

Qualities of Movement

The Qualities of Movement (QOM's) are "How" the energy is moving. They are Molding, Flowing, Flying and Radiating (MFFR). These are named after the elements of earth, water, air and light and used as a metaphor to express the full potential "how" of the expansion/contraction. The quality of the movement is related to the **degree of resistance** the movement meets. So on the NMCA Chart you will see that as a subtitle. The heaviest resistance generates an earthy molding movement. The degree of resistance decreases as the molecules of the elements expand from earth to water to air to light. There are as many interpretations of the QOM's as there are expressions of these four elements. For our purposes, imagining a gradient scale will yield a wider range of playable qualities than limiting the expression of molding to one tempo of heavy resistance, or flowing to one slow and legato movement. Molding can range for example from solid rock diamond, to dirt, clay, sand. Flowing can be an ocean wave, a lily on a pond or a flood. Flying can be a heavy slow pelican or a jet plane and anything in between. Radiating can be light manifesting as lightning, fire, laser or sunlight. In all cases, the QOM is itself universally neutral and like Ex/Con may initially evoke a plus or minus reaction from our personality. We want to sensitize our bodies to be able to express objectively these qualities of movement. If Ex/Con is the black and white of an artist's palette, these are the medium of the artist-the clay, oil or the water color.

Since All movements can be described as being more like earth, water, air or light, it is possible to imagine you are moving through the space which is resisting you with the degree that earth, water, air or light does. You may also imagine your body itself is that medium that your body is moving as rock, clay, water or air, etc. A movement can refer to a physiological motion, as well as to a psychological movement. Our thoughts, feelings and desires are expanding and contracting, but how? Are they molding, flowing, flying or radiating?