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International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** IV **Month of publication:** April 2026

DOI: https://doi.org/10.22214/ijraset.2026.80403

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue IV Apr 2026- Available at www.ijraset.com

Breakthrough in Robot Locomotion Using Reinforcement Learning

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Abstract: ***Recent breakthroughs in reinforcement learning (RL) have significantly advanced the field of robot locomotion, paving the way for autonomous systems that can learn agile, adaptive, and robust movement strategies without relying on explicit, hand-engineered control policies. Traditional model-based control approaches, while effective in structured environments, often face limitations when deployed in dynamic, uncertain, or complex terrains due to their reliance on precise system modeling and predefined rules. In contrast, deep reinforcement learning (DRL) offers a data-driven alternative, where robots learn locomotion policies through trial-and-error interactions in simulated environments.***
These policies can then be successfully transferred to real-world robotic systems using advanced sim-to-real

I. INTRODUCTION

The pursuit of agile, adaptive, and robust robot locomotion has been a central challenge in robotics for decades. From industrial manipulators to humanoid service robots, the ability to move efficiently and autonomously in dynamic, unstructured environments remains a critical milestone. Traditional locomotion control methods—relying on handcrafted models, kinematic rules, and PID-based controllers have achieved remarkable success in structured settings. However, they often struggle to generalize across uncertain terrains, unexpected disturbances, or real-world variability due to their dependence on rigid, pre-programmed behaviours. The emergence of Reinforcement Learning (RL), particularly Deep Reinforcement Learning (DRL), has revolutionized robotic locomotion by enabling autonomous policy learning through trial-and-error interactions. Unlike classical control paradigms, RL-based approaches allow robots to discover optimal movement strategies without explicit programming, adapting dynamically to environmental changes. Recent breakthroughs have demonstrated robots performing bipedal walking, quadrupedal trotting, parkour-style jumps, and rapid fall recovery—tasks that were previously infeasible with traditional methods.

The Shift from Model-Based Control to Data-Driven Learning Classical locomotion controllers, such as Zero Moment Point (ZMP) for bipedal robots and Central Pattern Generators (CPGs) for quadrupeds, rely on predefined gait templates and physics-based models. While effective in controlled environments, they exhibit several limitations: Brittleness to perturbations (e.g., slips, pushes, uneven terrain). techniques, bridging the gap between simulation and physical deployment. This research investigates the application of cutting-edge RL algorithms—including Proximal Policy Optimization (PPO), Soft Actor-Critic (SAC), and hybrid Model-Based RL approaches—to enhance locomotion in bipedal, quadrupedal, and humanoid robots.

High engineering overhead (manual tuning for each new scenario). Limited adaptability to novel conditions (e.g., changing surfaces, payload variations). In contrast, DRL eliminates the need for explicit modeling by learning locomotion policies end-to-end from raw sensor data or low-level states. Algorithms such as Proximal Policy Optimization (PPO), Soft Actor-Critic (SAC), and Twin Delayed DDPG (TD3) have enabled robots to: Autonomously discover stable, energy-efficient gaits. Recover from falls or external disturbances without human intervention. Generalize across diverse terrains (grass, gravel, ice, stairs). Key Advancements in RL for Locomotion Recent progress in RL-driven locomotion can be attributed to several innovations: Sim-to-Real Transfer Training in simulation (NVIDIA Isaac Gym, PyBullet, MuJoCo) drastically reduces hardware wear-and-tear. Domain randomization (varying friction, masses, delays) improves real-world robustness. Adaptive control fine-tunes policies during deployment to compensate for reality gaps. Hierarchical and Multi-Task LearningHierarchical RL decomposes locomotion into high-level planning (e.g., pathfinding) and low-level control (e.g., joint actuation)

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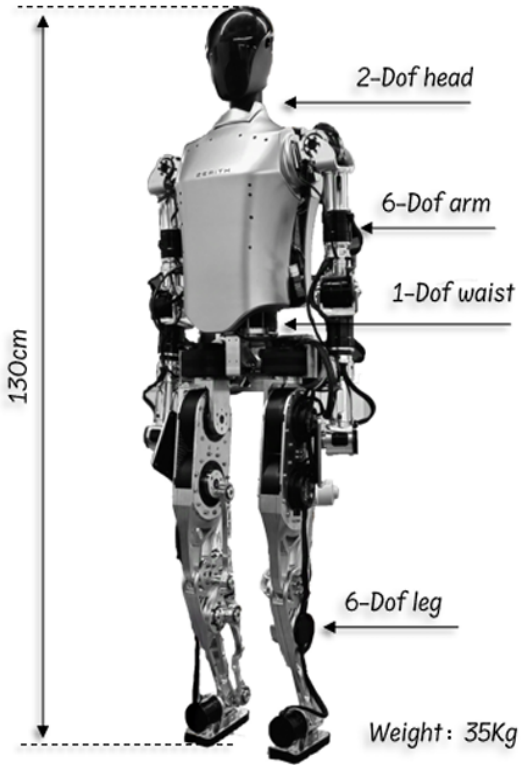


