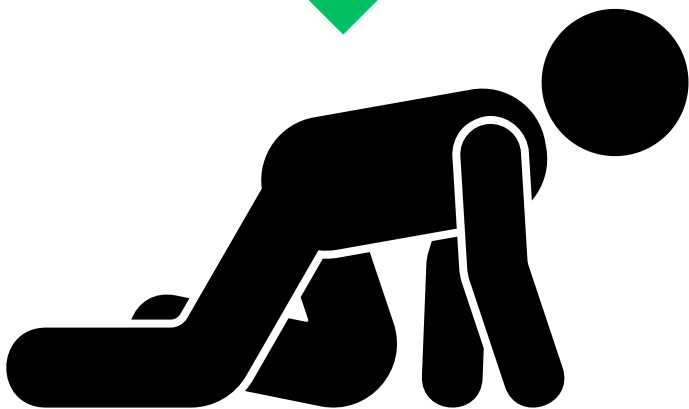
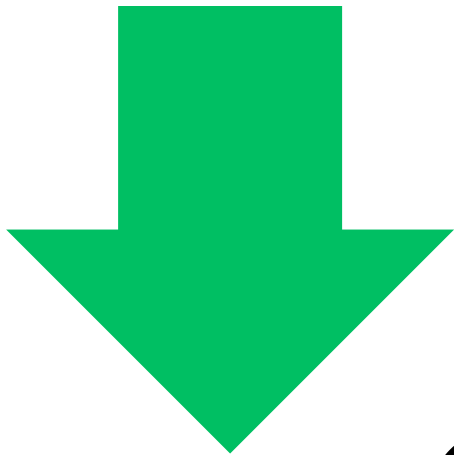


Low Level



Description

Movements occur in the lower part of the body, below the waist, & often involve crouching, bending, or movements close to the ground. Movements tend to be compact, grounded, & focused on the lower body's relationship to the supporting surface.

Emotional Qualities

Low-level movements can convey a sense of introspection, grounding, or closeness to the earth. They are often used to express emotions like sadness, vulnerability, or humility.



Examples

Crawling, planking, rolling, or low-kicks in martial arts are all examples of low-level movements.



Low Level

Medium Level



Description

Movements occur in the middle part of the body between the waist & shoulders. They include actions that are balanced. The movements are typically functional & practical, often associated with everyday activities or basic locomotion.

Emotional Qualities

Medium-level movements can convey a sense of stability, control, and equilibrium. They are commonly used in activities that require efficiency and functionality.



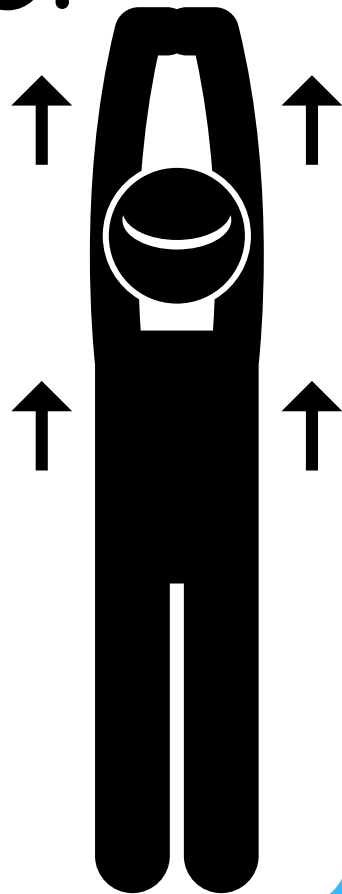
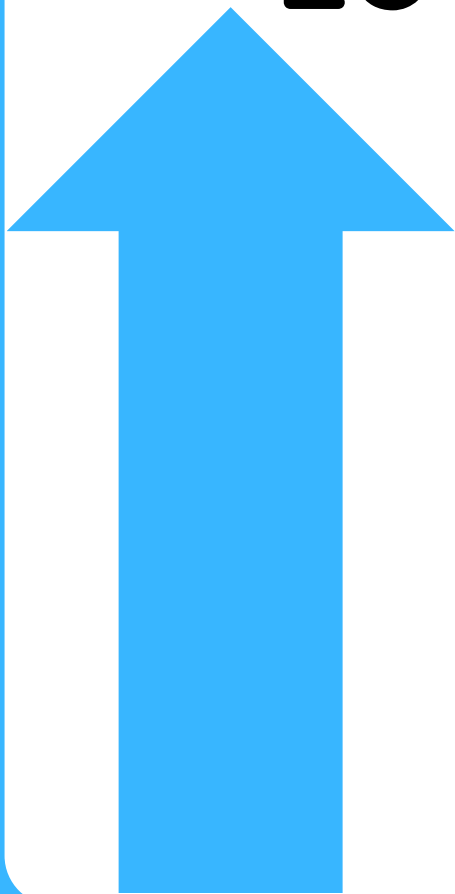
Examples

Walking, jogging, cycling, & performing exercises like squats or lunges are all forms of medium-level movements.



