

Motif Notation & Movement Literacy

Brenton Cheng

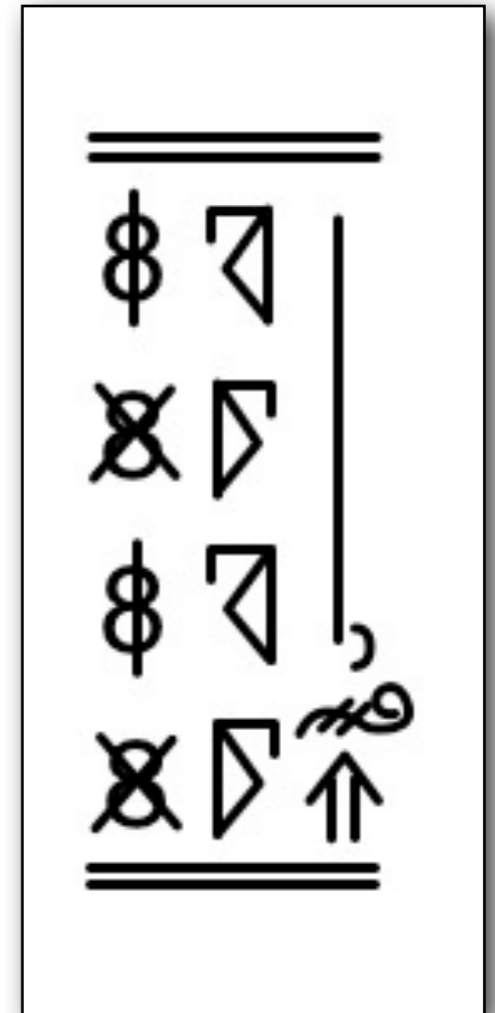
Faculty, Integrated Movement Studies

Adj. Faculty, University of San Francisco

Software Director, Astrology.com (NBCUniversal)