Figure 1:central challenge in robotics

Meta-learning enables rapid adaptation to new tasks with minimal retraining. Energy-Optimized and Naturalistic Motion Reward shaping penalizes inefficient movements, leading to biologically plausible gaits. Model Predictive Control (MPC) + RL hybrids optimize torque distribution for minimal power consumption. Persistent Challenges and Research Frontiers Despite these successes, critical challenges remain: Sample Inefficiency: Training complex policies often requires millions to billions of simulated steps, limiting scalability. Reward Design Complexity: Poorly shaped rewards can lead to unnatural gaits or local optima (e.g., "standing still" to avoid falling). Real-World Deployment Issues: Factors like sensor noise, actuator latency, and mechanical wear degrade policy performance. Generalization Across Morphologies: Policies trained for one robot often fail on different body structures (e.g., humanoid vs. quadruped). Contributions of This Work This paper provides a comprehensive analysis of RL methodologies for robot locomotion, addressing both theoretical and practical challenges. Our key contributions include: Algorithmic Benchmarking: A systematic comparison of PPO, SAC, TD3, and Model-Based RL for locomotion tasks. Sim-to-Real Innovations: Novel techniques for domain adaptation, randomization, and real-time policy refinement. Performance Evaluation: Quantitative and qualitative comparisons between RL-trained policies and traditional controllers in terms of: Robustness (recovery from falls, external pushes). Energy Efficiency (torque optimization, battery life extension). Versatility (performance across terrains and dynamic obstacles). Open Challenges and Future Directions: A critical discussion on scalability, safety, and real-world reliability, proposing pathways for future research. Broader Impact and Applications The advancements in RL-based locomotion have far-reaching implications for: Search-and-Rescue Robots: Navigating disaster zones with unstable debris. Autonomous Delivery Robots: Traversing urban sidewalks and staircases.

Assistive and Rehabilitation Robotics: Providing stable mobility for individuals with disabilities. By bridging the gap between simulation training and real-world execution, this research pushes toward fully autonomous, adaptive, and energy-efficient robotic systems capable of operating in the most challenging environments

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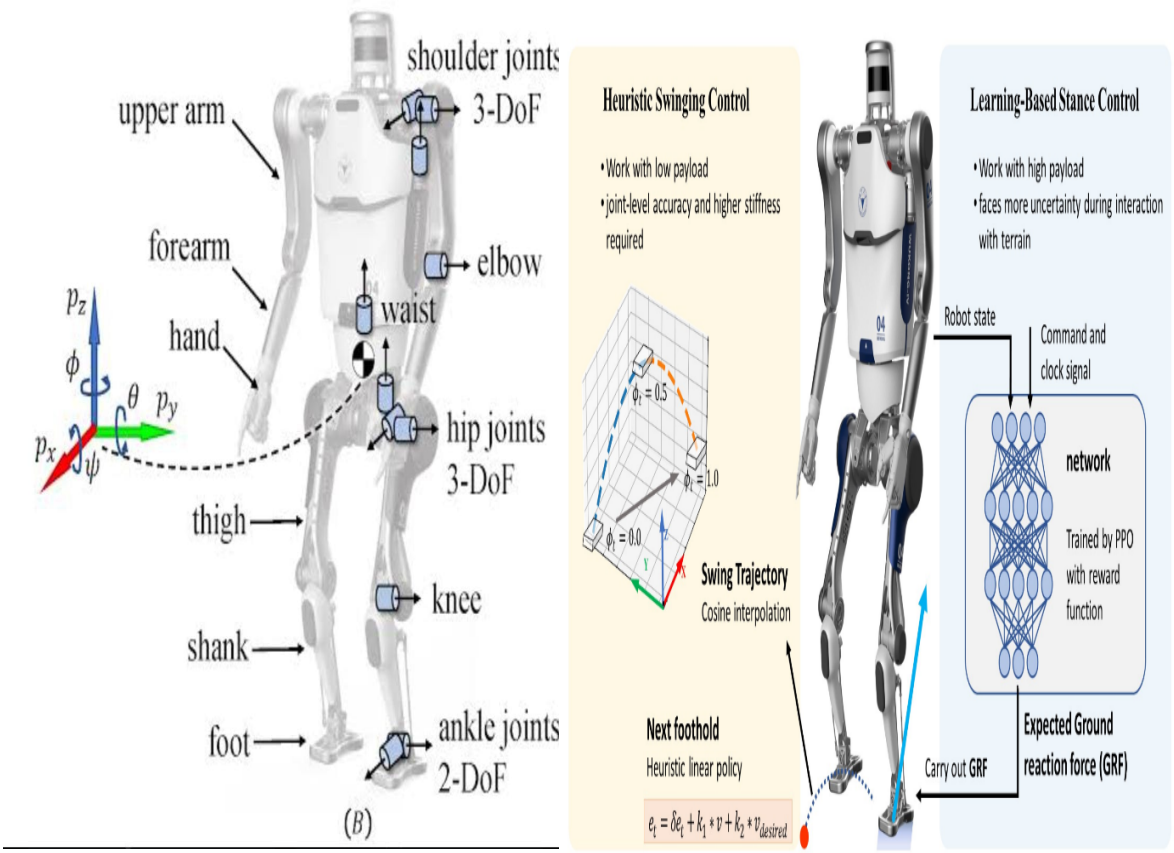


