

MovementWriting for Cultural Heritage Preservation

SignWriting Symposium 2024

July 15–18, 2024



Presented by Sutthikhun Phaengphongsai (Ae)

An intermediate MovementWriting notator from Thailand



What is MovementWriting?

Sutton MovementWriting is a comprehensive symbolic notation system capturing diverse human movement, from dance to martial arts. Like musical notation, it enables cross-cultural preservation and understanding of movement expression, empowering research, practice, and learning.



What are the differences in writing styles within the MovementWriting system?

MovementWriting encompasses a range of notation styles to suit diverse movement disciplines. SignWriting uses simplified symbols for accessibility, while DanceWriting historically employed more complex notation to capture movement nuances. This variety reflects the framework's flexibility in meeting the needs of different movement-based sections.



How does MovementWriting contribute to the preservation of cultural heritage?"

MovementWriting transcends language barriers, preserving cultural heritage by documenting dances and martial arts with a standard system. It aids in transmitting, studying, and sharing practices globally, sustaining living traditions.



Sports & Science

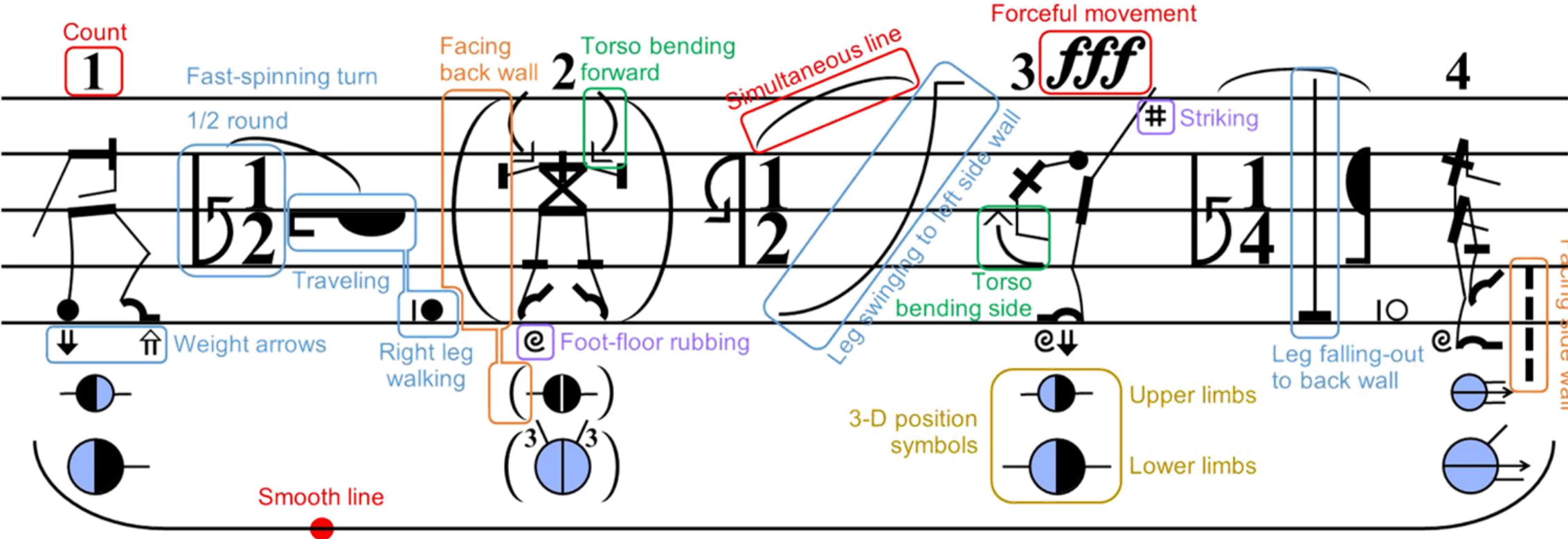
Sports and science both rely on capturing movement for analysis and improvement. Movement notation, like writing down dance steps, lets us record complex actions for later study. This helps athletes refine techniques and scientists understand how bodies move in different situations.



Youtube:
Hopper Blog



A terrifying 360-degree kick in Muay Thai, can knock opponents out cold. It's like a spinning crocodile tail whip, with the fighter building momentum before delivering a powerful kick to the head. This brutal move requires incredible agility and timing, making it a marvel of Muay Thai's striking power.





“Koko as the Voice of Nature”

A Gorilla Sign Language speech, which the language was derived from American Sign Language

