

## Dance

*From Wikipedia, the free encyclopedia:* “Dance (from French danser, perhaps from Frankish) is an art form that generally refers to movement of the body, usually rhythmic and to music, used as a form of expression, social interaction or presented in a spiritual or performance setting. Dance is also used to describe methods of non-verbal communication (see body language) between humans or animals (bee dance, patterns of behaviour such as a mating dance), motion in inanimate objects (the leaves danced in the wind), and certain musical forms or genres. In sports, gymnastics, figure skating and synchronized swimming are dance disciplines while martial arts' [forms] are often compared to dances.”

“Every dance, no matter what style, has something in common. It not only involves flexibility and body movement, but also physics. If the **proper physics** is not taken into consideration, injuries can and are likely to occur.”

This definition of dance is useful in the realisation of dance as a scientific and universal phenomena.

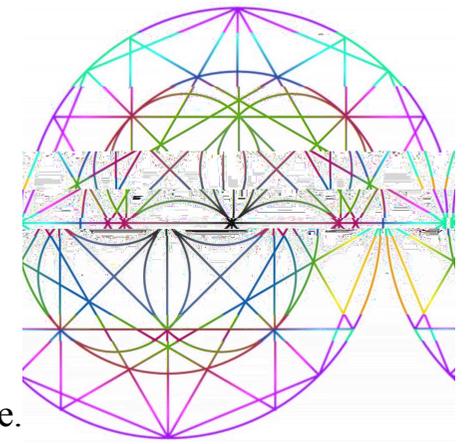
## Movements

*From Wikipedia, the free encyclopedia:* “A movement is a **motion**, a change in position. In **physics**, motion means a constant change in the location of a body. Change in motion is the result of applied force. Motion is typically described in terms of velocity, acceleration, displacement, and time.”

“Motion is always observed and measured relative to a frame of reference. As there is no absolute reference frame, absolute motion cannot be determined; this is emphasised by the term relative motion. A body which is motionless relative to a given reference frame, moves relative to infinitely many other frames.

**Thus, everything in the universe is moving.**”

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