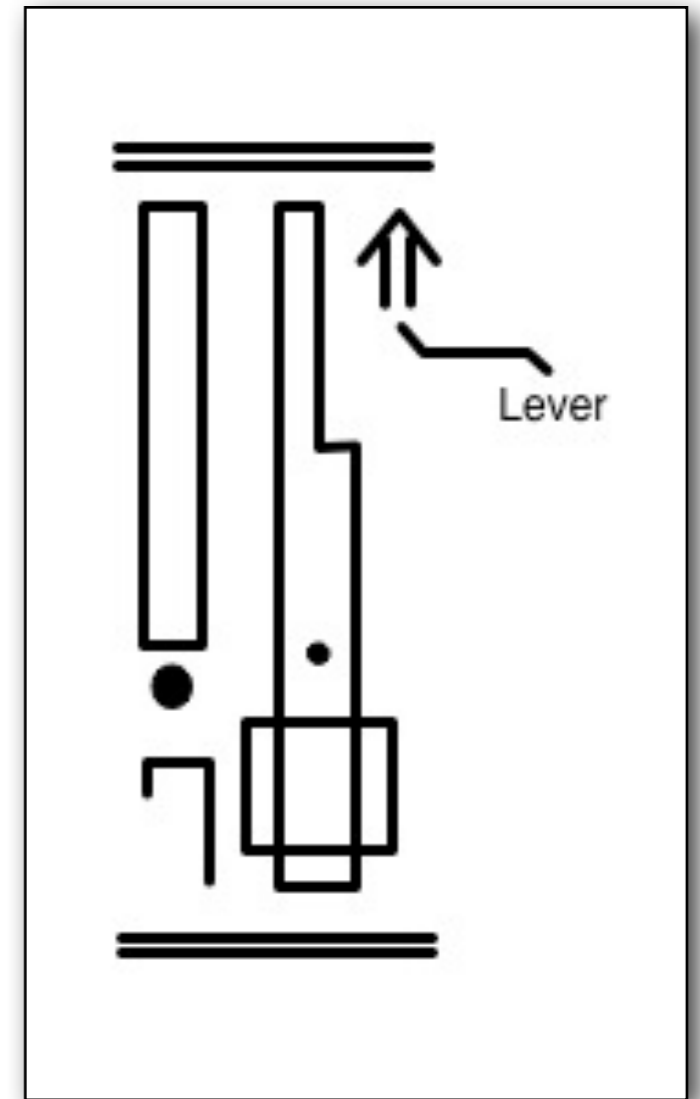


<http://www.flickr.com/photos/astroboy/34102978>



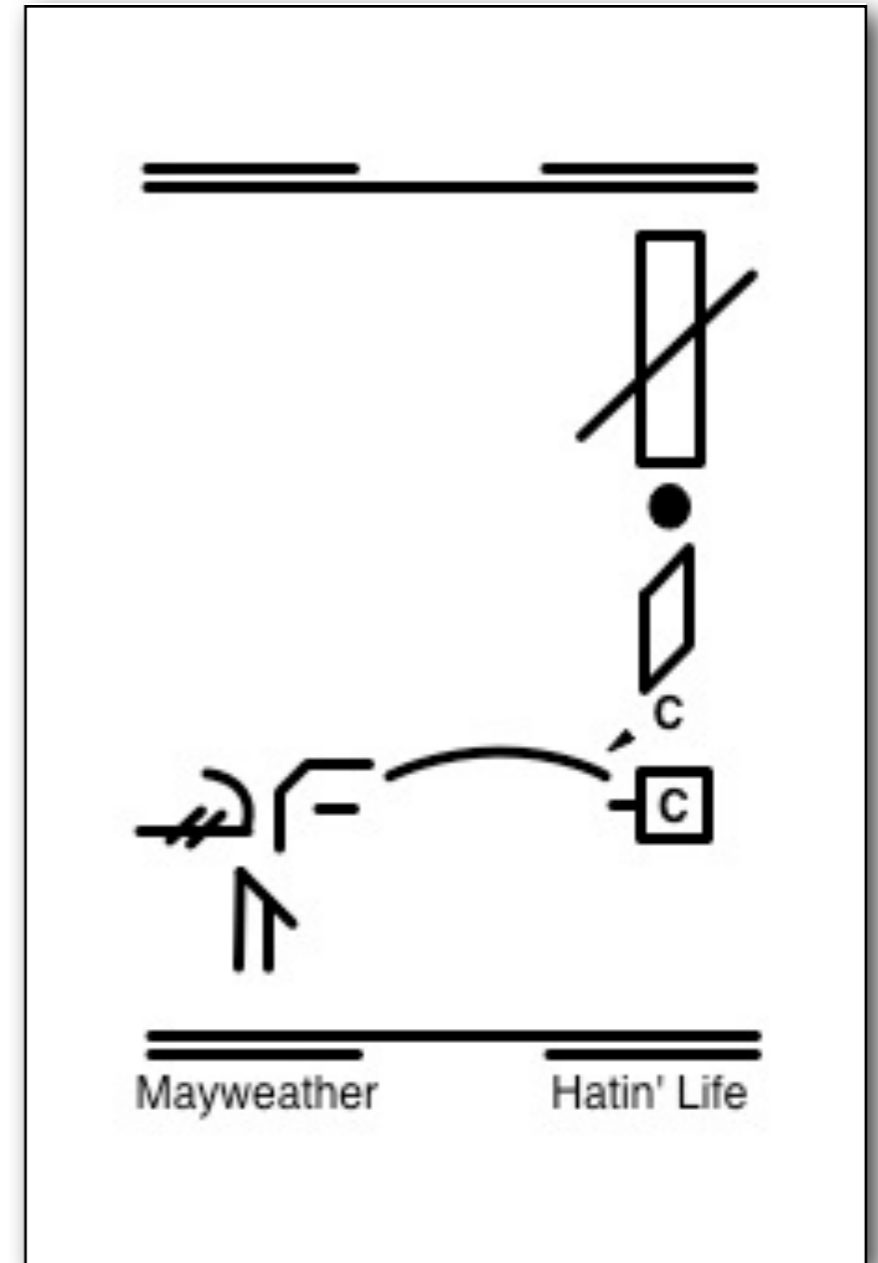


<http://www.imdb.com/media/rm3052581376/tt0027977>



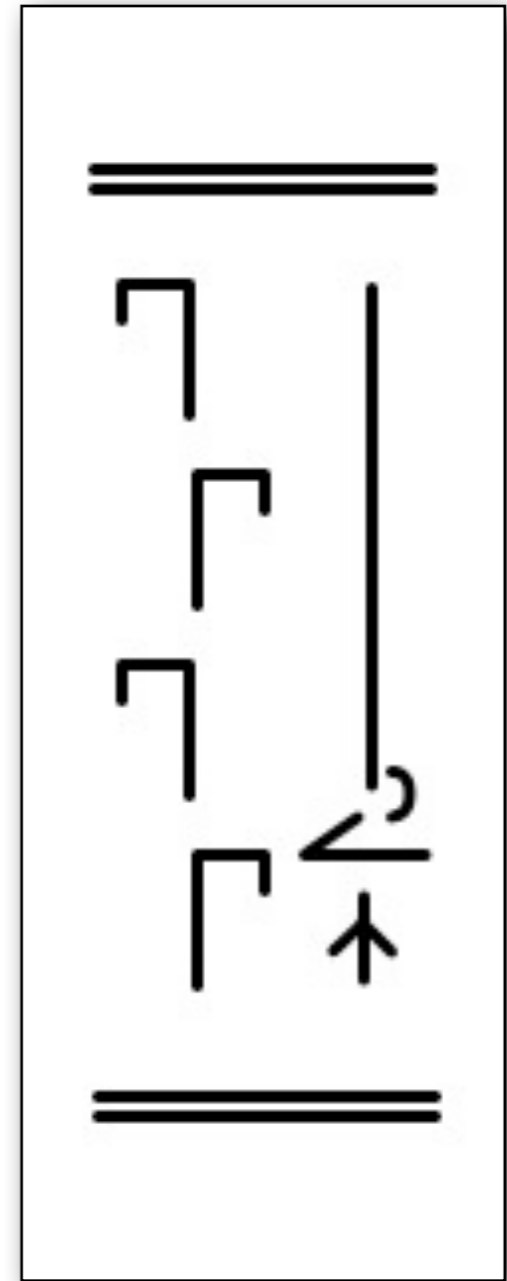


<http://2013ufc.com/best-knockout-record-in-boxing-knockout-kings-top-10-best-knockout-punchers-of-all-time.html>

