DIMENSIONS & TEXTURES SELF-CHECK CHART

Use this chart to check your progress in working with Dimensions and Textures. A score of one means that you don't know the skill at all or have very little control, and ten means that you would be comfortable incorporating all the dimensions and textures into your performance. Shade in each progression with different colors so that you can see how far you've come during the course of your studies.

Dimension & Texture	1	2	3	4	5	6	7	8	9	10
Level Changes										
Pulsing										
Layering										
Use of Air Space										
Use of Floor Space										
Angle										
Speed and Energy										
Size of Movement										
Direction of Movement										
Accents										
Facial Expression										
Hand Expression										