



## **COORDINATION CAPACITIES**

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### **\* Capacities of Movement Control (1st Level):**

Kinesthetic Discrimination

Segmentary Differentiation

Variability of Movement

Combination of Movements

Guided Control of Movement

Fluidity and Relaxation of Movement

Amplitude of Movement

### **\* Capacities of Implementation (placing) of Movement on the Space (2nd Level):**

Orientation

Directionality

Localization

Situation (placement)

Static-Dynamic Balance

### **\* Capacities of Temporal Adequacy (3rd Level):**

Movement-Spatial Interaction

Rhythmical Differentiation

Rhythmical Variability

Rhythmical or Temporal Adaptation

Rhythmical Sense (Temporal Creativity)

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