

## The 5 Movements according to SEITAI

<b>Movement</b>		<b>Direction</b>	<b>Action</b>	<b>Attitude</b>
<b>VERTICAL</b>	+	I going up	to see far away	high status
	-	II going down	to crouch	low status
<b>FRONTAL</b>	+	V going forward	to act	decision
	-	VI going backward	to avoid	incertitude
<b>LATERAL</b>	+	III one side	to see all around	positive sensibility
	-	IV the other side	to refuse the extended hand	negative sensibility
<b>ROTATIVE</b>	+	VII to attack	acquisiton of possessions	aggression
	-	VIII to protect oneself	protection of possessions	defense
<b>CENTRAL</b>	+	IX to close	to keep, to recieve, to close oneself to the exterior	introversion concentration
	-	X to open	to offer, to give, to open oneself to the exterior	extroversion externalization

See the SEITAI website by KATSUMI MAMINE : [www.seitai-cvp.com](http://www.seitai-cvp.com)

And for the 5 movements details :

<http://www.seitai-cvp.com/index.php/english/El-organismo-y-su-estructura-rectora-la-CVP.html>