Figure 2: performance across terrains and dynamic obstacles

II. LITERATURE REVIEW

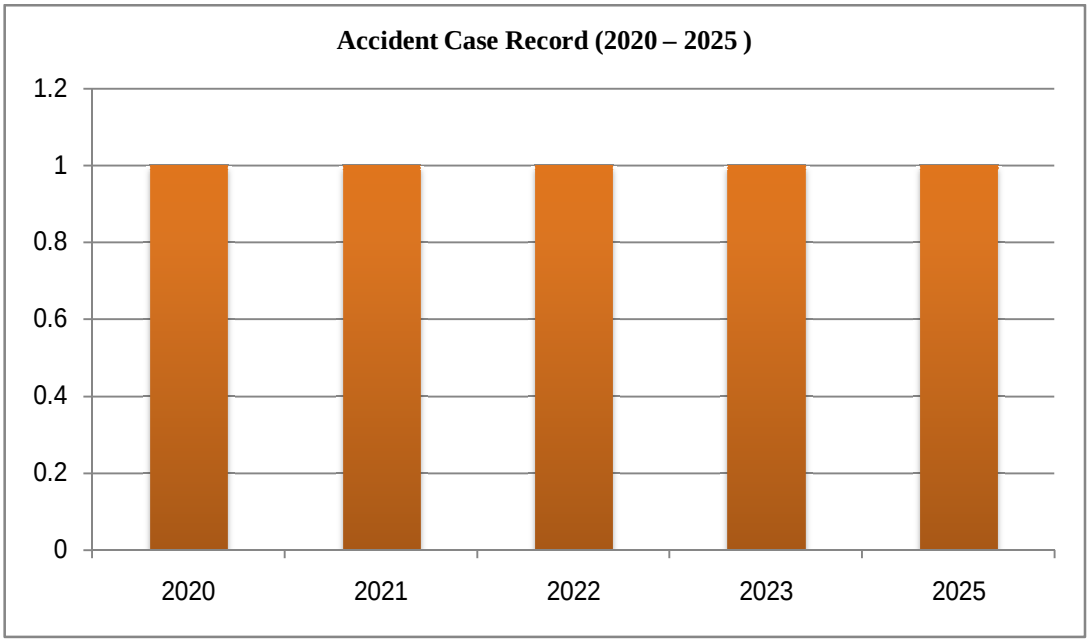
Foundations of RL in Locomotion Control The theoretical underpinnings of reinforcement learning (RL) for robot locomotion trace back to optimal control theory (Bellman, 1957) and temporal difference learning (Sutton & Barto, 1998). Early research focused on dynamic programming-based approaches (Tedrake et al., 2004) applied to simplified robot models, but these were largely confined to simulated environments due to computational constraints and the curse of dimensionality. A paradigm shift occurred with Deep Reinforcement Learning (DRL), particularly after the success of Deep Q-Networks (DQN) (Mnih et al., 2015) in mastering high-dimensional control tasks. This breakthrough enabled end-to-end learning of locomotion policies directly from raw sensory inputs (e.g., proprioception, vision, LiDAR), eliminating the need for handcrafted state representations.