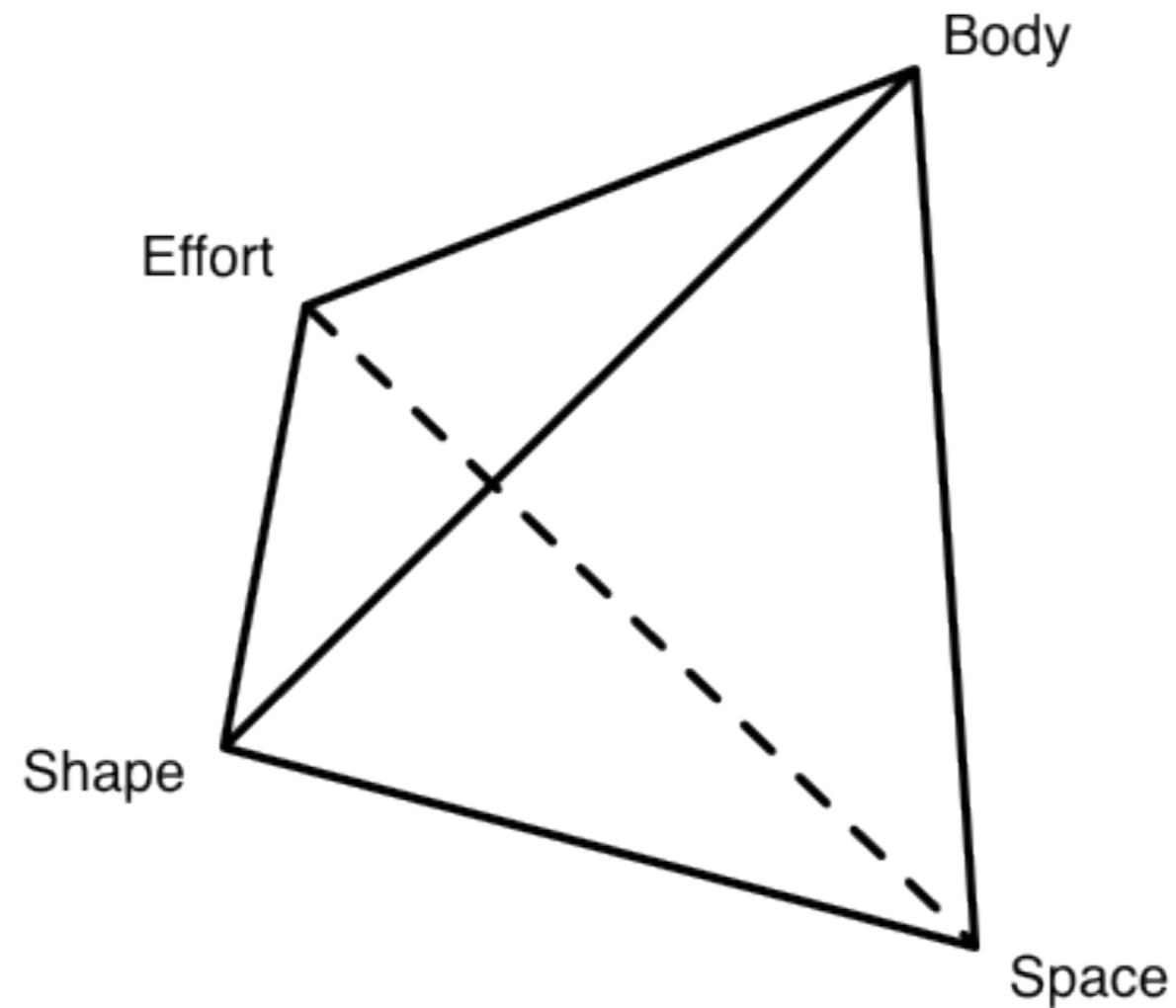


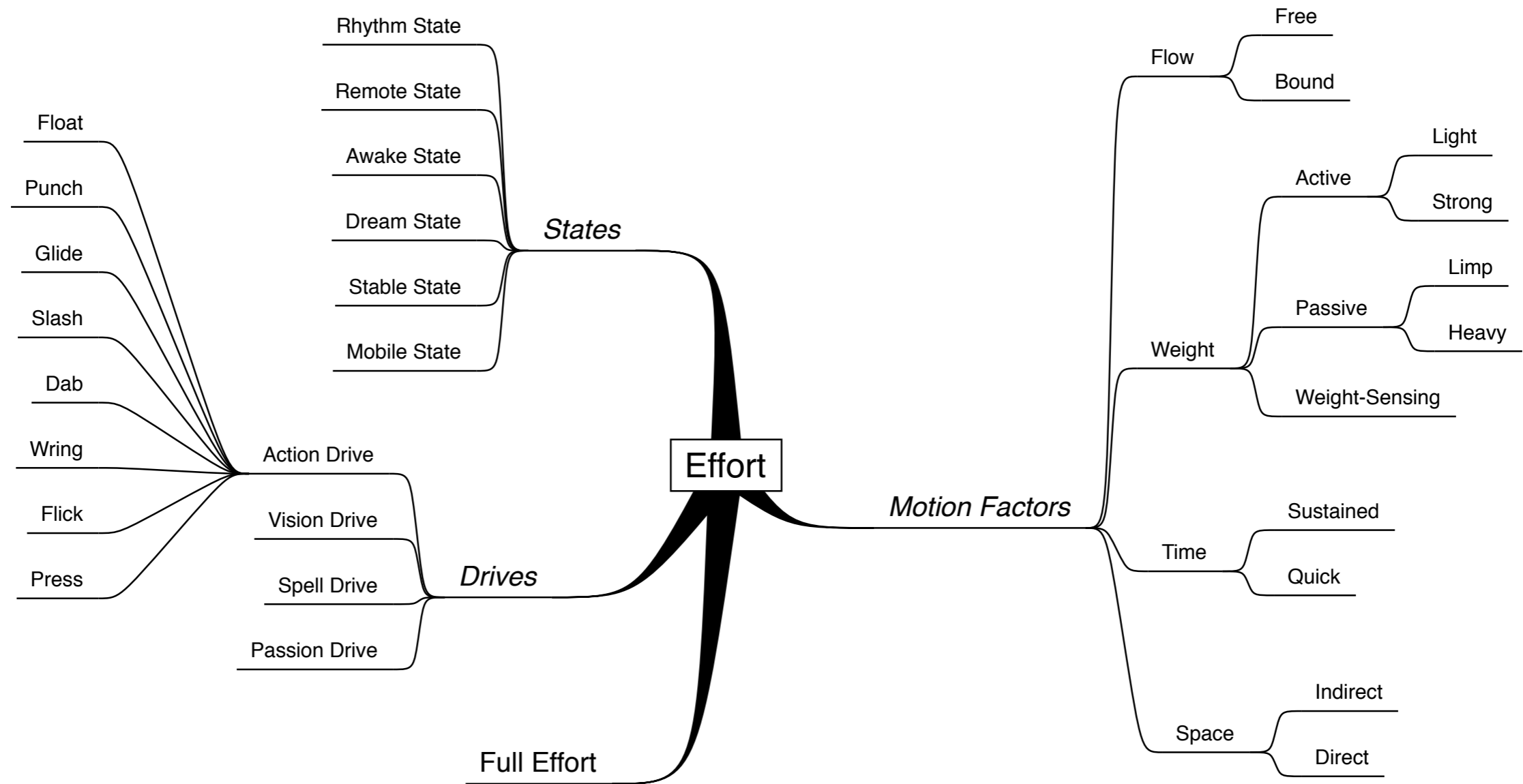


<http://www.youtube.com/watch?v=OcVs8LXwAFw>



Laban Movement Analysis

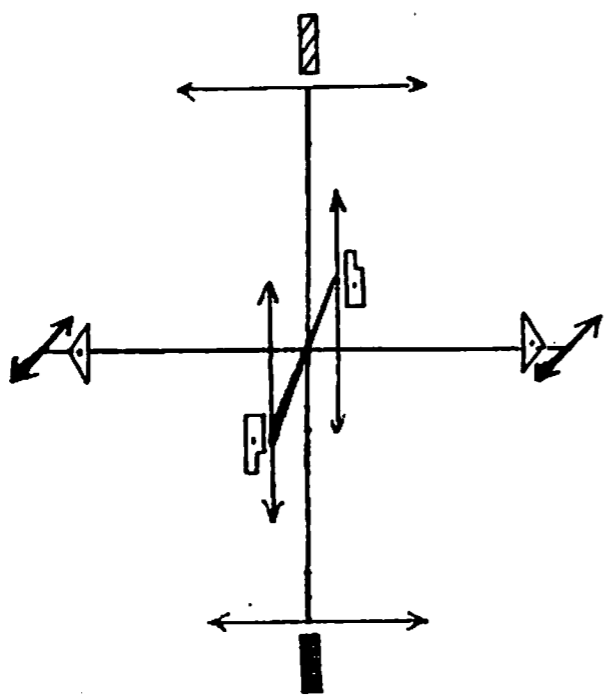




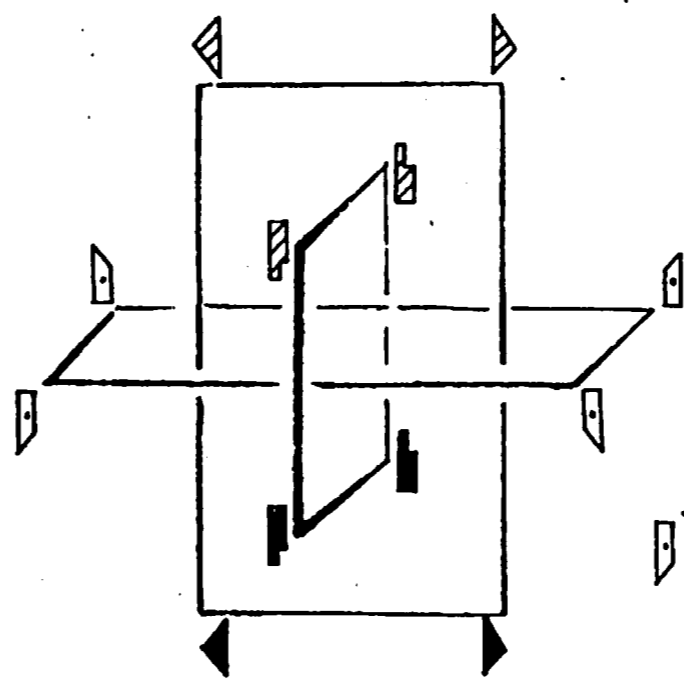
Body in Performance (USF Fall 2012)