Medium Level

High Level



Description

High-level movements take place in the upper part of the body, above the waist, & often involve reaching, lifting, or extending movements. Movements in this category are typically expansive, expressive, & can give a sense of openness or upliftment.

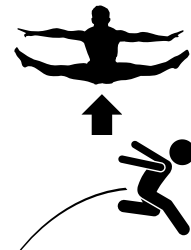
Emotional Qualities

High-level movements can convey a sense of freedom, enthusiasm, or celebration. They are often used to express joy, excitement, or aspiration.



Examples

Reaching for the sky, raising the arms overhead, leaping, or high jumps in dance or gymnastics are all examples of high-level movements.



High Level

Zigzag



Pathway



Description

Zigzag pathways involve movements that change direction frequently, creating a pattern of sharp angles or zigzagging motions.

Examples

Moving laterally with quick directional changes in sports like basketball or making sharp cuts during a rugby match.



Zigzag Pathway



Straight



Pathway



Description

Straight pathways involve movements that travel in a direct line from one point to another. These movements are efficient, straightforward, & linear.

Examples

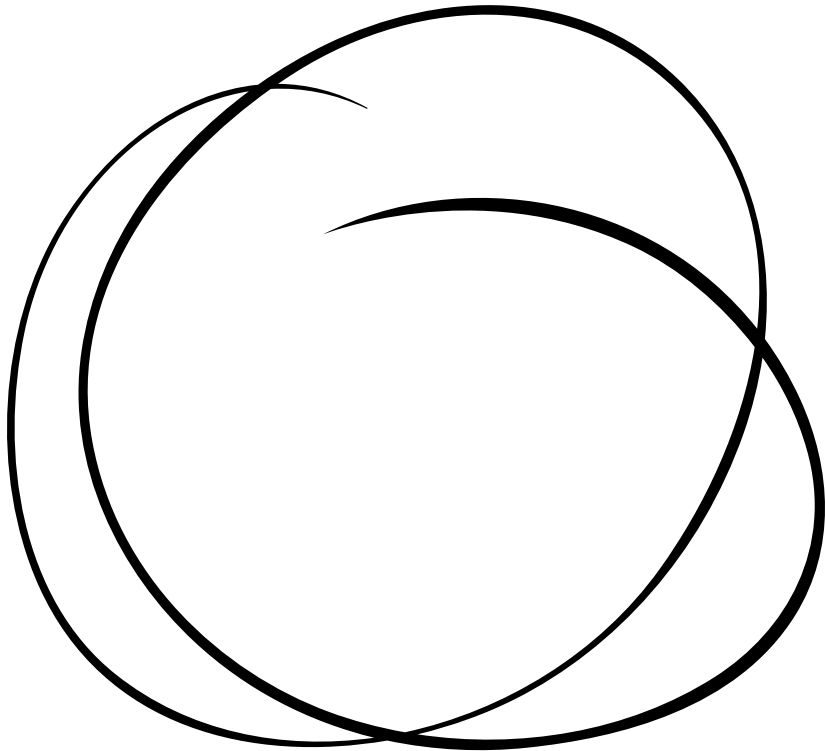
Walking in a straight line, sprinting in a direct path, or performing a high jump with a straight approach are all examples of movements that follow a direct pathway.



Straight Pathway



Circular



Pathway



Description

A circular pathway involves movements that flow in a circular pattern, similar to tracing the outline of a circle. They are continuous, flowing, & graceful, often creating a sense of fluidity & continuity in motion.

Examples

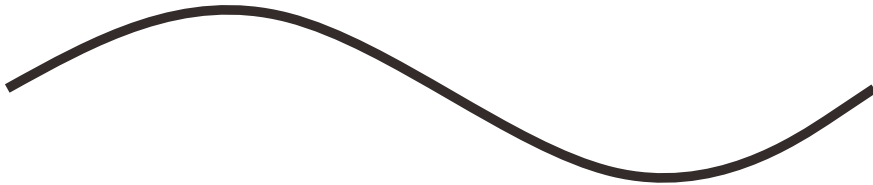
Many dance forms incorporate circular pathways, such as the waltz, where dancers move in a circular pattern across the floor.



Circular Pathway



Curved



Pathway



Description

Curved pathways involve movements that follow a curved trajectory. These movements are characterized by arcs.

Examples

Dribbling a soccer ball/football in a curved path or travelling by bicycle on a curved road.



Curved Pathway