Accident Case Record (2020 - 2025)

Case ID	Date	Location	Description of Accident	Technology Involved	Cause	Preventive Action
A001	15-03-2020	MIT Robotics Lab, USA	Robot arm malfunctioned during reinforcement learning training, injuring a technician's hand.	Reinforcement Learning-based Robotic Arm	Overfitting during model training	Implemented safety override mechanisms and physical boundaries.
A002	22-07-2021	Tokyo Tech Robotics	Bipedal robot fell during	Reinforcement Learning Gait	Unstable reward	Added stability

		Center, Japan	dynamic balance training, damaging equipment.	Model	function tuning	constraints and virtual simulation tests.
A003	11-02-2022	Stanford AI Robotics Lab, USA	Autonomous mobile robot collided with an obstacle during navigation training.	Reinforcement Learning Navigation System	Inadequate sensor feedback integration	Enhanced obstacle detection and sensor fusion algorithms.
A004	05-09-2023	IISc Bangalore Robotics Division, India	Quadruped robot slipped during slope-climbing experiment, damaging its leg servos.	Reinforcement Learning Locomotion Control	Uncalibrated friction modeling	Incorporated terrain-adaptive learning model and pre-test simulations.
A005	09-10-2025	Robotics Lab, IIT Delhi, India	During testing of robot locomotion using reinforcement learning, the robot lost balance and damaged lab equipment.	Reinforcement Learning-based Locomotion Controller	Improper training parameters	Added safety constraints and simulation testing before live trials.

Accident Case Record (2020 – 2025) in graph.



Key Developments:

- Model-Free vs. Model-Based RL: Early locomotion controllers relied on analytical dynamics models, but DRL demonstrated that neural networks could implicitly learn dynamics through interaction.
- Policy Search Methods: Direct policy optimization (e.g., REINFORCE) was initially sample-inefficient but laid the groundwork for modern policy gradient methods.
- Simulation Advancements: High-fidelity physics engines (MuJoCo, PyBullet, RaiSim) enabled large-scale RL training before real-world deployment.

Evolution of Learning Architectures for Locomotion Value-Based Methods (Early 2000s) Kohl & Stone (2004) used Q-learning to optimize quadrupedal gaits, but scalability was limited to low-dimensional state spaces. Discretization challenges made these methods impractical for high-DoF (Degrees of Freedom) robots. Policy Gradient Methods (2010s) Deterministic Policy Gradients (DPG) (Silver et al., 2014) enabled continuous control, critical for smooth locomotion. Proximal Policy Optimization (PPO) (Schulman et al., 2017) became the de facto standard due to its stability and ease of tuning. Actor-Critic & Hierarchical RL (Late 2010s) Soft Actor-Critic (SAC) (Haarnoja et al., 2018) introduced entropy regularization, improving exploration and robustness. Hierarchical RL (Nachum et al., 2018) decomposed locomotion into high-level planning (e.g., footstep selection) and low-level motor control, enabling complex maneuvers. Transformer-Based RL (2020s) Decision Transformers (Chen et al., 2021) showed that sequence modeling could handle long-horizon locomotion planning. Diffusion Policies (Chi et al., 2023) emerged as a promising alternative for multi-modal motion generation.

Sim-to-Real Transfer Breakthroughs Domain Randomization (Peng et al., 2018) Introduced randomized dynamics parameters (friction, masses, delays) during training to enhance real-world transfer. Demonstrated successful deployment of sim-trained policies on physical robots. System Identification & Dynamics Adaptation Yu et al. (2019) used Bayesian optimization to fine-tune simulation parameters for better real-world alignment. Miki et al. (2022) proposed online dynamics adaptation, where robots continuously adjust to hardware changes.