1 word notation

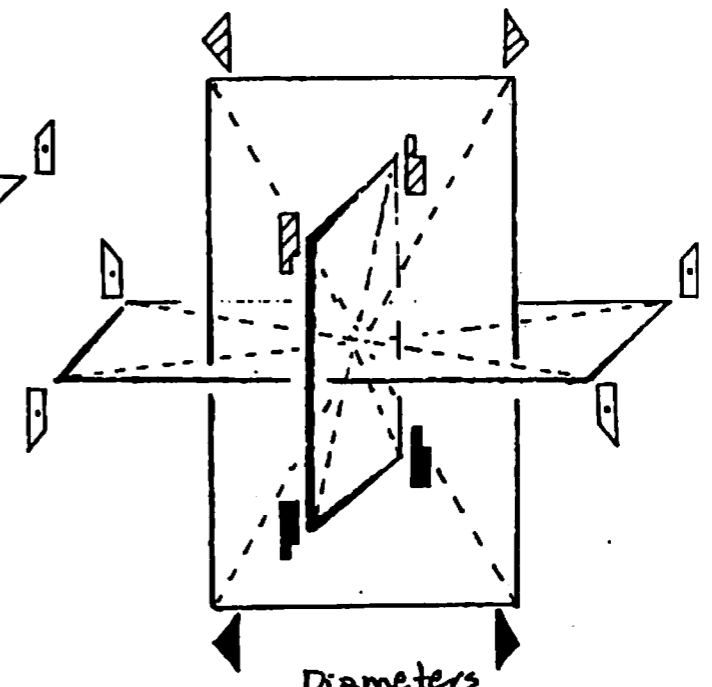
(ie., = up, right
 = back, down
 = left, forward)
 etc.



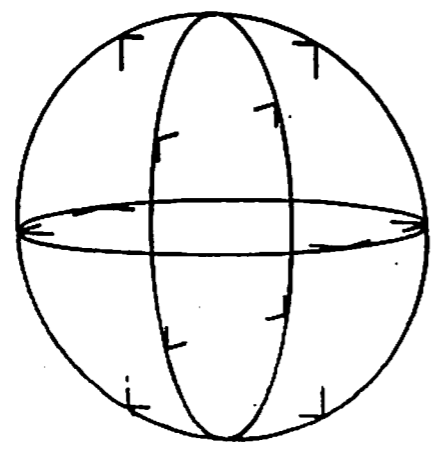
Dimensions becoming planes by adding their secondary spatial pull



