

Movement (= change)

Movement Patterns



Themes/Dualities

- ❖ *Inner/Outer*
- ❖ *Stability/Mobility*
- ❖ *Function/Expression*
- ❖ *Exertion/Recuperation*

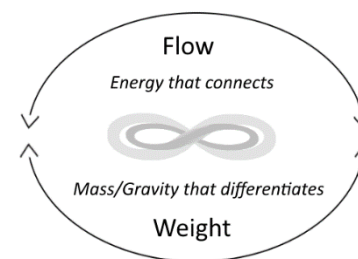
- ❖ Micro/Macro
- ❖ Part/Whole
- ❖ Self/Other
- ❖ Individual/Universal
- ❖ Simple/Complex
- ❖ Constant/Change
- ❖ Condensing/Expanding
- ❖ Content/Container

Phrasing

- ❖ Parts within a whole
- ❖ Phrasing of any/all BESS Components
- ❖ Beginning-Middle-End
- ❖ Duration
- ❖ Rhythm
- ❖ Discrete vs Overlapping
- ❖ Phrasing Emphasis (by Accenting and/or Loading)
- ❖ Types of Phrasing
 - Even
 - Increasing/Decreasing
 - Swing
 - Impulsive/Impactive

Developmental Progression

- ❖ Succession of stages
- ❖ Increasing specificity and complexity
- ❖ Later stages dependent on preceding stages
- ❖ Flow & Weight as underlying baseline for all movement



Movement Components

Body ∞

Whole-Body Connection

- **Grounding through:**
 - Baseline Weight Baseline Flow
 - Weight Sensing Flow Sensing
 - Active/Passive Release/Control
- **Center of Leivity, Center of Gravity**
- **Initiation and Sequencing**
 - Initiation
 - Core
 - Mid-limb
 - Distal
 - Sequencing
 - Core to Limb or Limb to Core
 - Simultaneous Sequencing
 - Sequential Sequencing
 - Successive Sequencing

Effort /

Quality, Energy, Dynamics

Factor		Elements
Intention	Weight	<i>Light</i>
		Strong
Progression	Flow	<i>Free</i>
		Bound
Decision	Time	<i>Sustained</i>
		Quick/ Sudden
Attention	Space	<i>Indirect/ Broad</i>
		Direct

Shape //

Changing Form in relation to Self and Env.

- **Gathering** / **Scattering**
- **Convex** () / **Concave** ()
- **Still Shape Forms**
 - Pin
 - Wall
 - Ball
 - Screw
 - Tetrahedron
- **Modes of Shape Change**
 - Shape Flow (Self to Self)
 - Directional Movement (Bridging Self to Environment)
 - Spoke-like
 - Arc-like
 - Shaping (Accommodating Self to Other)

Space ⊞

Body moving in Space

- **Spatial Continuum**
 - Inner Space (Innersphere)
 - Personal Space (Kinesphere)
 - General Space (Outersphere)
- **Approach to Kinesphere**
 - Reach Space in Kinesphere
 - Near Reach
 - Mid Reach
 - Far Reach
 - Pathways
 - Central
 - Peripheral
 - Transverse






▪ **Bartenieff Fundamental (BF) Principles**

- Breath Support
- Core Support
- Axis of Length
- Weight Support and Shift
- Developmental Pattern Support
- Dynamic Alignment
 - Bony Landmarks
 - Kinetic Chains
 - Vertical Throughness
 - Rhythms
- Rotary Support
- Body Level Phrasing
- Spatial Intent
- Effort Intent
- Shape Intent

▪ **BF Basic Sequences**

- Thigh Lift
- Sagittal Pelvic Shift
- Lateral Pelvic Shift
- Body Halves (in V and H)
- Cross Lateral Knee Drop/ Knee Reach
- Arm Circle
- Rocking Actions
- X Rolls











▪ **Patterns of Body Organization**

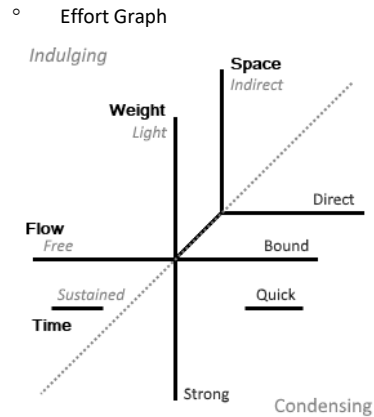
- Radial Symmetry 
- Spinal 
- Upper/Lower Halves 
- Right/Left Halves 
- Cross Lateral 

▪ **Body Relationships**

- Systems
- Rhythms
- Connections

▪ **Basic Body Actions**

- Postural  and Gestural 
 - Condensing 
 - Expanding 
 - Changing Support 
 - Traveling 
 - Jumping 
 - Rotating 
 - Connecting 
 - Vocalizing 



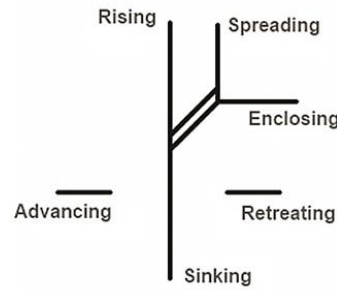
▪ **States (combinations of 2 Effort Factors)**

- Stable – Weight and Space
- Mobile – Time and Flow
- Rhythm – Time and Weight
- Remote – Space and Flow
- Dream – Weight and Flow
- Awake – Space and Time

▪ **Drives (combinations of 3 Effort Factors)**

- Action Drive – Weight, Space, Time - no Flow (Basic Effort Actions (BEA's))
 - Float
 - Punch
 - Glide
 - Slash
 - Dab
 - Wring
 - Flick
 - Press
- Passion Drive – Weight, Time, Flow - no Space
- Spell Drive – Weight, Space, Flow - no Time
- Vision Drive – Space, Time, Flow - no Weight

▪ **Shape Qualities (Core Shape Change)**



▪ **Inner Shaping** 

- Platonic Solids
 - Tetrahedron
 - Octahedron) Duals
 - Cube) Duals
 - Icosahedron) Duals
 - Dodecahedron) Duals

▪ **Spatial Pulls**

- Tension – Counter tension
- Equal and Unequal Pulls
- **Directions (26 from mover's center)**
 - 1 Spatial Pull
 - 3 Dimensions, 6 Directions ✦
 - Vertical
 - Horizontal
 - Sagittal
 - 2 Spatial Pulls
 - 3 Planes, 6 Diameters, 12 Directions – unequal Spatial Pulls
 - Planes
 - Vertical V
 - Horizontal H
 - Sagittal S
 - 3 Spatial Pulls
 - 4 Diagonals, 8 Directions – equal Spatial Pulls

▪ **Scales**

- Dimensional
- Defense
- Diagonal
- Axis
- Girdle
- Primary
- A and B
- **Related terms and concepts to Space Category**
 - Transversals
 - Deflection – Inclination
 - Flat, Steep, Suspended Phrasing
 - Volutes, Steeples Phrasing
 - Vectors



