Movement Building Blocks

Glossary of Symbols

Symbol	Meaning	Symbol	Meaning
	Any Action		High Level
	Stillness		Middle Level
	Any Flexion: closing in, making smaller		Low Level
	Any Extension: enlarging, opening out		Change of Support
	Rotation: turn, somersault, cartwheel, roll, wheel		Spring: hop, jump, leap, assemblé, sissonne
	Any Travel		Balance
	Gesture		Fall
	Any Direction		Arrive at a Destination
	Forward, any level		Motion
	Backward, any level		Motion Toward
	Side left, any level		Motion Away
	Side right, any level		Still Shape

Relating