

Coordination Pattern™ Training

Examples of Tension Patterns & Dynamics

	 THRUST DRIVER	 SHAPE Organizer	 Swing Colaborator	 Hang Visionary
<i>Look for...</i>	Assertive, direct a "Doer"	Formal, correct a "Thinker"	Playful, nurturing, interactive a "People Person"	Spontaneous, go with the flow an "Improviser"
<i>Oriented...</i>	Direct to goal, show how, bottom line, save face, now, hands- on, power, compete, keep score, objectify - honor	Be correct, ask, one step at a time, steady, logically, in an orderly way, prioritize, sort, characterize - integrity	Engaging, play, more then one thing at a time, with feeling, fun, see both sides, talk, color, imagination, - loyalty	Seeking essence and possibilities, intuitively, use flow, avoid conflict, be with, assimilate - fairness
<i>Movements...</i>	Direct, push or pull, driving motion, diagonals, asymmetric, strength, power, pin- pointed, goose step, sprint run, karate - Pilates	Measured, placed, step-by-step, perpendicular, symmetric balance, stillness, using form, lifted, simple march, boxing - Yoga	Indirect, back and forth, uses weight, "side-al", antipodean, loosening, jumping, swinging, bouncing, rocking, golf - Tae Kwon Do	Random, moves with the flow, gyrotational, connecting, graceful, falling both up and down, gliding, sliding, whirling - Tai Chi
<i>Perception mode...</i>	Visual	Auditory	Visual, Auditory and Kinesthetic	Kinesthetic
<i>Personality type...</i>	Sensating	Thinking	Feeling	Intuitive
<i>Educator style...</i>	Mentor	Instructor	Coach	Challenger
<i>Cultures...</i>	Japanese Dell Computer Company	English Lloydes of London	Hawaiian Southwest Airlines	Chinese Microsoft Corporation
<i>Music...</i>	Stravinsky, Bartok, Rap, Japanese Koto	Mozart, Bach, Ballads, Violin	Lead Belly, Hula, Swing, Ukulele	Ives, New Age, Gregorian Chant, Chinese Erhu
<i>Dance...</i>	Tango	Fox Trot	Swing	Flowing Waltz
<i>Artist...</i>	Picasso	Michelangelo	Gauguin	Miro
<i>Poetry...</i>	E.E. Cummings - Haiku	Shakespeare - Sonnet	Chaucer - Tale	Walt Whitman - Stream of Consciousness
<i>Gospels...</i>	John	Matthew	Mark	Luke
<i>In a garden...</i>	Zen or Japanese Garden	English Garden	Monet's Garden	Natural, Organic Garden