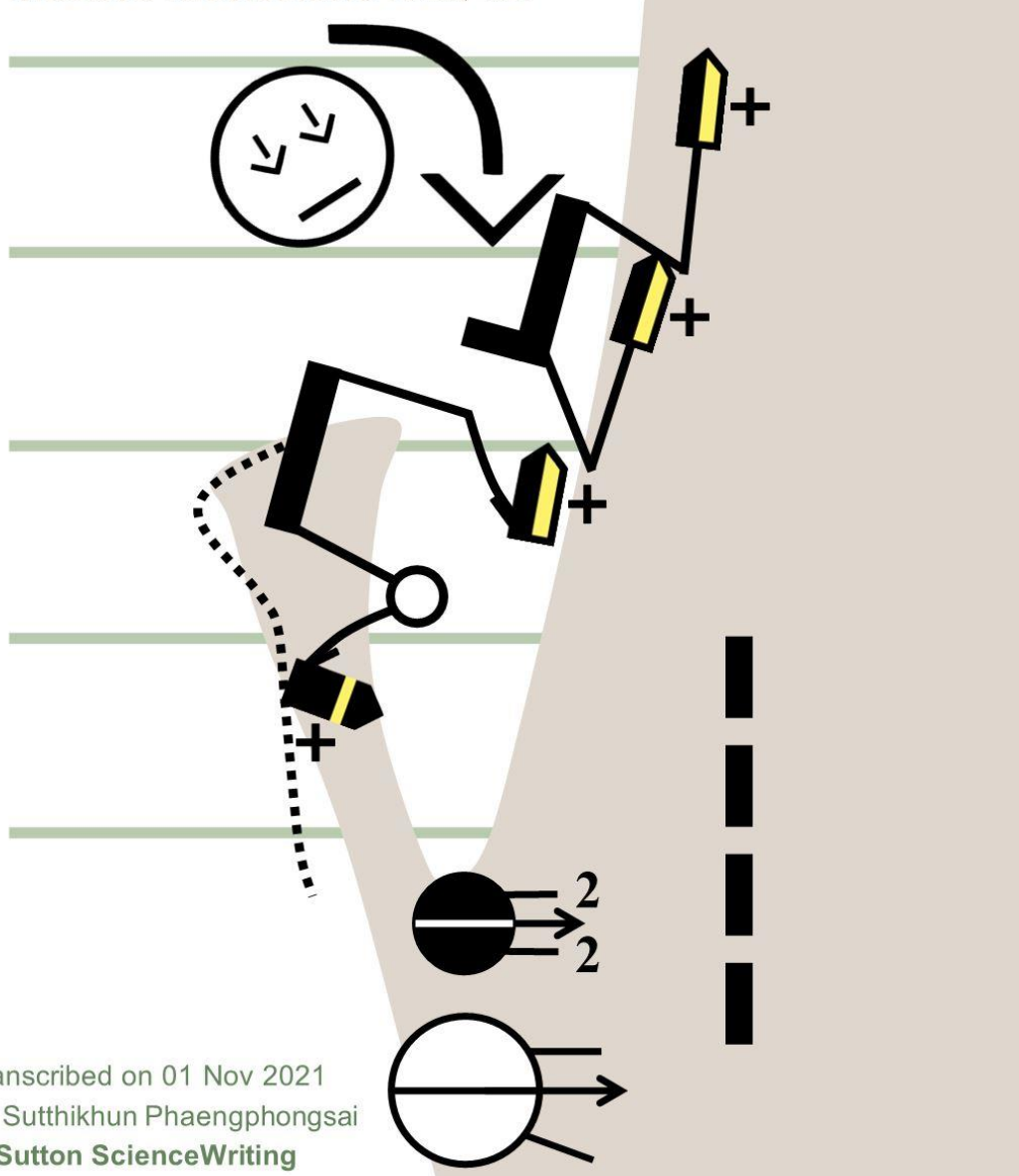
Hanabiko Koko (1971–2018) was a female western lowland gorilla. Koko was born at the San Francisco Zoo and lived most of her life in Woodside, California, at The Gorilla Foundation's preserve in the Santa Cruz Mountains.



Phetchaburi, Thailand
October 2021
Patta Vangtal
<https://www.inaturalist.org/observations/99867614>

Long-tailed Macaque

Macaca fascicularis Raffles, 1821



“A long-tailed macaque sitting on a branch stump with climbing posture found in Phetchaburi, Thailand”

Compared to humans, most primates have shorter legs, longer arms, and grasping feet that function like hands. This is because they evolved for life in the trees, where gripping branches is key. Humans are the exception, with our feet adapted for walking upright and losing their ability to grasp effectively.

Transcribed on 01 Nov 2021
by Sutthikhun Phaengphongsai
in **Sutton ScienceWriting**

