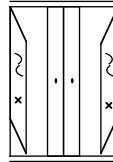
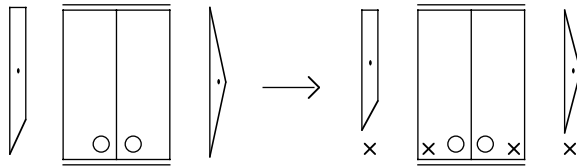


GENERAL GLOSSARY

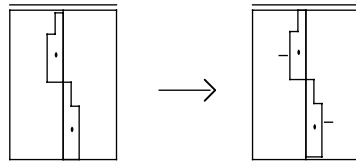
Notation is in KIN (Laban Kinetography)



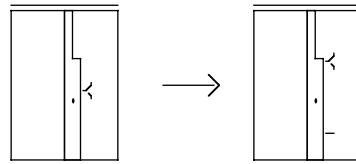
The turn-out depends on each performer's natural anatomical capacity.



The arms and legs are "*slightly tensed*". Even when extended, they are not tensed. There is no excess muscular tension.



Transference of weight is notated in middle level and should be performed with the weight supported on the ball of the foot, with the heel slightly raised.



The completion of a step in the middle level, with the heel on the ground.