

1. **Space Concept: Where?** {S}
1. **Location:** (area) {S1-S2}
- Self-space, general space.
2. **Direction:** {S3-S9}
- Forward, backward, Sideward (right, left), Up, down, Clockwise, counterclockwise.
3. **Level:** {S10-S12}
- Low, medium, high.
4. **Pathway:** (air or floor) {S13-S15}
- Straight, curved, zigzag.
5. **Plane:** {S16-S18}
- Sagittal (saw or wheel), Frontal (wall or door), Transverse (floor or table).
6. **Extension:** (range/size) {S19-S20}
- Small (near), Large (far).

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- Body Concept: What?** {B}
1. **Body Parts:** {B1}
 - Head, neck, ears, eyes, nose, mouth, shoulders, elbows, wrists, hands, fingers, belly, chest, spine, back, bottom, hips, knees, ankles, feet, toes.
 2. **Body Shapes:** {B2-B7}
 - Narrow, wide, round, twisted, symmetrical, asymmetrical.
 3. **Actions of Body Parts:** {B8-B12}
 - Weight bearing, receiving force or weight, apply force, lead the action, weight transfer.
 4. **Actions of the Whole Body:**
 - Nonlocomotor:** {B13-B27}
 - Stretch, curl, twist, turn, spin, swing, push, pull, rise, sink, gesture, dodge, balance, counterbalance, counter-tension.
 - Locomotor:** {B28-B41}
 - Step-like actions:** Walk, cartwheel, crawl (climb), bear walk, crab walk,
 - Spring-like actions:** Run, leap, hop, skip, jump, gallop, slide,
 - Roll-like actions:** Rock, roll (body).
 - Manipulative:** {B42-B50}
 - Send away:** Throw, roll, strike, kick, volley,
 - Gain control:** Catch, trap,
 - Propel:** Dribble, carry.

1. **Effort Concept: How?** {E}
1. **Time:** (rate) {E1-E3}
- Fast (sudden), Slow (sustained), Acceleration (change).
2. **Force:** (tension) {E4-E5}
- Hard (strong), Soft (light).
3. **Flow:** (fluidity) {E6-E7}
- Bound (stoppable), Free (ongoing).
4. **Focus:** (effort in space) {E8-E9}
- Direct (pointed or in a line), Indirect (expanded or flexible).



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Relationships Concept:

Connections with Who or What? {R}

1. **People:** (organization of) {R1-R13}
- Solo, alone in a mass, partners, even group(s), uneven group(s), Individual to group, group to group, Triangle, circle, square, scattered, spokes of a wheel, "X".
2. **Position:** (spatial relationship) {R14-R27}
- Above/below (still), over/under (moving), inverted, mount/dismount, in front of/behind, beside, alongside, through, surround, around, support/supported (still), lift/lifted (moving), meet/part, near to/far from.
3. **Timing:** {R28-R37}
- Simultaneous:** Mirror, match, contrast, unison,
- Alternate:** Taking turns,
- Successive:** Movement sequence, canon, question/answer, act/react, lead/follow.
4. **Goal:** (of the activity) {R38-R40}
- Cooperative (help), collaborative (outwit), competitive (win).
5. **Environment:** (Nature of the) {R41-R42}
- Static, dynamic.

The Who or What can be:

body parts, individuals, groups (BIG) and/or rules, objects, boundaries, equipment (ROBE) and/or writing, music, pictures, lighting, nature (Arts)