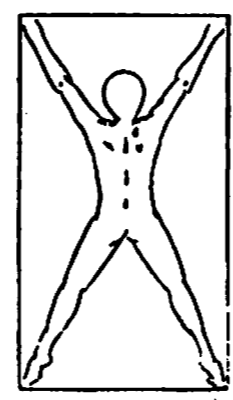
Planes reside in and form the structural interior of the Icosahedron



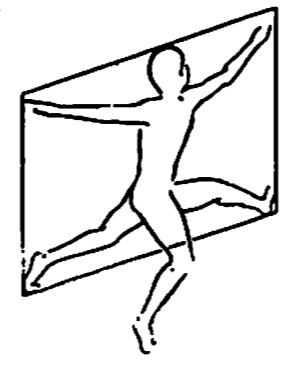
Diameters of planes



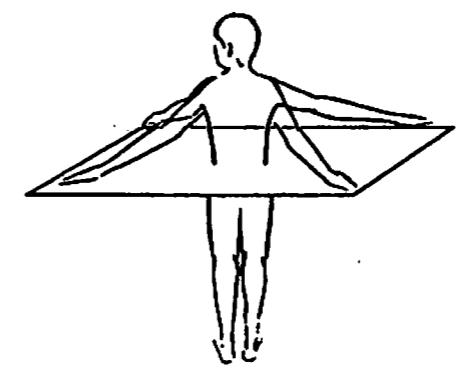
Planes in their rounded form as cycles



Vertical plane (Door?)