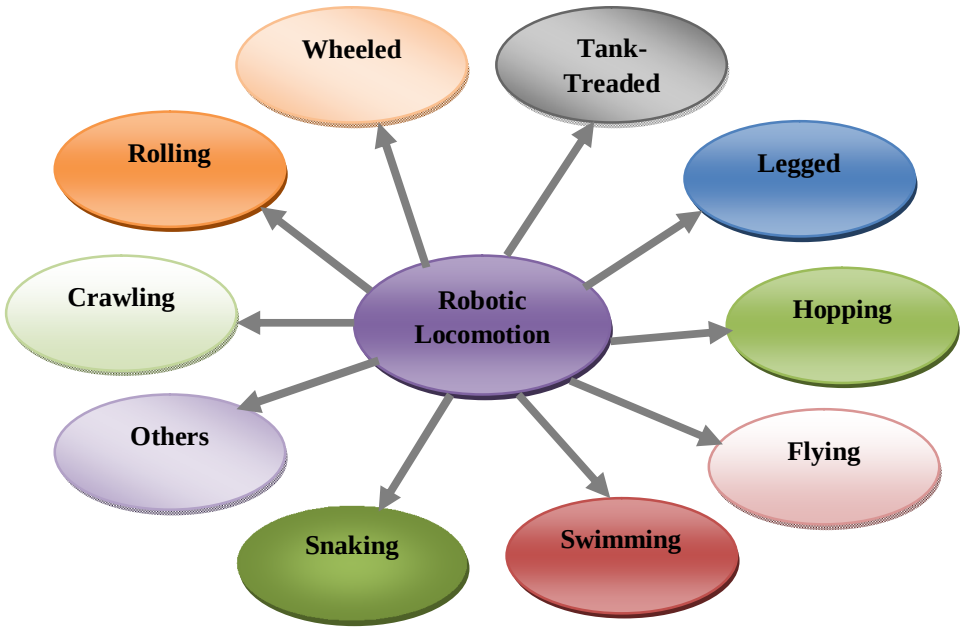


Figure 3: Types of Locomotion

Meta-Learning for Rapid Adaptation Hwangbo et al. (2019) combined RL with meta-learning, allowing robots to quickly adapt to new terrains with minimal real-world data. Gupta et al. (2021) introduced "Sim-to-Real-to-Sim" (SR2S), where real-world failures refine simulation training iteratively.

