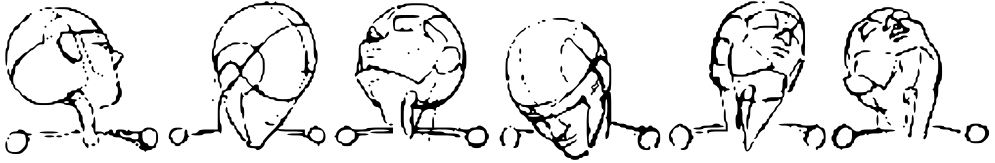
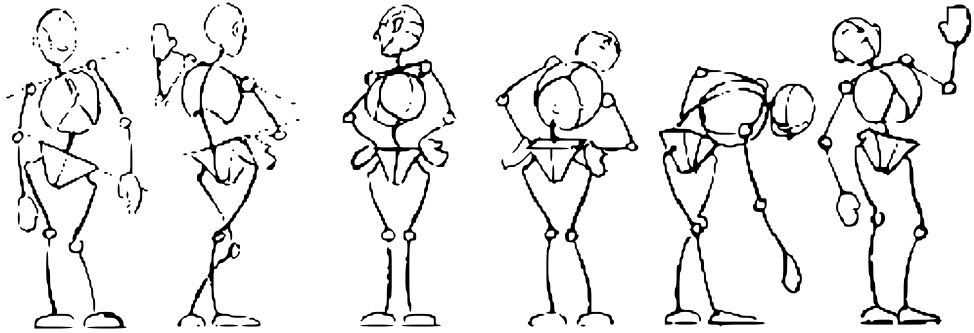


WE START ON THE FIGURE

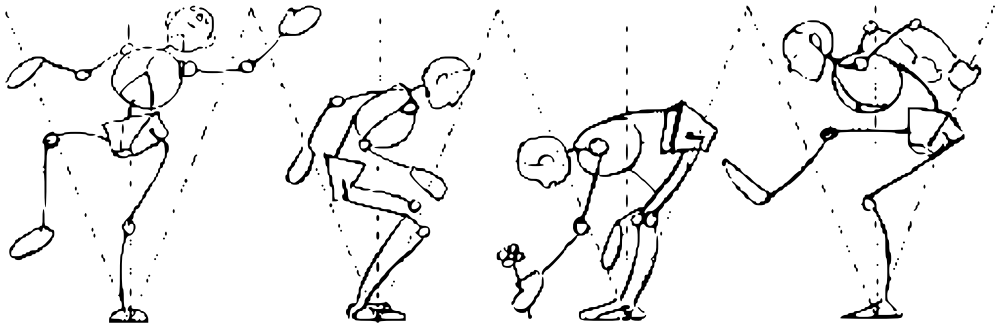
We shall start at once to put them into action. There will always be movement of the parts. Draw this page carefully and become thoroughly familiar with the movement of each part.



The head can take any position of the ball and plane. See page 39.



Movement of the shoulders, hips, spine and pelvis twisting Bending.



The weight of the body must be evenly distributed over a central point of gravity. This is equilibrium. Just a couple and it's gone, eh what.