

MF | Movement Fundamentals®

Thinking through the Body

Moving in Life & Art

Integrated Practices

Movement Fundamentals builds upon six paired principles as elemental concepts for moving and creating in life and art. Ten tenets, sourced from the experience of the individual body, guide the practice toward the development of selfhood and artistry.

MF facilitates thinking through the body for agency and artistic refinement, forming an inclusive paradigm for perceiving, learning, connecting, and creating.

Paired Principles

Alignment | Function
Range | Efficiency
Vocabulary | Intention

Tenets of Practice

Learn through sensory awareness, proprioception, and imagery.

Know the body as an intelligent source for direction and information.

Develop skills in awareness, responsiveness, expressiveness, observation, and documentation.

Employ bodily systems to create dynamic balance and form.

Use the vocabulary of anatomy, spatial intent, movement qualities, and design elements.

Allow personal questions and emotions to guide research.

Investigate the unfolding of embodiment, generosity, and personal virtuosity.

Apply principles, tenets, and practices as a guide for living and creating.

Practice, create and perform anywhere.

Embolden every body, shape, age, and ability with agency and refinement.

4 Phases Practice

The 4 Phases practice reflects the infinity concept: layered within each phase is the whole. It is an all abilities practice, adaptable for a solo, duet, or group.

This dance practice can be done anywhere, for any amount of time. It can happen in a studio or your kitchen, in one-minute increments, fifty-minute increments, or in an unfolding continuum throughout your day.

The questions are designed to support research and focused layered discovery. Adapt your 4 Phases practice and documentation to suit your individual needs as an artist and facilitator.

Phase 1 | Prepare

How do you begin?
What is important?
What is needed?

Documentation: Write, draw, or scribe responses to questions in phase 1.

Phase 2 | Move

How are you moving?
What do you like to do?
What are you noticing?

Documentation: Write, draw, or scribe responses to questions in phase 2.

Phase 3 | Dance

How are you dancing?
What do you think about?
What do you imagine?

Documentation: Write, draw, or scribe responses to questions in phase 3.

Phase 4 | Witness

How are you watching?
What do you look for?
What do you see?

Documentation: Write, draw, or scribe responses to questions in phase 3.

For example: Allow fifty minutes to devote to the practice. For each phase, spend seven minutes in the physical practice followed by three minutes in documentation. When practicing with another person or a group, this will allow time for both parties to witness one another in phase four. When practicing phase 4 alone, continue to dance, and imagine watching yourself, directing your awareness to witnessing your dance.



Move

How are you moving?
What do you like to do?
What are you noticing?
Write, draw or scribe.

Prepare

How do you begin?
What is important?
What is needed?
Write, draw or scribe.

Dance

How are you dancing?
What do you think about?
What do you imagine?
Write, draw or scribe.

Witness

How are you watching?
What do you look for?
What do you see?
Write, draw or scribe.