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

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