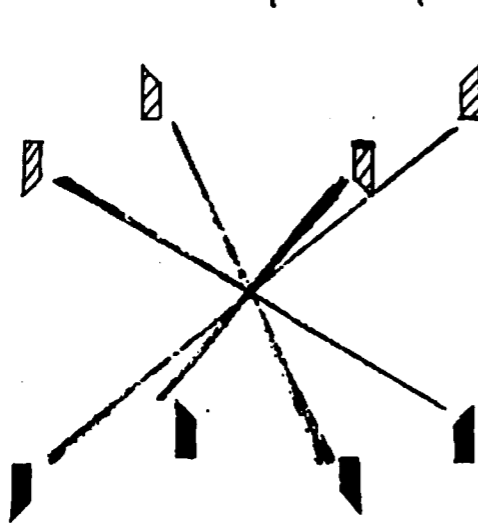


Sagitta. plane (Wheel)



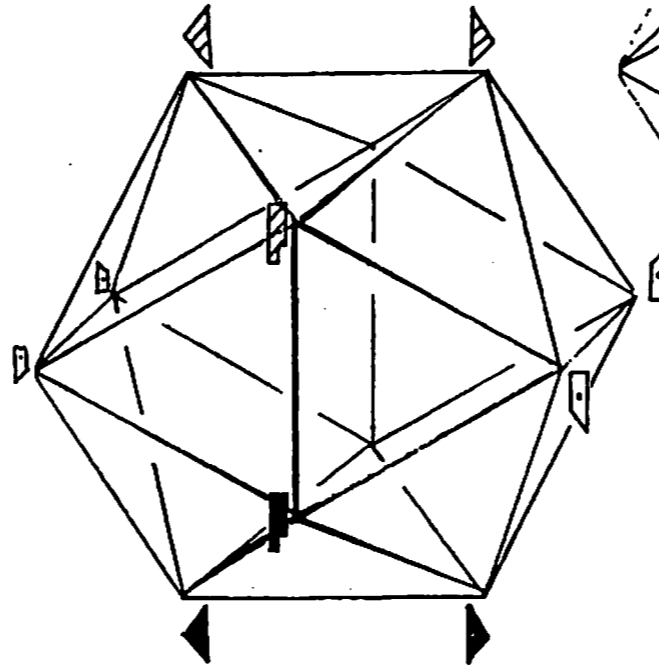
Horizonta. plane (Table)

Diagonals = 3 equal spatial pulls

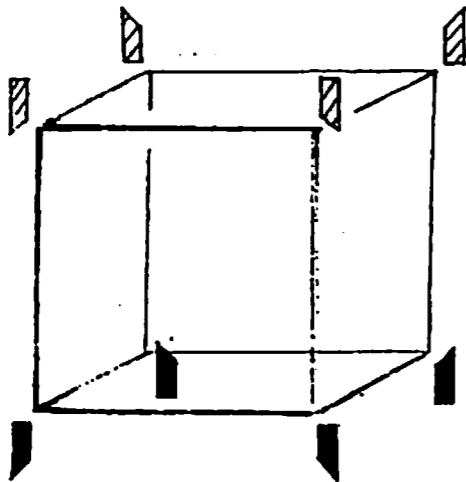


(i.e. $\square =$ up, forward, right)

Transverse Movement in the Icosahedron = 3 unequal spatial pulls constantly changing their relationship

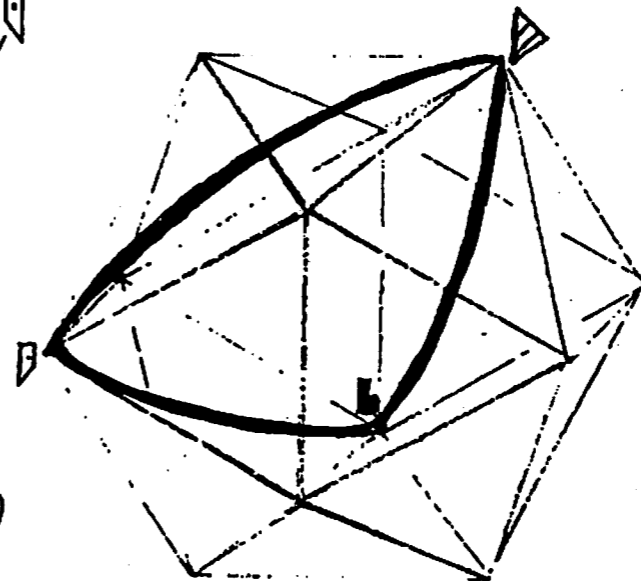
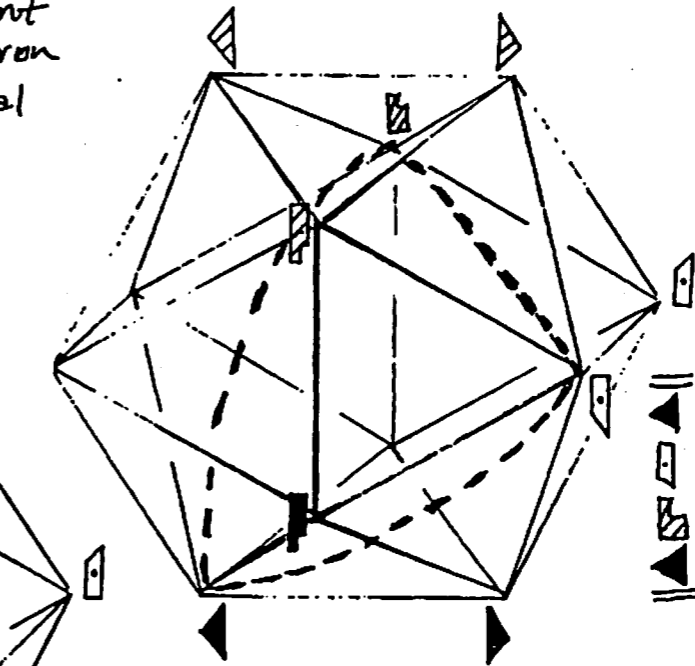


Diagonals reside in the cube.



