












THE MOVEMENT ALPHABET® - THE VERBS

The prime actions and concepts of which movement is comprised are as follows:




Presence or Absence of Movement

<i>Initial Statements</i>	{	1.  Any Action Movement of some kind, a change
		2.  Stillness Suspension of motion, sustainment of an arrested activity

An action may be concerned with or may focus on

<i>Anatomical Possibilities</i>	{	3.  Flexion Contracting, folding, closing in, making smaller, narrowing
		4.  Extension Lengthening, reaching out, enlarging, opening out, elongating, unfolding
		5.  Rotation Any revolution, rotation of the body-as-a-whole, or of parts of the body
<i>Spatial Aspects</i>	{	6.  Traveling Any path (straight, circular, meandering or curving) moving from one place to another
		7.  Direction Movement into different directions such as up, down, to the right, left, forward, backward
<i>Supporting</i>	{	8.  Support An action ending in a new support, transference of weight
		9.  A Spring Any aerial step; leaving the ground and returning to it
<i>Center of Gravity</i>	{	10.  Balance Equilibrium, centre of weight vertically over a moving or static support
		11.  Falling Not in balance: centre of weight moves beyond point of support; loss of balance results.

Motion, Destination

<i>Movement Intention</i>	{	12.  Motion Toward Approaching a person, object, direction, or state; a gesture toward oneself
		13.  Motion Away Leaving, withdrawing from a person, object, direction, or state; a gesture away from oneself
		14.  Destination Statement of an ending situation, position or state to be reached

RESULTS



Any still shape



Any form of relating