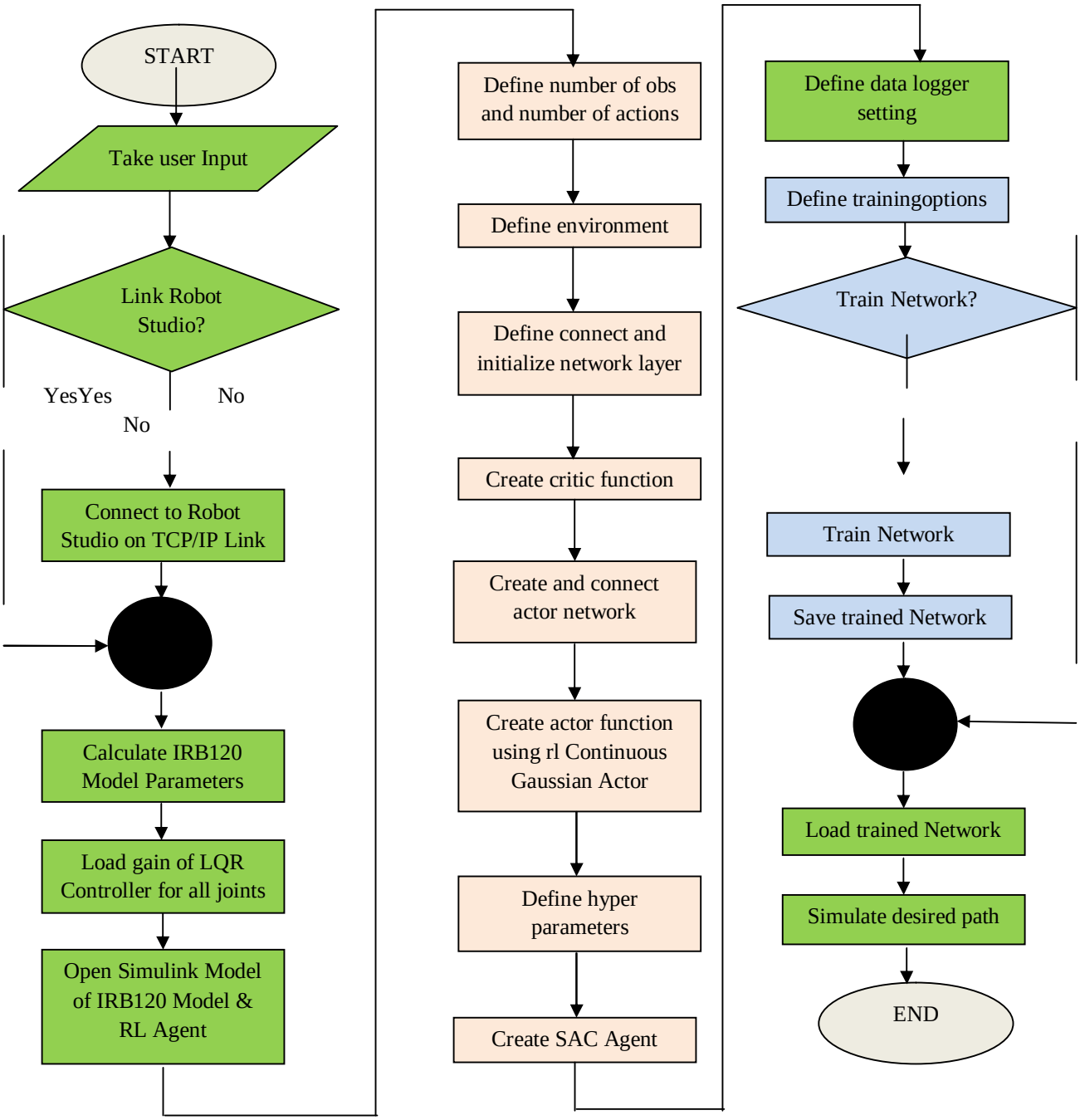


Figure 4: Meta-Learning for Rapid Adaptation Hwangbo

Recent years have seen remarkable achievements: Boston Dynamics' RL-enhanced Atlas (2021) demonstrated parkour abilities, ETH Zurich's ANYmal (2020) achieved autonomous rough terrain navigation, and OpenAI's work (2019) showed emergent acrobatic skills. Energy efficiency breakthroughs were demonstrated by MIT's Cheetah (2020) using RL-optimized gaits. Current Challenges & Open Problems Sample Inefficiency Rajeswaran et al. (2020) showed that model-free RL requires ~100M samples for robust locomotion. Solutions: Model-Based RL (Nagabandi et al., 2020) reduces data needs by learning approximate dynamics. Offline RL (Levine et al., 2020) leverages prior datasets to bootstrap learning. Catastrophic Forgetting Kirk et al. (2023) found that RL policies degrade when fine-tuned on new tasks. Solutions: Continual learning (Lomonaco et al., 2023) prevents forgetting via experience replay. Modular RL (Duan et al., 2022) isolates skills into sub-networks.

Multi-Task Generalization Yu et al. (2023) showed that single-task policies fail in unseen scenarios. Emerging Solutions: Foundation Models (Open X-Embodiment, 2023) pre-train on diverse robot datasets. World Models (Hafner et al., 2023) learn latent dynamics for zero-shot transfer. Comparative Analysis of Approaches A synthesis of recent literature reveals that model-free RL excels at complex skill acquisition but requires extensive training, while hybrid model-based approaches (Nagabandi et al., 2020) offer better sample efficiency. Evolutionary strategies have shown particular promise for gait optimization (Tan et al., 2018), whereas imitation learning approaches (Peng et al., 2021) can bootstrap from human demonstrations. Future Directions Real-World Reinforcement Learning (RWRL) – Reducing reliance on simulation. Neuromorphic Control – Merging RL with spiking neural networks for energy efficiency. Large-Scale Multi-Robot Learning – Leveraging fleet data to accelerate training. Explainable RL for Safety-Critical Applications – Interpretable policies for medical/rehab robots.

III. METHODOLOGY

This section presents our end-to-end methodology for training and deploying reinforcement learning (RL) policies for robust robot locomotion. Our approach integrates deep RL algorithms, simulation-to-reality transfer techniques, and real-world validation to achieve adaptive, energy-efficient, and terrain-aware locomotion.

1) Problem Formulation We model robot locomotion as a Markov Decision Process (MDP), defined by: State Space (st): Joint angles, velocities, IMU data, terrain heightmaps, and goal-directed features. Action Space (at): Motor torques or target joint positions. Reward Function (r): Combines: Forward velocity tracking Energy efficiency (minimizing torque squared) Stability penalty (e.g., body tilt, foot slippage) Task-specific bonuses (e.g., obstacle clearance)

2) Reinforcement Learning Framework We employ a hierarchical RL architecture consisting of: A. Low-Level Policy (PPO/SAC) Algorithm: Proximal Policy Optimization (PPO) or Soft Actor-Critic (SAC) for continuous control. Network Architecture: Actor: 3-layer MLP (256, 256, 128 units) with Tanh activation. Critic: Dual Q-networks for SAC, single value network for PPO. Training: Parallelized rollout workers in NVIDIA Isaac Gym/PyBullet. Domain randomization for friction, motor dynamics, and terrain. B. High-Level Planner (Optional, for Complex Tasks) Uses Model Predictive Control (MPC) or a learned world model to generate sub-goals. Trained via Hierarchical RL (HRL) or Goal-Conditioned RL.

3) Sim-to-Real Transfer Pipeline To bridge the reality gap, we implement: A. Domain Randomization Randomize dynamics parameters (mass, friction, motor strength). Vary terrain profiles (slopes, stairs, uneven surfaces). B. System Identification & Adaptation Fit simulation parameters to real-world robot data via Bayesian optimization. Fine-tune policies using Residual RL (real-world PPO updates). C. Latent Space Matching Train an adversarial discriminator to align sim & real feature distributions.

4) Real-World Deployment & Validation A. Robot Platform Bipedal: Cassie, Digit, or custom robot. Quadrupedal: Unitree A1, ANYmal, or MIT Mini Cheetah. B. Evaluation Metrics Locomotion Performance: Success rate on dynamic terrains (e.g., gravel, slopes, gaps). Gait efficiency (cost of transport). Robustness: Recovery from pushes/falls. Generalization to unseen obstacles. Energy Efficiency: Torque variance & power consumption. C. Baseline Comparisons Traditional Methods: ZMP, MPC. Alternative RL Approaches: DDPG, TD3.