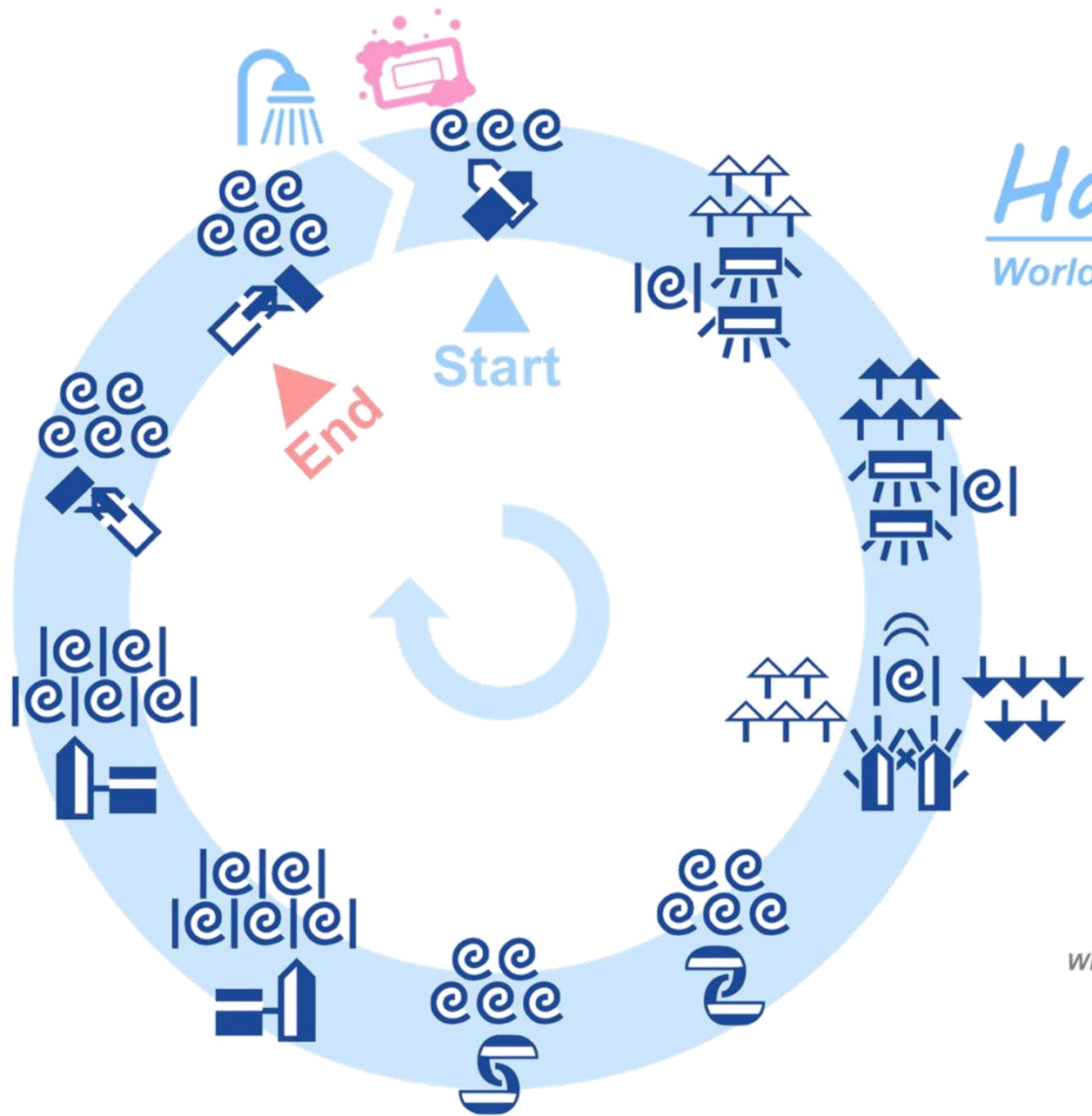




“How to handwash?”
recommended by World Health
Organization (2015)

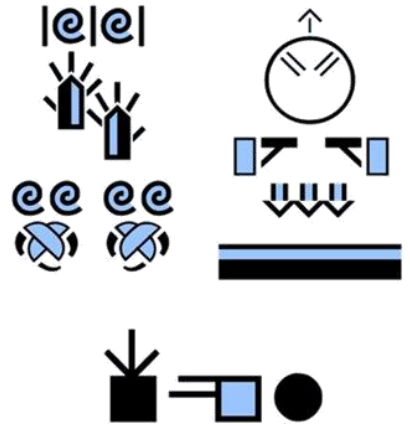
“Hand hygiene, either with
soap and water or with alcohol-
based handrub, is one of the
best ways to avoid getting sick
and spreading infections to
others. Indeed, hand hygiene is
an easy, inexpensive, and
effective mean to prevent the
spread of germs and keep
everyone healthy.”
- WHO (2015)

Illustrated on 22 Dec 2021 by Sutthikhun Phaengphongsai



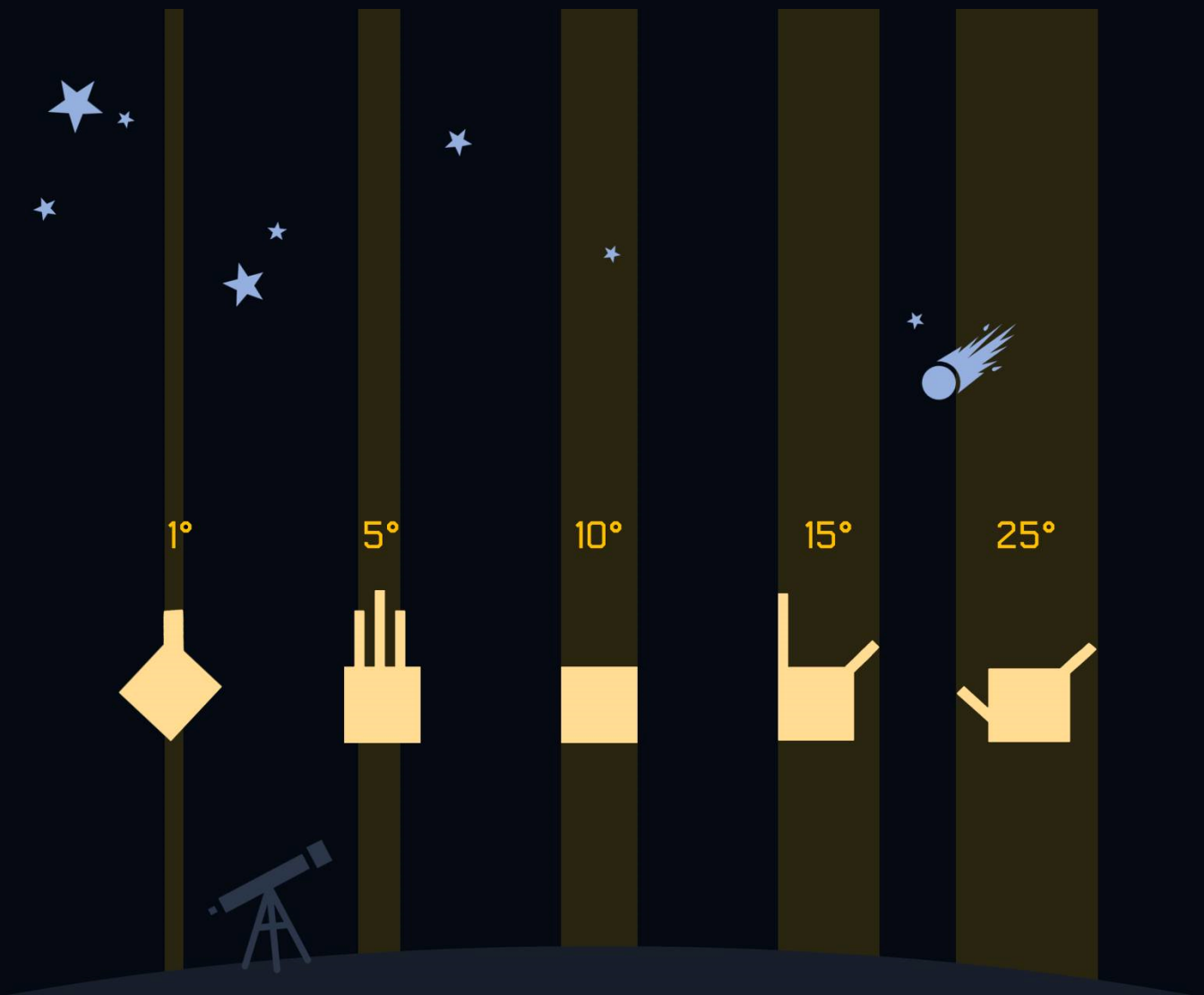
How to Handwash?

