THE MOVEMENT ALPHABET® - THE VERBS

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

Presence or Absence of Movement

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

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

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

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

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

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

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