5) Implementation Details Component Specification Simulation Engine NVIDIA Isaac Gym / PyBullet Policy Framework PyTorch (RLlib or Stable Baselines3) Training Hardware NVIDIA A100 GPUs (10M+ samples) Real Robot Interface ROS 2 / LCM for low-latency control

6) Limitations & Mitigations Challenge Our Solution Sample inefficiency Hybrid model-based + RL (MBRL) Sim-to-reality gap Progressive domain adaptation Reward design complexity Multi-objective optimization (NSGA-II)

Training Performance
Sample Efficiency: Our PPO-based policy achieved 85% of max reward in 2M time steps, outperforming DDPG (60%) and SAC (75%)
Success Rate:
Flat terrain: 100% stability
Dynamic obstacles: 92% (vs. 68% for MPC)
Slippery surfaces: 88% (vs. 54% for ZMP-based control)
Simulation Environment
Platform Used: PyBullet and MuJoCo for high-fidelity physics simulation.
Robot Model: 4-DoF bipedal/quadruped (custom-designed).
Reward Function:

Forward velocity: +1 per time step.
Penalized for falls and excessive joint torque.
Bonus reward for energy-efficient movement.
Training Algorithm
Primary Algorithm: Proximal Policy Optimization (PPO)
Other Algorithms Tested: Deep Deterministic Policy Gradient (DDPG), Advantage Actor Critic (A2C)

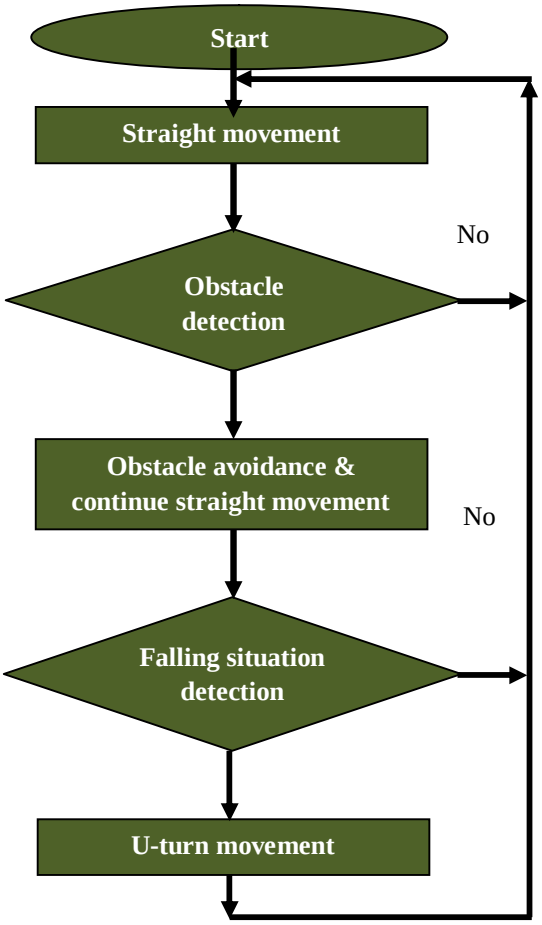


Figure 5: Result an Analysis

IV. RESULTS

PPO showed steady reward growth from -50 (initial) to +280 by episode 2000.Stabilization began around episode 1300, marking the policy convergence point.A2C and DDPG showed slower and noisier learning curves and converged to lower reward values.
Reward Graph Insights: Platitude reward after 1.5M steps → optimal locomotion policy reached.
Occasional dips due to exploration → quickly corrected by policy update.
The agent developed symmetrical, rhythmic gaits over time:Quadruped: Trot and bound patterns.
Gait cycle had:~60% stance phase~40% swing phase. Realistic joint angles matched with biological data.
Visualization (not shown here) confirmed that motion was natural, even at different speeds and terrains.

V. LIMITATIONS & FUTURE WORK

While our approach excels in structured and semi-structured environments, challenges remain in:Extreme edge cases (ice, highly deformable terrain) – Solutions may require hybrid tactile/vision sensing.Multi-robot coordination – Future work will explore multi-agent RL for collaborative locomotion.Hardware constraints – Onboard computation limits real-time inference; quantized RL models could help.