World Health Organization



WHO: How to handwash?
With soap and water

YouTube






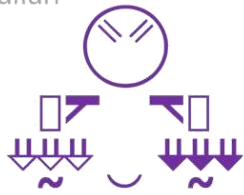

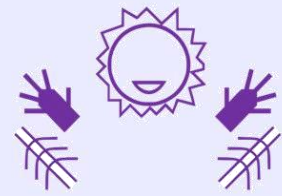










Have you ever wondered how big the moon really is? Forget rulers, because your hand is the key! By using specific hand gestures, we can measure the night sky. These handshapes can then be documented in Sutton MovementWriting.

Culture in Motion

Movement notation is vital for preserving cultural heritage by documenting traditional movement-based practices. It captures intricate movements in ceremonial dances and martial arts, ensuring accurate transmission of heritage.



Two-hand Gestures

Air quotes 	Awkward turtle 	Batsu Japanese 	Che vuoi? Italian 
Hand heart pop culture 	Jazz hands dance 	Kohanic Judaism 	Kung fu salute Chinese 
Merkel-Raute politicians 	Namaste South Asian 	Praying hands religions 	Shame North American 
TT (crying) K-pop 	Victory clasp 	Whatever 	Zoltan film 

Gestures are a form of nonverbal communication that use visible bodily movements to convey important messages. These can replace or accompany speech. Gestures often have specific meanings within particular cultures, which can vary widely across different settings.

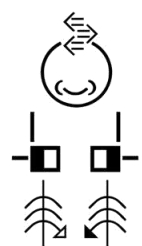


Italian Hand Gestures

What do you want?/
WTF



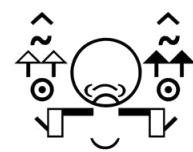
Not so much.



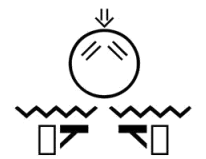
Are they together?



I don't care.



Are you scared?/
You should be scared.



Perfect!



You're in trouble!



Delicious!



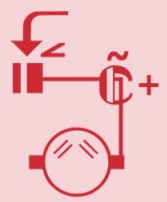
Let's get out of here.



Are you kidding me?



F*** you!

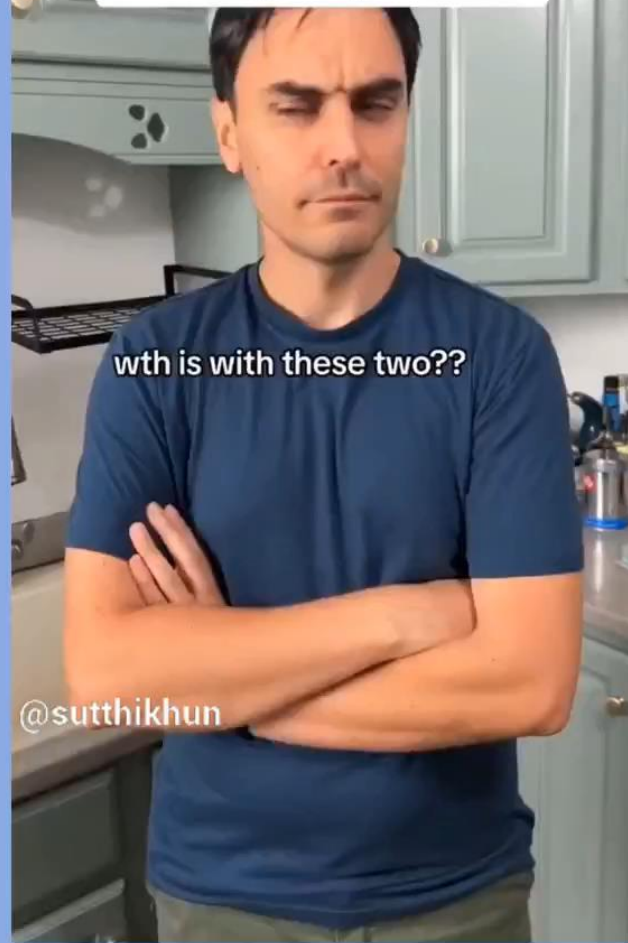


Italian Hand Gestures
Explained (By Italians)

Written in Sutton MovementWriting by Sutthikhun Phaengphongsai on 29 Mar 2022

www.facebook.com/thepasinis

How to gossip in Italian



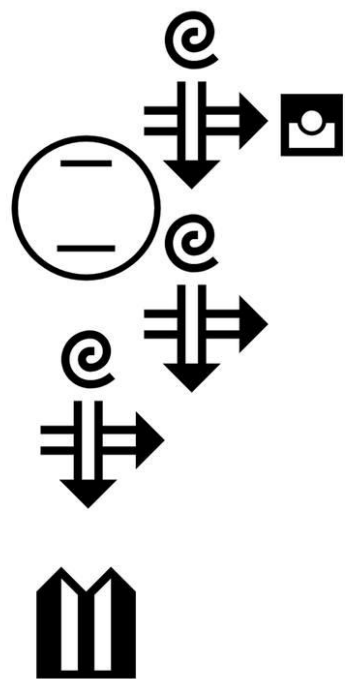
@sutthikhun

Written in Sutton SignWriting by Sutthikhun Phaengphongsai 2023-07-20

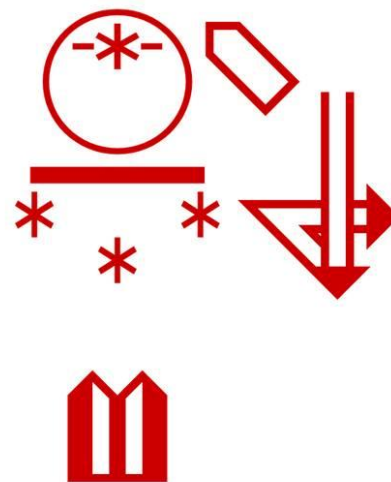


Sign of the Cross

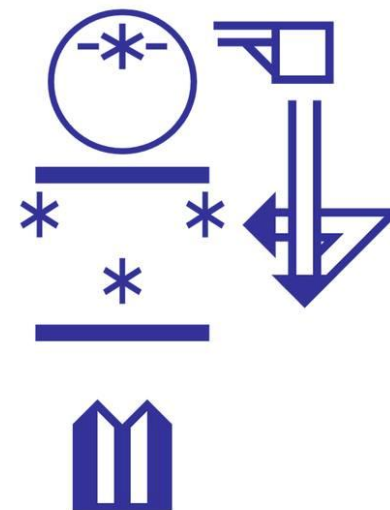
Making the sign of the cross, blessing oneself, or crossing oneself is a ritual blessing performed by some Christian denominations. The right hand is used to trace an upright cross or + across the body,



