

Humans have **whole-body dexterity**.



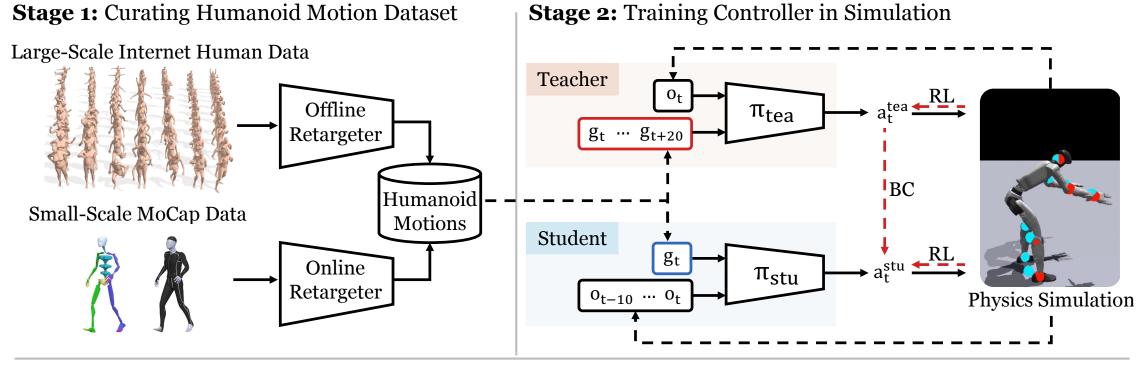
SFU

Use Feet to Kick Crouch and Reach Use Elbow to Push Prior teleoperation systems fail to achieve such coordinated whole-body behaviors.

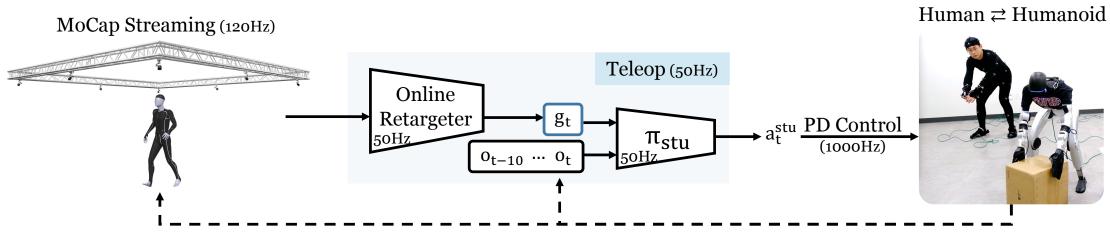
- We ask: **can we achieve human whole-body dexterity** for humanoid robots?
- Key idea: let robots imitate whole-body humans.

## Our System: TWIST

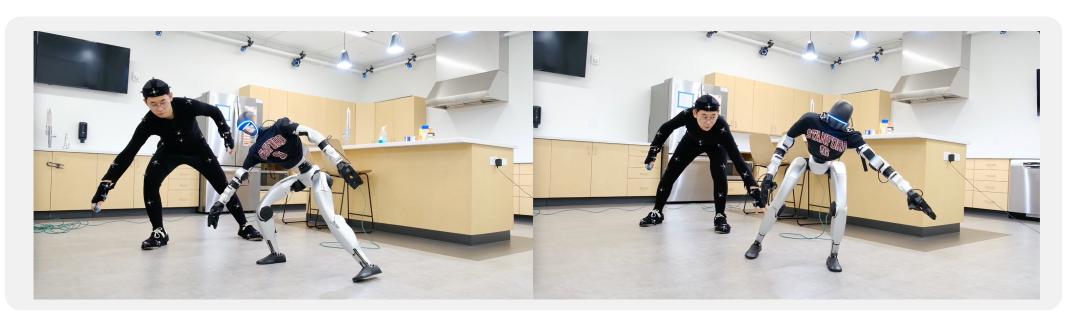
- **Stage 1:** curating a large-scale humanoid motion dataset.
- **Stage 2:** training a tracking controller in physics simulation.
- Stage 3: teleoperating real-world humanoid robots with MoCap data.



Stage 3: Real-World Humanoid Teleoperation



> Extreme reachability: TWIST achieves human-like whole-body reachability, fully leveraging whole-body robot joints.



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