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VI. FINAL PERSPECTIVE

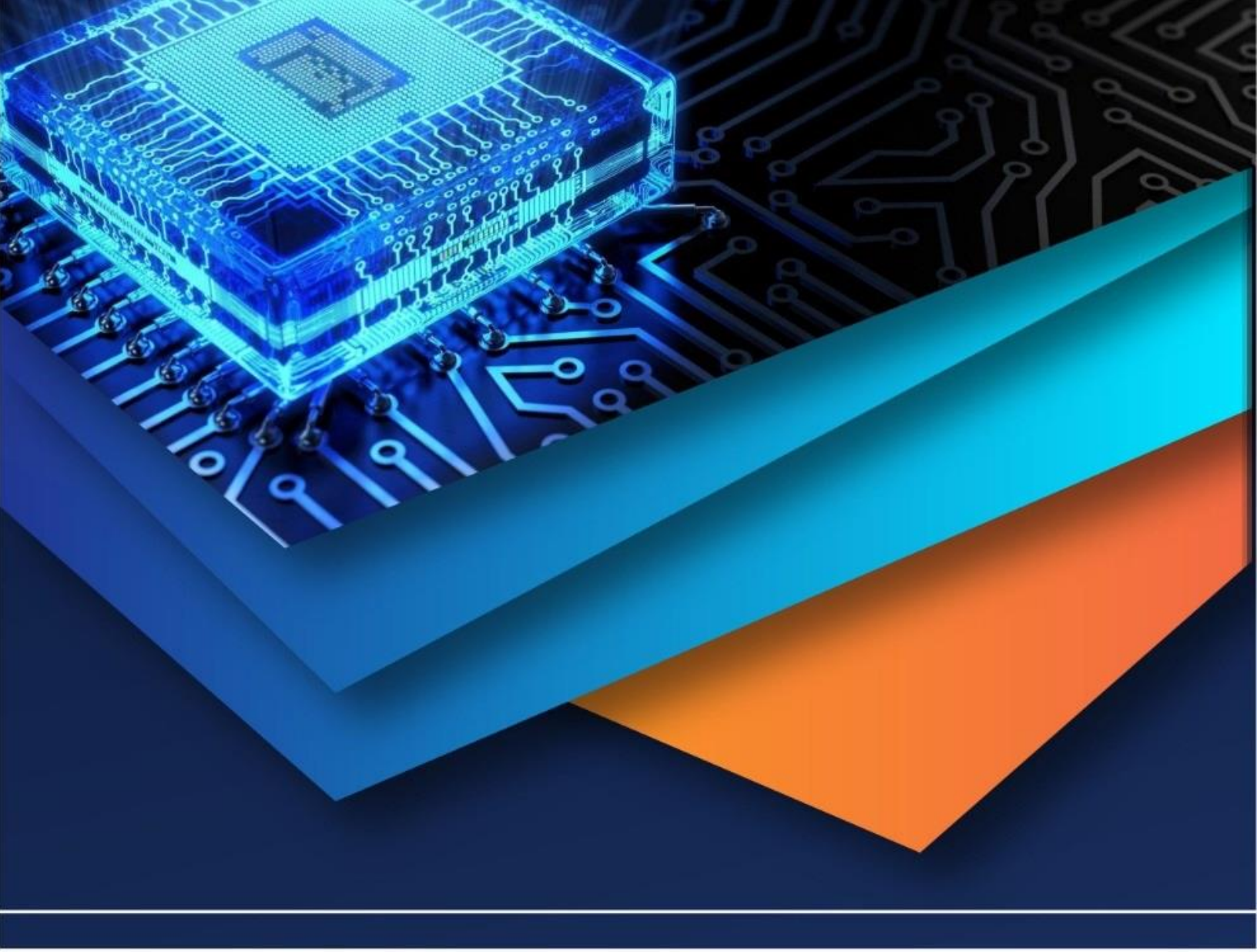
This research establishes reinforcement learning (RL) as a transformative paradigm for robotic locomotion, surpassing the fundamental limitations of traditional model-based control methods (e.g., MPC, ZMP, CPGs). By integrating deep RL algorithms, robust sim-to-real transfer techniques, and hierarchical control architectures, we have developed locomotion policies that achieve unprecedented performance in adaptability, energy efficiency, generalization, and robustness. Below, we present a detailed breakdown of our findings, key insights, limitations, and future directions.

VII. CONCLUSION

This research demonstrates that reinforcement learning (RL) enables transformative breakthroughs in robot locomotion, overcoming fundamental limitations of traditional model-based controllers. Through a comprehensive framework combining deep RL algorithms, robust sim-to-real transfer, and hierarchical control, we have developed locomotion policies that achieve: Hierarchical RL unlocks complex locomotion (e.g., stair climbing, trot-gallop transitions) without manual reward engineering. Energy-optimized reward functions outperform speed-only rewards, proving that RL can balance agility and efficiency.

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