Small Cross



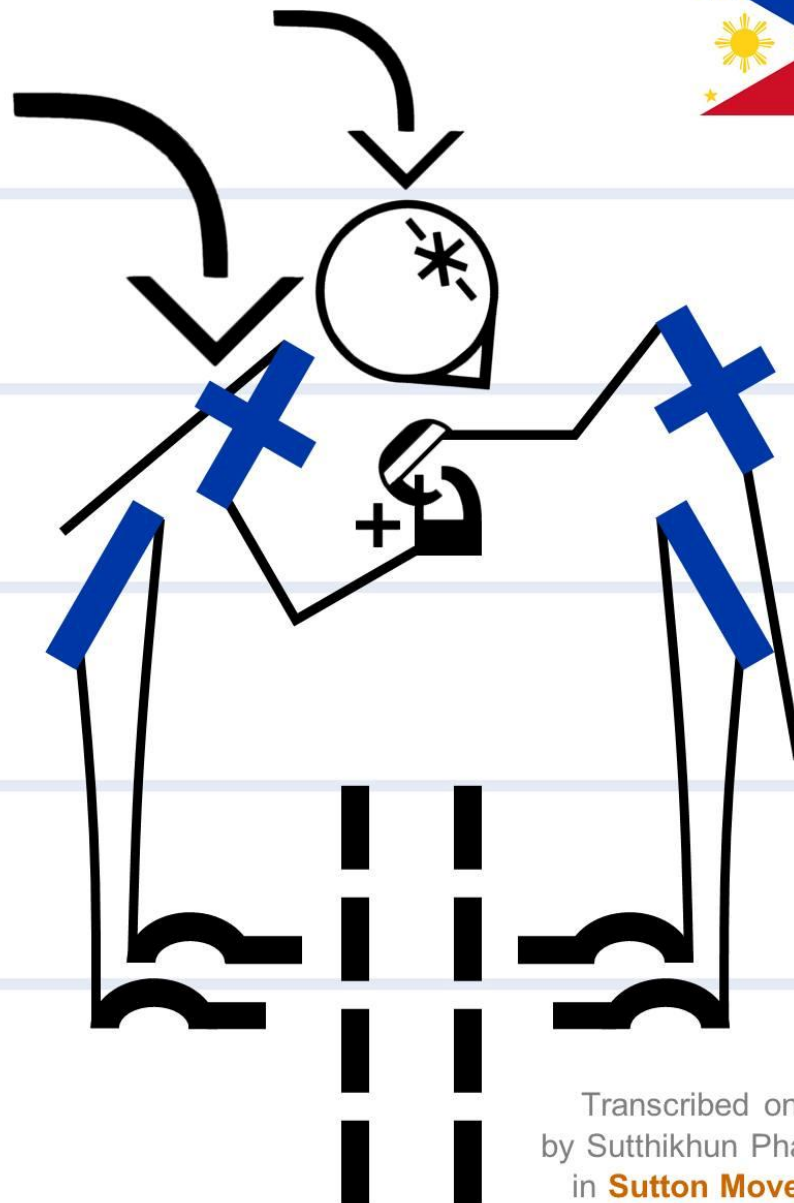
Western tradition



Eastern tradition

which is often accompanied by a spoken or mental recitation of the Trinitarian formula:
“In the name of the Father, and of the Son, and of the Holy Spirit, Amen”.

Pagmamano



Transcribed on 11 Apr 2022
by Sutthikhun Phaengphongsai
in **Sutton MovementWriting**



DanceWriting

DanceWriting is a notation system that visually represents dance movements using symbols to capture body positions, gestures, and pathways. This comprehensive method enables detailed documentation, preservation, and transmission of dance traditions, supporting cross-cultural exchange and collaborative preservation efforts.

AGEM

One of 5 basic movements
in **Balinese dance**



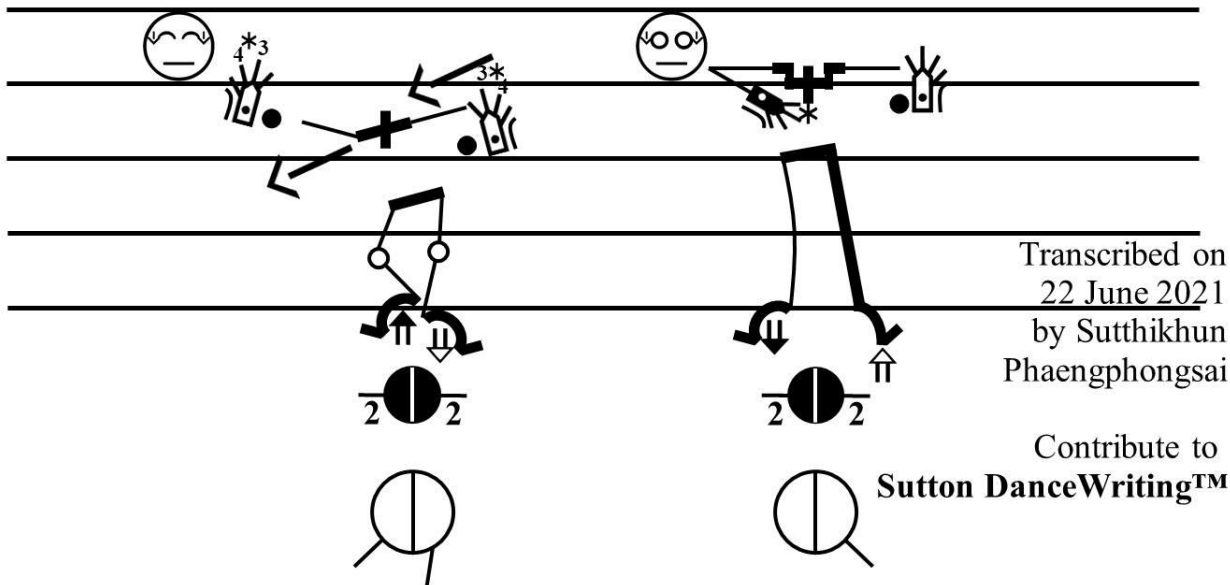
Elly Evyana



Irving Johnson



<https://youtu.be/JYIDR7R0tIc>
4:25 & 8:18



Balinese dance is a captivating art form featuring intricate hand movements and elegant poses. Performers wear ornate costumes and colorful makeup, embodying mythological characters through graceful choreography that transports audiences to a realm of spirituality and cultural heritage.

