

**Body Attitude:**

**Tension Flow Rhythms:**

$\_\_\_ P + \_\_\_ M(\_\_\_) = \_\_\_ T$     IF (P) =   
 $\_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ P$     IF (M) =   
 $\_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ M$    
 $\_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ : \_\_\_ T$

o	OS	H.R. List
a	as	
u	us	
ig	igs	
og	ogs	

**Tension-Flow Attributes**

$\Delta c = \_\_\_ + \_\_\_ (N) = \_\_\_ (T)$    
 $LF = \_\_\_ + \_\_\_ (N) = \_\_\_ (T)$    
 $GE = \_\_\_ + \_\_\_ (N) = \_\_\_ (T)$    
 $\swarrow : \searrow = \_\_\_ (N) = \_\_\_ (T)$

flow adjustment	even flow
low intensity	high intensity
graduality	abruptness

**Precursors of Effort**

$\Delta c = \_\_\_$      $GE = \_\_\_$    
 $LF = \_\_\_$      $\swarrow : \searrow = \_\_\_$

flexibility	channeling
gentleness	vehemence/straining
hesitation	suddenness

**Effort**

$\Delta c = \_\_\_$      $c$      $y$    
 $LF = \_\_\_$    
 $GE = \_\_\_$    
 $\swarrow : \searrow = \_\_\_$

indirect	direct
lightness	strength
deceleration	acceleration

**Bipolar Shape-Flow**

$\Delta c = \_\_\_$      $GE = \_\_\_$    
 $LF = \_\_\_$      $\swarrow : \searrow = \_\_\_$

widening	narrowing
lengthening	shortening
bulging	hollowing

**Unipolar Shape-Flow**

$\Delta c = \_\_\_$      $GE = \_\_\_$    
 $LF = \_\_\_$      $\swarrow : \searrow = \_\_\_$

lateral widening (cephalad)	radial narrowing (caudal)
anterior	(posterior)

**Shape-Flow Design**

$\Delta c = \_\_\_ (N) + \_\_\_ (I) + \_\_\_ (R) = \_\_\_ (T)$    
 $LF = \_\_\_ (N) + \_\_\_ (I) + \_\_\_ (R) = \_\_\_ (T)$    
 $GE = \_\_\_ (N) + \_\_\_ (I) + \_\_\_ (R) = \_\_\_ (T)$    
 $\swarrow : \searrow = \_\_\_ (N) + \_\_\_ (I) + \_\_\_ (R) = \_\_\_ (T)$

looping	linear
low amplitude	high amplitude
rounded reversal	angular reversal

**Shaping in Directions**

$\Delta c = \_\_\_$      $GE = \_\_\_$    
 $LF = \_\_\_$      $\swarrow : \searrow = \_\_\_$

sideways	across
up	down
forward	backward

**Shaping in Planes**

$\Delta c = \_\_\_$      $c$      $y$    
 $LF = \_\_\_$    
 $GE = \_\_\_$    
 $\swarrow : \searrow = \_\_\_$

spreading	enclosing
ascending	descending
advancing	retreating

**Figure 1. KMP Form. \***

\* From: J. Kestenberg Amighi, S. Loman, P. Lewis, and K.M. Sossin (1999). The meaning of movement: Developmental and clinical perspectives of the Kestenberg Movement Profile. New York: Brunner-Routledge.