Diagonal scale (Read from bottom to top)

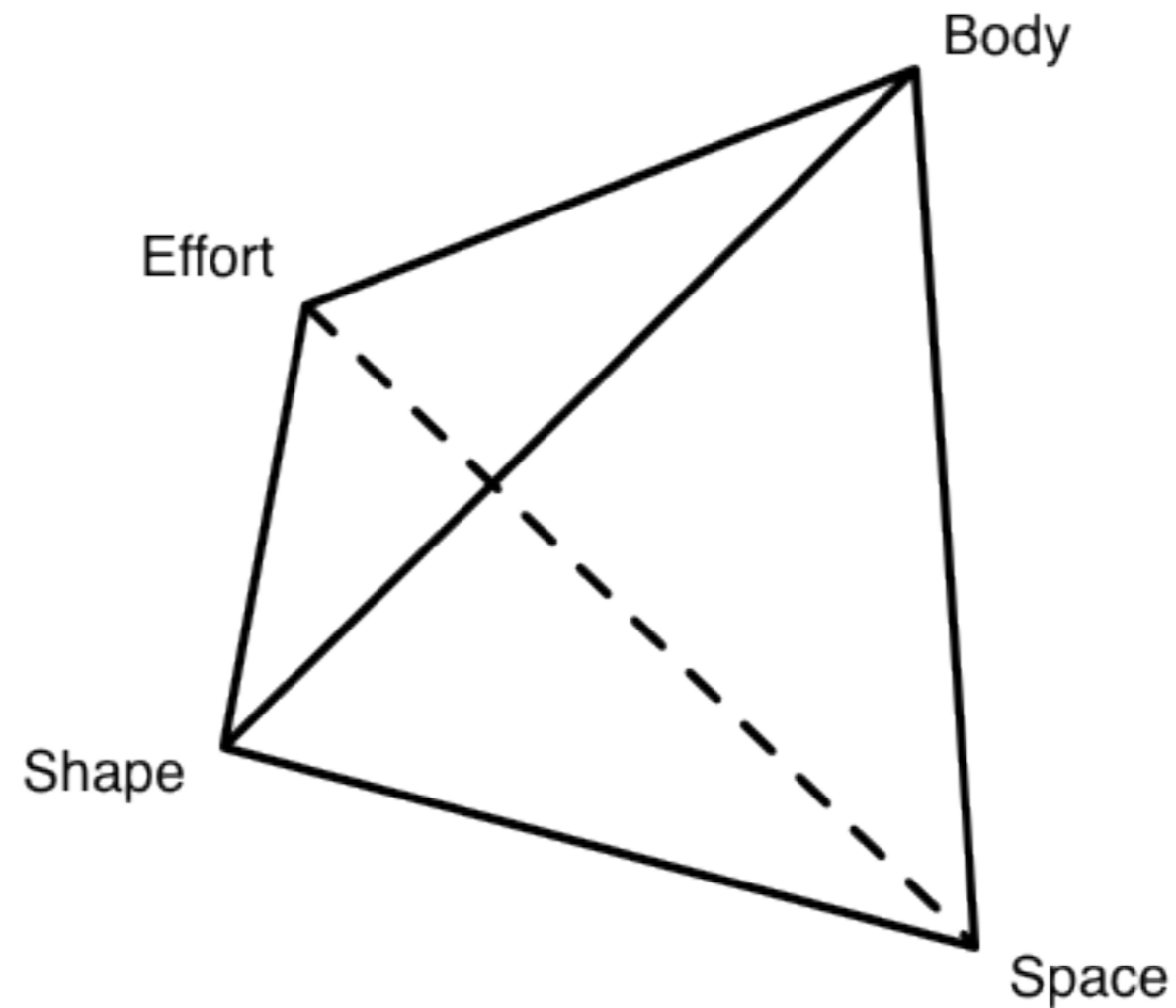
Transverse Movement in the Icosahedron is a specific case of the larger category of Spiraling



Transverse Rings in the Icosahedron

(Read from bottom to top)

