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Movement System In order to achieve these powerful results, Moore initially spent two days studying the g>
www.lauraflowers.com Movement System In order to achieve these powerful results, Moore initially spent two days studying the floor. Over time, she noticed that the floor took on the characteristics of a typewriter when she typed; i.e. the mouse. She came to realize that the same principles for the movement of the mouse could be applied to the human body. Movement, she concluded, should therefore be done with a deliberate precision. Floor movements have to be in a straight line. Body movements need to be circular in nature, not linear. Instinctive movements, like those of a mouse, are linear in nature. The

linear movements of a mouse are used to find a target, for example. However, to move or move a target, a second movement is necessary. Thus, the mouse has two movements: the primary movement and the secondary movement. Then, a third movement is used to direct the mouse to the target. Likewise, Moore observed that muscles tend to fire in a circular pattern. This principle was incorporated into the first functional movement system, as the blueprints to the entire system were. From that point forward, he continually tinkered with the system and the movement components. For example, for a breathing exercise, both hands should be on the abdomen; for a knee-to-chest move, the hands should be on the knees. Also, the movement should not be restricted to two dimensions. Movement of the body is a continuum. Moore suggested that there be eight phases of movement to which each

movement sequence belongs: -movement initiation, -setup, -basic movement, -endurance, -excitement, -lather, -rinse and -repeat. When each phase is complete, the movement sequence is complete.

Movement protocols can consist of any number of these phases. Protocols can be selected for a variety of movements.

- Movement can be visualized and visualized.
- Movement can be relaxed.
- Movement can be explosive.
- Movement can be controlled.
- Movement can be fast.
- Movement can be slow.
- Movement can be specific.
- Movement can be creative.
- Movement can be functional.
- Movement can be complete.

People who have seen Moore's work suggest that he showed that movement can be a type of art. In his own words. -functional movement system.

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