

	No. of sine waves	No. of breaths	Other detail
Normal Motion	1	1	n/a
Slow Motion	1 (where appropriate)	1 breath for the duration of the movement, with a degree of acceleration	Slow motion still has an acceleration from start to finish, i.e. not a constant speed throughout the movement.
Fast Motion	2 (but the second is 'short cut' with no dropping phase between the movements)	2	Performed with a sense of urgency. Usually involving two attacks.
Continuous Motion	2	1 continuous breath, emphasised on the impact of the techniques and softer in between them	Complete each movement but flow from one to the next. Usually involving two blocks.
Connecting Motion	1	1, which is soft for the first movement and becomes more explosive for the second	The first technique completes at the highest point of the sine wave, and the second technique completes when the body drops down again.