JOINT MOTION

JOINT MOTION	✗ / ✓
Anterior Tilt (forwards)	
Posterior Tilt (backwards)	
Hike up on left & drop on right	
Hike up on right & drop on left	
Shift to left	
Shift to right	
Rotation to left	
Rotation to right	

PELVIS

JOINT MOTION	✗ / ✓
Anterior Tilt (forwards)	
Posterior Tilt (backwards)	
Side bend to left	
Side bend to right	
Shift to left	
Rotation to left	
Rotation to right	

RIBCAGE

JOINT MOTION	✗ / ✓
Anterior Tilt (forwards)	
Posterior Tilt (backwards)	
Side bend to left	
Side bend to right	
Shift to left	
Rotation to left	
Rotation to right	

SKULL

THE FOOT NINJA