

THINKING IN TERMS OF MOVEMENT: AN ANALYSIS

SUMMARY OF ANALYSIS:

Aspect 1
THE BODY
WHAT

1. Activity
 - (a) Locomotion
 - (b) Elevation
 - (c) Turns
 - (d) Gesture
 - (e) Rising, sinking
 - (f) Opening, closing
 - (g) Advancing, retreating

2. Body part used

3. Symmetry or asymmetry

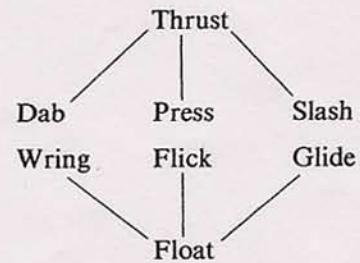
4. Body flow—
simultaneous or
successive

5. Body shape
 - (a) Arrow
 - (b) Wall
 - (c) Ball
 - (d) Screw

Aspect 2
EFFORT
HOW

<i>Motion factors</i>	<i>Qualities</i>
1. Weight	Firm Fine touch
2. Time	Sudden Sustained
3. Space	Direct Flexible
4. Flow	Bound Free

BASIC EFFORT ACTIONS



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FOUR ASPECTS

Aspect 3
SPACE AND SHAPE
WHERE

Aspect 4
RELATIONSHIP
WITH

1. Extension
 - (a) Small (near)
 - (b) Large (far)

1. Relatedness of body parts to each other

2. Level
 - (a) High
 - (b) Medium
 - (c) Deep

2. Relationship of individuals to each other

3. Direction

High	Deep
Right	Left
Forward	Backward
High-right	Deep-left
Deep-right	High-left
Right-forward	Left-backward
Right-backward	Left-forward
Forward-deep	Backward-high
Backward-deep	Forward-high
High-right-forward	Deep-left-backward
High-left-forward	Deep-right-backward
High-left-backward	Deep-right-forward
High-right-backward	Deep-left-forward

3. Relationship of groups to each other

4. Air pattern
 - (a) Straight line
 - (b) Angular shape
 - (c) Curved shape
 - (d) Twisted shape

5. Floor pattern
 - (a) Straight line
 - (b) Angular shape
 - (c) Curved shape
 - (d) Twisted shape