



# Circular Movements

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Gallery

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## Circular Movement

### Arm Circles

Arm circles are written with dotted lines. Arrows mark exactly where the circular movement starts. When reading Circle Symbols, place your hand where the arrows are located on the circle, and then move in the direction of the arrows.

#### Single Arm Circles Side-To-Side Parallel Wall Plane

- |   |   |
|---|---|
|    | <b>1. One Circle Starts High</b>                |
|    | <b>2. One Circle Starts High-Diagonal-Right</b> |
|    | <b>3. One Circle Starts Right Side</b>          |
|    | <b>4. One Circle Starts Low-Diagonal-Right</b>  |
|   | <b>5. One Circle Starts Low</b>                 |
|  | <b>6. One Circle Starts Low-Diagonal-Left</b>   |
|  | <b>7. One Circle Starts Left Side</b>           |
|  | <b>8. One Circle Starts High-Diagonal-Left</b>  |

#### Double Arm Circles Side-To-Side Parallel Wall Plane

- |   |   |
|---|---|
|    | <b>1. Two Circles Start High</b>                |
|    | <b>2. Two Circles Start High-Diagonal-Right</b> |
|    | <b>3. Two Circles Start Right Side</b>          |
|    | <b>4. Two Circles Start Low-Diagonal-Right</b>  |
|   | <b>5. Two Circles Start Low</b>                 |
|  | <b>6. Two Circles Start Low-Diagonal-Left</b>   |
|  | <b>7. Two Circles Start Left Side</b>           |
|  | <b>8. Two Circles Start High-Diagonal-Left</b>  |

#### Single Circles Forward-Back Sagittal & Floor Planes

- |   |   |
|---|---|
|    | <b>1. Forward-Back Circle Parallel with Side Wall</b> |
|    | <b>2. Forward-Back Circle Left High Diagonal</b>      |
|    | <b>3. Forward-Back Circle Parallel with Floor</b>     |
|    | <b>4. Forward-Back Circle Left Low Diagonal</b>       |
|    | <b>5. Forward-Back Circle Parallel with Side Wall</b> |
|    | <b>6. Forward-Back Circle Right Low Diagonal</b>      |
|    | <b>7. Forward-Back Circle Parallel with Floor</b>     |
|  | <b>8. Forward-Back Circle Right High Diagonal</b>     |


#### Double Circles Forward-Back Sagittal & Floor Planes

- |   |   |
|---|---|
|    | <b>1. Forward-Back Circle Parallel with Side Wall</b> |
|    | <b>2. Forward-Back Circle Left High Diagonal</b>      |
|    | <b>3. Forward-Back Circle Parallel with Floor</b>     |
|    | <b>4. Forward-Back Circle Left Low Diagonal</b>       |
|    | <b>5. Forward-Back Circle Parallel with Side Wall</b> |
|    | <b>6. Forward-Back Circle Right Low Diagonal</b>      |
|    | <b>7. Forward-Back Circle Parallel with Floor</b>     |
|  | <b>8. Forward-Back Circle Right High Diagonal</b>     |

## Wrist Circles

Wrist circles are written with solid lines. Arrows are placed outside the circle. When reading Wrist Circle Symbols, place your hand at the arrow, and then move in that direction.

### Single Wrist Circles Side-To-Side Parallel Wall Plane

-  1. One Circle Starts High
-  2. One Circle Starts High-Diagonal-Right
-  3. One Circle Starts Right Side
-  4. One Circle Starts Low-Diagonal-Right
-  5. One Circle Starts Low
-  6. One Circle Starts Low-Diagonal-Left
-  7. One Circle Starts Left Side
-  8. One Circle Starts High-Diagonal-Left

### Double Wrist Circles Side-To-Side Parallel Wall Plane

-  1. Two Circles Start High
-  2. Two Circles Start High-Diagonal-Right
-  3. Two Circles Start Right Side
-  4. Two Circles Start Low-Diagonal-Right
-  5. Two Circles Start Low
-  6. Two Circles Start Low-Diagonal-Left
-  7. Two Circles Start Left Side
-  8. Two Circles Start High-Diagonal-Left

### Single Wrist Circles Forward-Back Sagittal & Floor Planes

-  1. Forward-Back Circle Parallel with Side Wall
-  2. Forward-Back Circle Parallel with Side Wall
-  3. Forward-Back Circle Parallel with Side Wall
-  4. Forward-Back Circle Parallel with Side Wall
-  5. Forward-Back Circle Parallel with Floor
-  6. Forward-Back Circle Parallel with Floor

### Double Wrist Circles Forward-Back Sagittal & Floor Planes

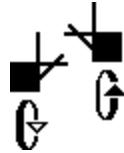
-  1. Forward-Back Circle Parallel with Side Wall
-  2. Forward-Back Circle Parallel with Side Wall
-  3. Forward-Back Circle Parallel with Side Wall
-  4. Forward-Back Circle Parallel with Side Wall
-  5. Forward-Back Circle Parallel with Floor
-  6. Forward-Back Circle Parallel with Floor

# Arm & Wrist Circle Examples

same-old  
thing



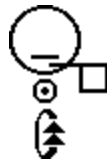
people



area,  
place



hearing  
(person)



when



beautiful



principal



face



# SW – Circular Movements

Look at the picture with the movement symbol. Show how the block would move using the correct hand.