Laban Movement Analysis



Mirror Neurons



<http://www.nccr-neuro.ethz.ch/projects/p5>

Rudolf Laban



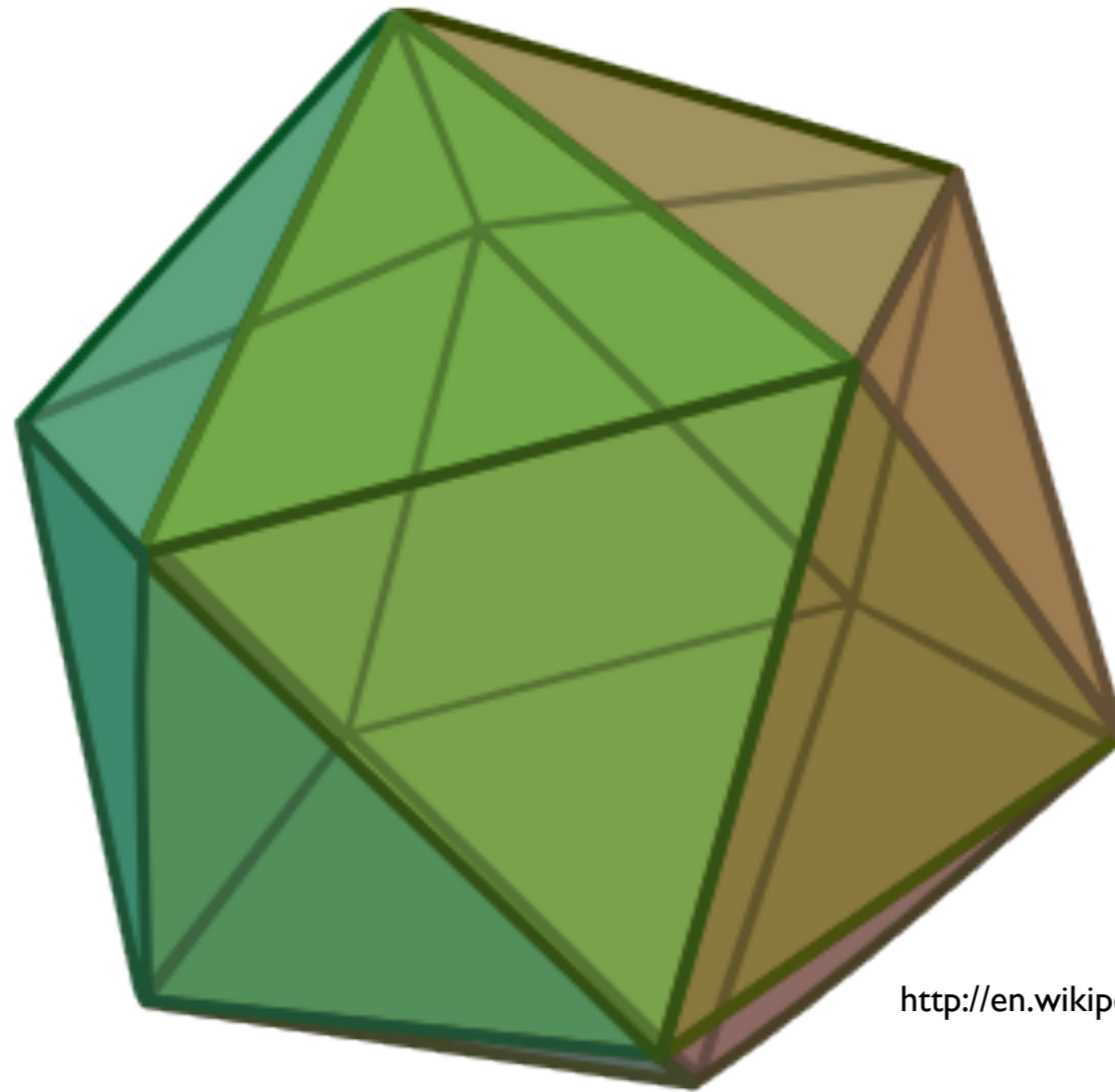
<http://www.mokurendojo.com/2008/05/rudolf-laban-on-kihara-chains.html>

Moving Space

The screenshot shows a software interface titled "Moving Space". At the top left, it says "Diagonal Scale" with a small icon. A progress bar is visible at the top right. On the left side, there is a "Select Scale" menu with the following categories and items:

- Octahedral Scales
- Dimensional Scales (with an 'i' icon)
- Defense Scales (with an 'i' icon)
- Cubic Scales
- Diagonal Scales (with an 'i' icon)
- Diagonal Scale (with a checkmark and a small icon)
- Diagonal Scale (with a small icon)
- Icosahedral Scales
- Diametral Scales (with an 'i' icon)
- Axis Scales (with an 'i' icon)
- Girdle Scales (with an 'i' icon)
- Primary Scales (with an 'i' icon)
- A Scales (with an 'i' icon)
- B Scales (with an 'i' icon)

In the center, a 3D wireframe cube is shown against a dark blue background with white stars. A bright white point is located inside the cube, connected to the top-left-front vertex by a white line. The cube's edges are highlighted in yellow. At the bottom left, there is a small yellow cube icon and a yellow eye icon. At the bottom center, it says "Left Forward High" with a small icon. At the bottom right, there is an information icon ('i').



<http://en.wikipedia.org/wiki/Icosahedron>

Brenton Cheng
brenton@bfalling.net
Twitter: bfalling

Movement blog: motionfactor.org
LMA certification program: imsmovement.com