Basic **Balinese** Dance Movement

Tangkap examples



Smile

Sad

Angry >

Diagram illustrating the dance movement sequence for the three expressions. It includes a box with a downward triangle symbol, a sequence of musical notation (notes, rests, and finger-tapping symbols), and a sequence of facial expression icons (smile, sad, angry) with corresponding hand gestures.

Repeat finger-finger touching indefinitely

Dancers from Institut Seni Indonesia Denpasar
Transcribed on 15 June 2021 by Sutthikhun Phaengphongsai
Source: <https://youtu.be/FpG62Dghk4o> (at 19:12)



Contribute to **Sutton DanceWriting™**

Basic **Balinese** Dance Movement

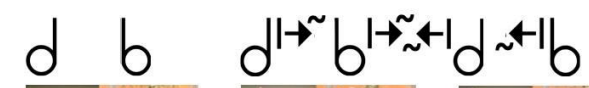


Diagram illustrating the dance movement sequence for the three expressions. It includes a box with a downward triangle symbol, a sequence of musical notation (notes, rests, and finger-tapping symbols), and a sequence of facial expression icons (smile, sad, angry) with corresponding hand gestures.

A dancer from Institut Seni Indonesia Denpasar
Transcribed on 10 June 2021 by Sutthikhun Phaengphongsai
Source: <https://youtu.be/FpG62Dghk4o> (at 12:40)



Contribute to **Sutton DanceWriting™**



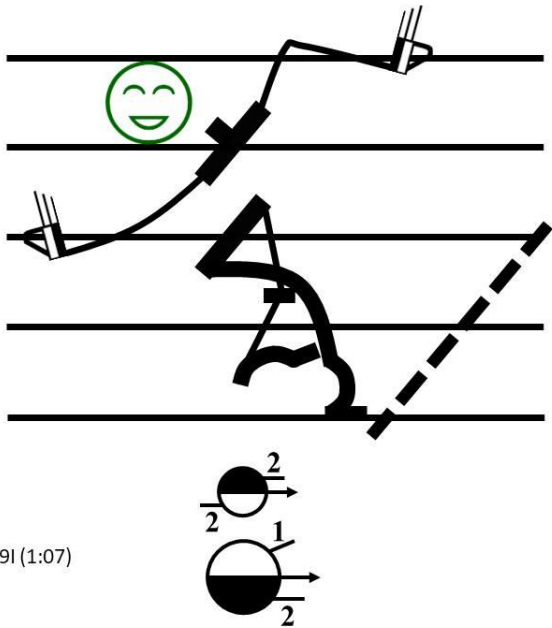
Burmese

Traditional Dance

Dancer:
Khaing Mar Lwin

Transcribed
on 21 May 2021
by Sutthikhun
Phaengphongsai

Contribute to
Sutton
MovementWriting™



Youtube: “အပျိုကြီး Life of Single”
<https://www.youtube.com/watch?v=-LEJ3bxs49I> (1:07)

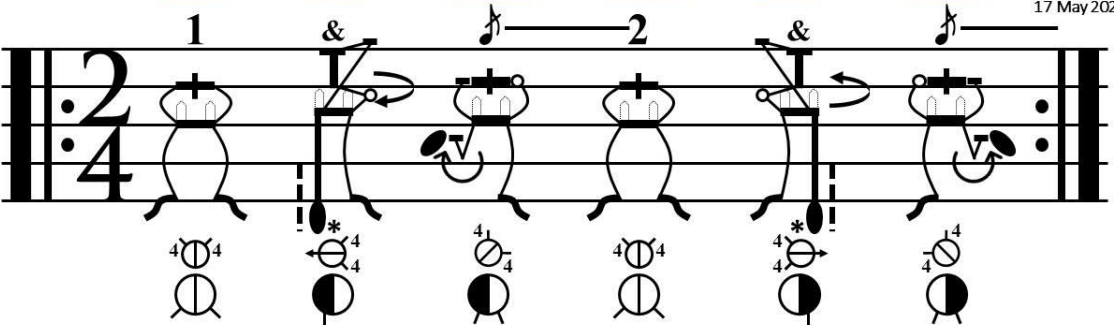
Basic Myanmar traditional dance: ခြေရှေ့ထိုးနောက်လှည့်ကြည့် (khre hre. htui: nauk hlany. krany.)

https://youtu.be/QB5KDgjFftc
at 0:32



Dancer:
Khaing Mar Lwin

Transcribed on
17 May 2021



A combination of Sutton DanceWriting™ and SignWriting™ applied by Sutthikhun Phaengphongsai

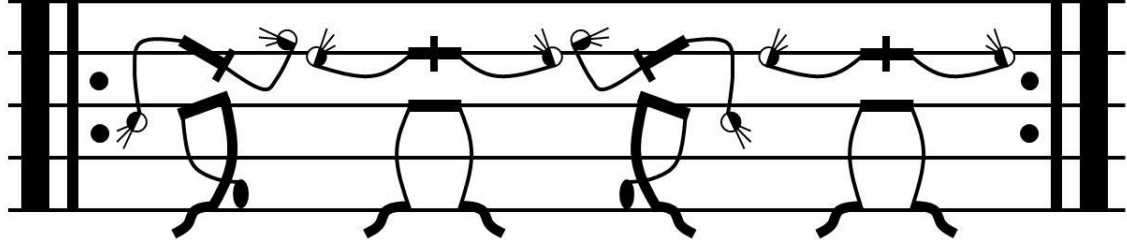
Basic Myanmar traditional dance: ခြေနောက်ထိုး (khre nauk htui:)

https://youtu.be/vXv_EamgqDU
at 1:24



Dancer:
Khaing Mar Lwin

Transcribed on
13 May 2021



A combination of Sutton DanceWriting™ and SignWriting™ applied by Sutthikhun Phaengphongsai

