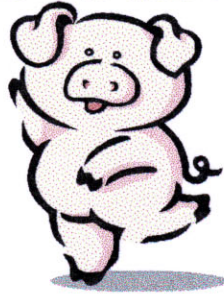


# Explanation of Movement

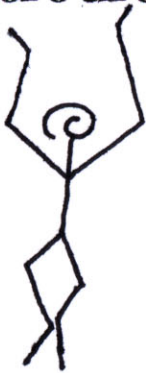
An introduction to movement by

Tania Teresa Lilley

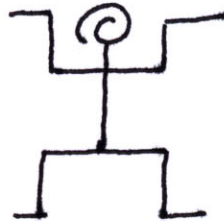


1. There are 3 areas in which to do movement

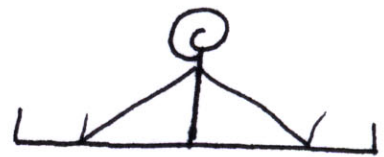
High



Medium

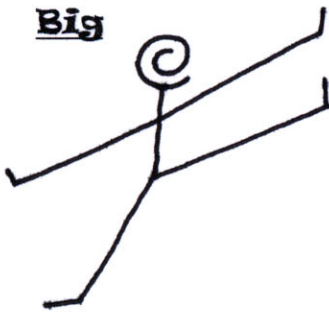


Low



2. There are 3 kinds of movement

Big



Normal

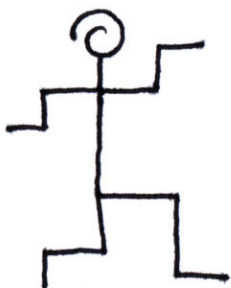


Small



3. There are 4 types of movement we will work with

Jagged



Sway



Gravity



Normal

