet hardly had to work.

**Barefoot shoes turn this principle upside down:**

- No heel drop → your body stands naturally again
- Thin sole → you can feel the ground beneath you
- Flexible sole → your foot muscles have to work
- Wide toe box → your toes finally have space



### The result:

Your foot muscles are being (re)activated — often more intensely than you're used to.

And that's exactly why the first steps can feel unusual.

## WHAT HAPPENS INSIDE YOUR BODY

When switching to barefoot shoes, your foot and calf muscles begin to work again.

Muscles that haven't been challenged much for a long time become active again.

Your posture changes.

Your movement patterns become more conscious.



Zero Drop



Wide Toe Box



Better Balance



Trained Muscles

**The most important principle:  
Your ambition shouldn't decide - your body should.**

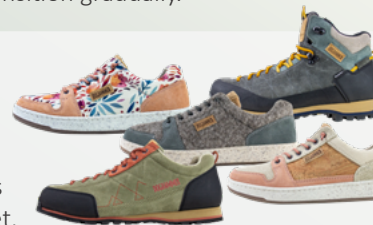
Barefoot shoes **don't work through "more"** - they work through proper use.

*Wide Toe Box for Maximum Freedom of Movement*



Especially in the beginning, you shouldn't see barefoot shoes as a complete replacement for your old shoes, but rather approach the transition gradually.

**Important:** Even as a barefoot shoe wearer, you can still wear regular shoes from time to time - switching between them is no problem for healthy feet.



**Most mistakes happen during the first few weeks.**

**Avoid:**

- Long walks or hikes right at the beginning
- Switching completely overnight
- Ignoring pain



## WHAT'S COMPLETELY NORMAL IN THE BEGINNING

Many beginners are surprised by their body's first reactions.

### This can happen:

- Tightness in your calves
- Sore muscles in your feet or lower legs
- A more intense feeling of the ground beneath you
- Faster fatigue

### These signals show you:

- ✓ Your body is working.
- ✓ Your muscles are being activated.



Give your body time - adaptation is a process.



## BAREFOOT SHOES ARE TRAINING

Barefoot shoes don't just accompany you - they challenge you and your feet.

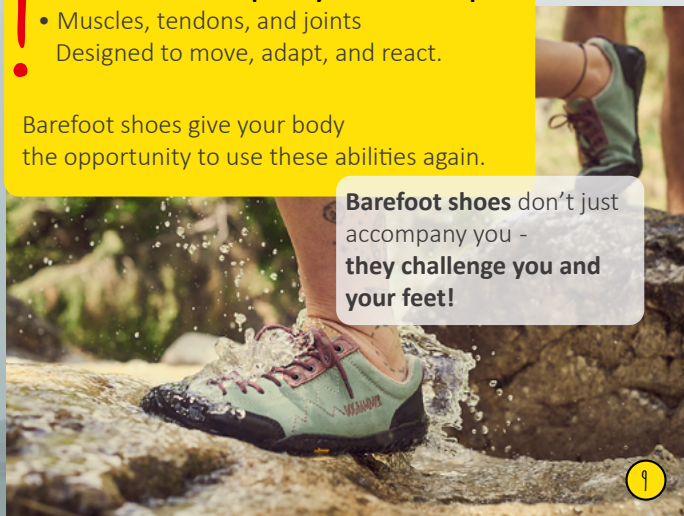


### Your feet are a complex system made up of:

- Muscles, tendons, and joints
- Designed to move, adapt, and react.

Barefoot shoes give your body the opportunity to use these abilities again.

Barefoot shoes don't just accompany you - they challenge you and your feet!





BEN GRÜMER, ROMAN GULL,  
PER-OLOF (PELLE) WÄBEN  
FOUNDERS OF BARFUSS.SCHULE

**Biggest mistake when getting started?**

Many people choose their barefoot shoes too tight. Your feet intentionally need more space - especially in the toe area - so natural movement can fully develop.

**Do barefoot shoes support natural movement?**

We don't see barefoot shoes as traditional training equipment, but as a return to natural movement. They give your feet more freedom in everyday life instead of restricting them.

**What should you pay attention to while walking?**

Especially in the beginning, it helps to slow down and walk more consciously. This allows your body to gradually adapt to the new walking experience step by step. Barefoot shoes don't work automatically - they challenge both you and your body, which is exactly why they function like a training tool.

**The shoe creates the foundation - what really matters is how you use it:**

- Walk consciously
- Increase gradually
- Relearn natural movement



DR. MED. MARTIN WEIß  
DOCTOR & BAREFOOT SHOE EXPERT

**Why do so many people have foot problems?**

In everyday life, our feet are not challenged enough. Stiff shoes and rigid soles take work away from them instead of actively engaging them.

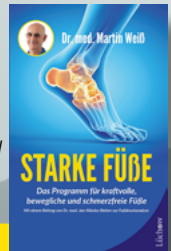
As a result, the muscles weaken, mobility decreases, and the natural interaction of the foot structures gets lost.

**What opportunities do barefoot shoes offer?**

Barefoot shoes bring the foot back to its natural movement. Muscles are activated, joints stay mobile, and the foot can function the way it was originally designed to. This makes walking feel lighter, more stable, and more natural.

**Are there limits or risks?**

When transitioning, the key is: start slowly. Shorter distances, conscious walking, and gradual adaptation help prevent overuse.



**Advice for beginners?**

- Listen to your feet and start slowly. Over time, they will become stronger- and every step will begin to feel more natural.



Videos about Barefoot Shoes:



Barefoot Knowledge - Magazine:



FAQs:



Insoles made from recycled cork or wool provide a comfortable, antibacterial, and odor-free foot climate! Simply switch them depending on your needs!



YOUR SPECIALIST FOR BAREFOOT SHOES

TOGETHER FOR NATURAL MOVEMENT

