



SUMMARY

The direction is termed as “forward, backward, or sideways “ according to one of the three axes around which the body rotates and to which side the body takes the lead. Direction mainly depends upon the initial position and movement of the body in space. For some exercise , the term forward respectively backwards would be correct, although in the forward movements it is the back side of the body which takes the lead. In movements which are described as circular arch, for instance, leg circle or arm circle, it is necessary to give the direction to the right or to the left side. In a circle to the left, one has to move anti-clockwise.