

THE MOVEMENT ALPHABET[®]

Presence or Absence of Movement

Initial Statements		Any Action	Movement of some kind, a change
	○	Stillness	Suspension of motion, sustainment of an arrested activity

An action may be concerned with or may focus on

Anatomical Possibilities	✕	Flexion	Contracting, folding, closing in, making smaller, narrowing
	↔	Extension	Lengthening, reaching out, enlarging, opening out, elongating, unfolding
	↻	Rotation	Any revolution, rotation of the body-as-a-whole, or of parts of the body
Spatial Aspects	↔	Travelling	Any path (straight, circular, meandering or curving) moving from one place to another
	↕	Direction	Movement into different directions such as up, down, to the right, left, forward and backward
Supporting	┌	Support	An action ending in a new support, transference of weight
	○	Spring	Any aerial step; leaving the ground and returning to it
Centre of gravity	●	Balance	Equilibrium, centre of weight vertically over a moving or static support
	●	Falling	Not in balance: centre of weight moves beyond point of support; loss of balance results

Motion, Destination

Movement Intention	∨	Motion Toward	Approaching a person, object, direction, or state; a gesture toward oneself
	∧	Motion Away	Leaving, withdrawing from a person, object, direction, or state; a gesture away from oneself
		Destination	Statement of an ending situation, position or state to be reached

RESULTS



Any Shape



Any Form of Relating