

Figure 2. Parallels in Developmental Movement Systems: BMC, BF (LMA), & KMP by Rachele Tsachor with Martha Eddy

<b>Age Range</b>	<b>Body-Mind Centering®</b>	<b>Bartenieff Body Organization</b>	<b>Bartenieff Activities</b>	<b>Underlying Supporting Reflex</b>	<b>Developmental Task in Space (LMA)</b>	<b>KMP Tension Flow Rhythms</b>
Pre-natal & Birth  Birth - 1 month	Cellular Breathing  Navel Radiation (once referred to as Radial Symmetry)	Breathing core-distal	Breath support Sounding vowels Condensing-expanding X's and O's; pre-thigh lift – “heel slides” & Eddy's hand slides; thigh-lift (ilio-femoral flexion)	(Autonomic nervous system balance) Tonic labyrinthine vestibular stimulation; head righting, startle flexor withdrawal/ extensor thrust	In-utero: Flotation and rotation; push off uterine walls with support of fluid Spinal and whole body mobility –folding and unfolding; beginning head control; propulsion from tail	All rhythms possible in utero Sucking
1 - 3 months	Pre-spinal mouthing; use of some spinal push and reach patterns	Head/tail	Distal initiation of head and tail; core initiation: flexion-extension, lateral flexion, rotation	Oral rooting; head righting (& ATNR asymmetrical tonic neck reflex)	Inner space; body surface rests on external surfaces – push of head and from pelvis	Sucking, transition to biting (oral)
3 - 9 months	Complete head-tail; Homologous: Yield & push upper Yield & push lower Reach & pull upper Reach & pull lower Beginning homolateral and contralateral	Head/tail (spinal twist prepares for crosslateral - diagonal rolling & creep later); upper-lower differentiation	Preparatory exercise for creeping to standing, condensing to sitting.	Righting reaction; head vertical in space (optical righting); Landau, STNR symmetrical limb differentiation; equilibrium responses begin at 6 months	Horizontal is primary plane of support for full body in independent locomotion (the floor). Vertical plane begins to be established in transition to sitting 5-8 mo. Forward/backward motion sets stage for later sagittal in crawling	Biting, transition to twisting (oral/anal)
9 - 12 months	Homologous quadrapedal: Yield & push Reach/pull; Homolateral: 1 limb Yield & push: 1 upper Yield & push – 1 lower	Upper/lower torso-limb relationships: body halves then diagonal; especially horizontal plane w/ creep to sit	Heel rock, saggital pelvic shift, lower unit sequence, seesaw partners, creeping to standing (locomotion & stable) sit to stand to walk; body half lateral – rolling; stepping & lateral pelvic shift	Righting head - torso aligns, dominant 10-12; propping reflex; ATNR and hand-mouth Gallant reflex	Transition to vertical, established from horizontal by sitting (spiral of tail from all fours), standing. Sagittal begins to be established with forward motion – crawling, creeping, walking.	Continued twisting; introduction of strain-release (anal) near 12 months

12 - 18 months	Homolateral – contralateral	Upper-lower homolateral diagonal in uprightness & practice ilio- femoral flexion	Propulsion sequence	Positive and negative stepping	Vertical to sagittal	Transition to strain/release, vehemence pre- effort, 18 months
18 - 36 months	Contralateral: Reach & pull (upper) Reach & pull (lower)	Diagonal cross- lateral	Diagonal knee drop with arm circles, diagonal sit- ups, figure 8's, X rolls	Step reflex, contralateral tonic lumbar & lumbar reach reflexes (identified by BBC)	Sagittal primary, mastering transitions between planes; walking and running	Running- drifting at 24 months; starting- stopping (urethral) at 30 months
3 - 7 years	All patterns; spinning & falling; running and jumping	Integrating skills, phrasing & complexity	All Basic 6 and all other BF exercises (weight shifts, level changes, propulsion & locomotion)	All reflexes underlie more complex movement	Diagonal (3-D)/ Cross planar/transversals/ off-vertical play	Swaying: 3 Surging: 3.5 Jumping: 4-5 Spurt Ram: 5-6

This chart draws upon information from Bainbridge Cohen (1993), Bartenieff (1974), Bartenieff with Lewis (1980), Eddy (1991), Hackney (2002), Kestenberg (1985), Amighi, Kestenberg Loman, Lewis, and Sossin (1999), and Tortora (2006).