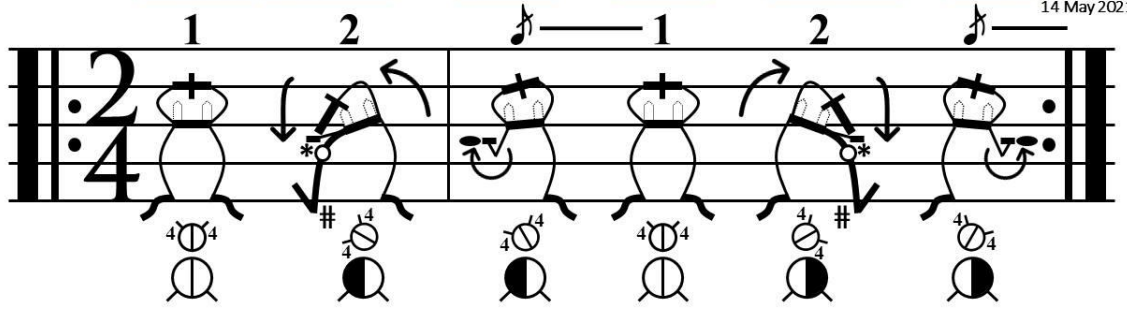
Basic Myanmar traditional dance: ပခုံးနှင့်ဒူးထိ (pa khum hnang. du: hti.)

https://youtu.be/QB5KDgjFftc
at 0:09



Dancer:
Khaing Mar Lwin

Transcribed on
14 May 2021



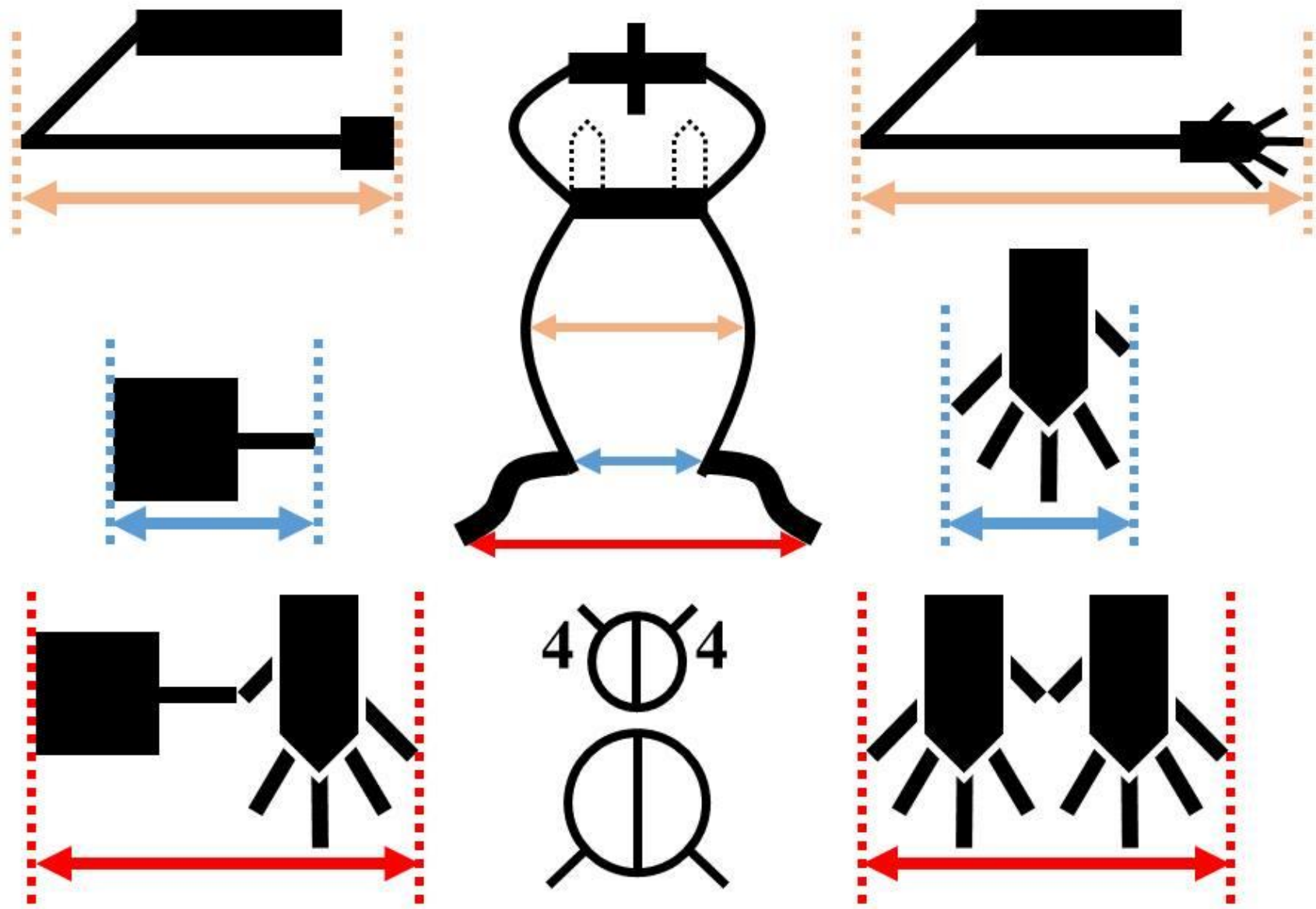
A combination of Sutton DanceWriting™ and SignWriting™ applied by Sutthikhun Phaengphongsai

