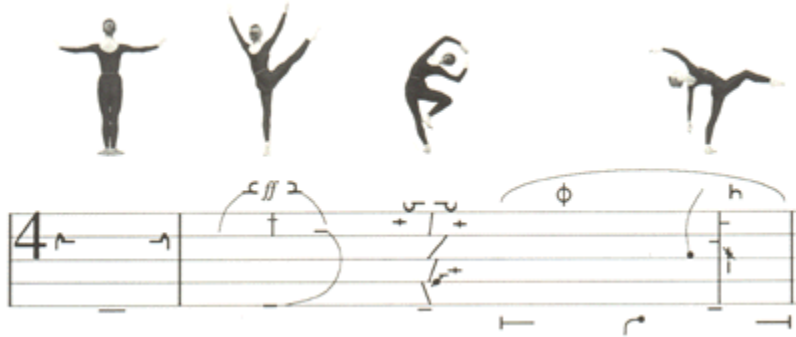


### How Benesh Movement Notation Works

Groups of signs, such as those for movements of the head and body or for contact and support, combine to provide the means to describe all human movement. While the body actions are plotted in the stave, details of rhythm, phrasing, and dynamics are written immediately above the stave, and those concerning direction, location, and travel are written below the stave.



This short sequence is composed of a 'starting position' and a four-count movement phrase in which the first movement is performed very strongly (**ff**) and the last is phrased over two counts ( $\phi$  identifies the 'missing' beat and the curved line above indicates continuity of movement). The change of direction over two counts is shown below the stave. The recording also contains details of head, body, wrist, and ankle actions.