

**12 dimensions of movement.**

a Pocket Sketchbook to spark thought and discussion.

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**Heavy**

**Indirect**

**Light**

**Direct**

**Isolated**

**Open**

**Integrated**

**Closed**

**Low**

**Linear**

**Tall**

**Circular**

Suggestions for use:

- \* focus on a dimension while going to work
- \* illustrate each dimension in this booklet
- \* describe a system which would recognize each dimension

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<http://choreographiccoding.org/projects/trackable-qualities>

**Activated Space**

**Angular**

**Ignored Space**

**Parallel**

**Sturdy**

**High Intensity**

**Falling**

**Inactive**

**Constriction**

**Quick**

**Extension**

**Sustained**