Fundamental
Position of
Burmese
Traditional Dance

Transcribed
on 18 May 2021
by Sutthikhun
Phaengphongsai

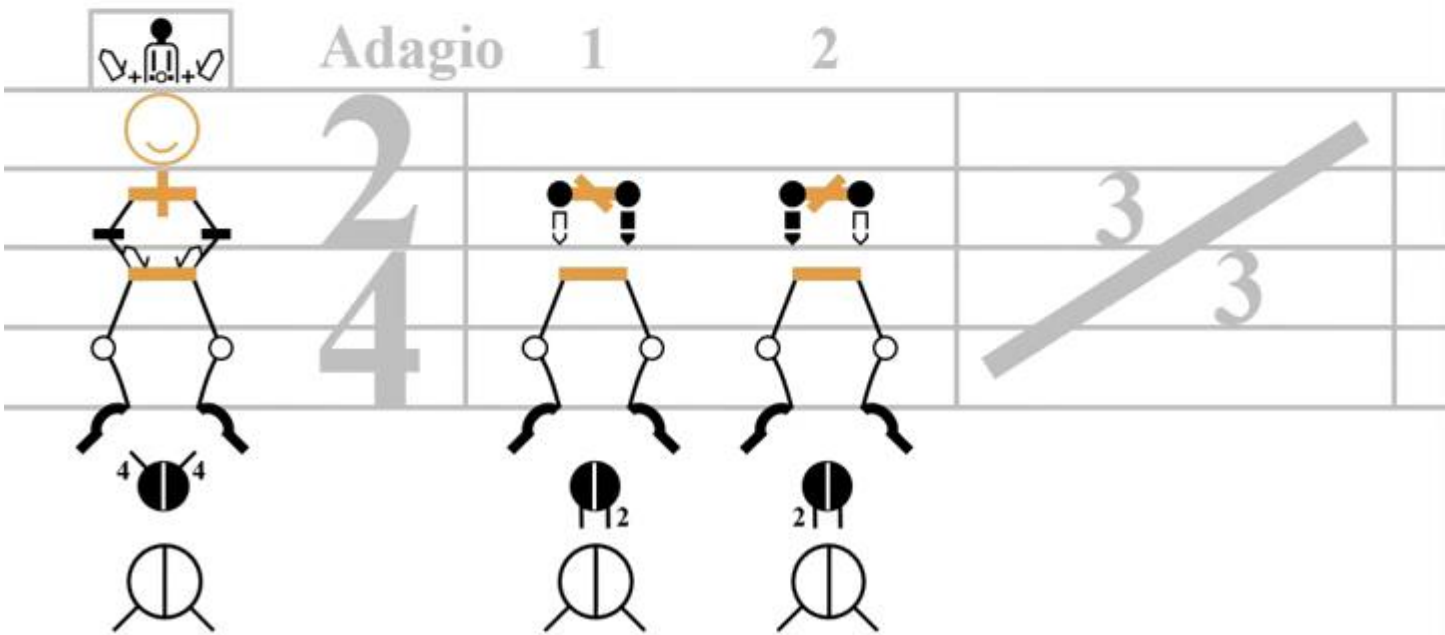
Contribute to
Sutton MovementWriting™

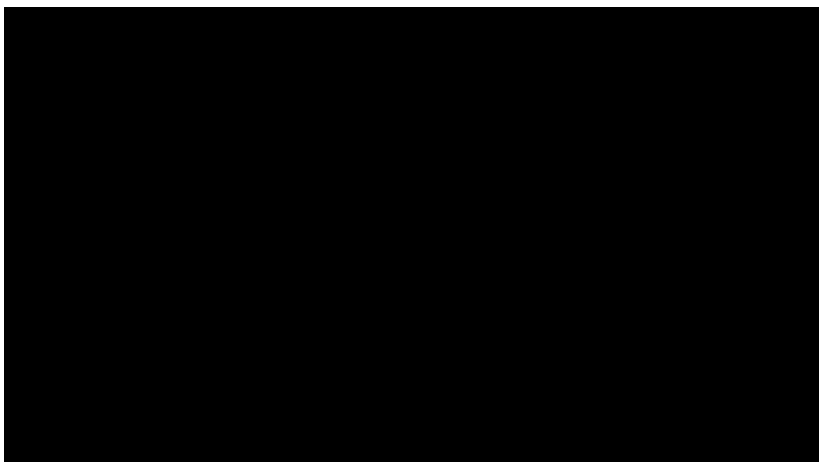
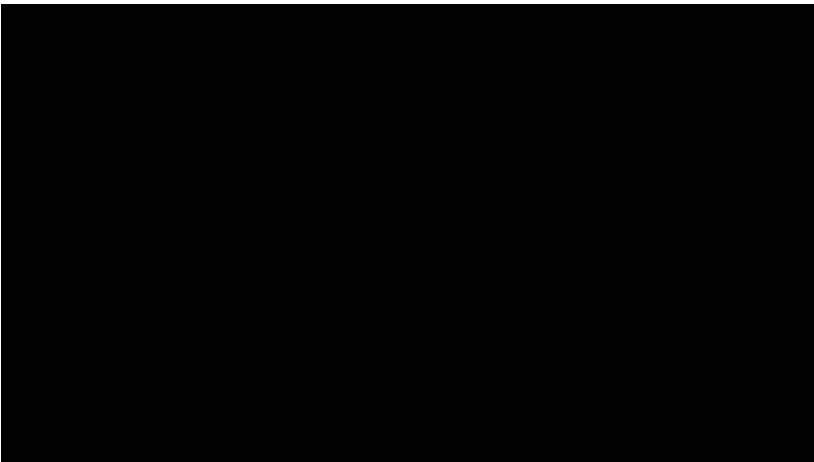
Left for female dancers
Right for male dancers





A Burmese traditional dance, Kabya Lut, is renowned for its angular, energetic poses that emphasize defined body positions over flowing movements, reflecting its distinct cultural heritage traced back to the Pyu, Halin, and Mon civilizations.





YouTube channel: Siam Thai

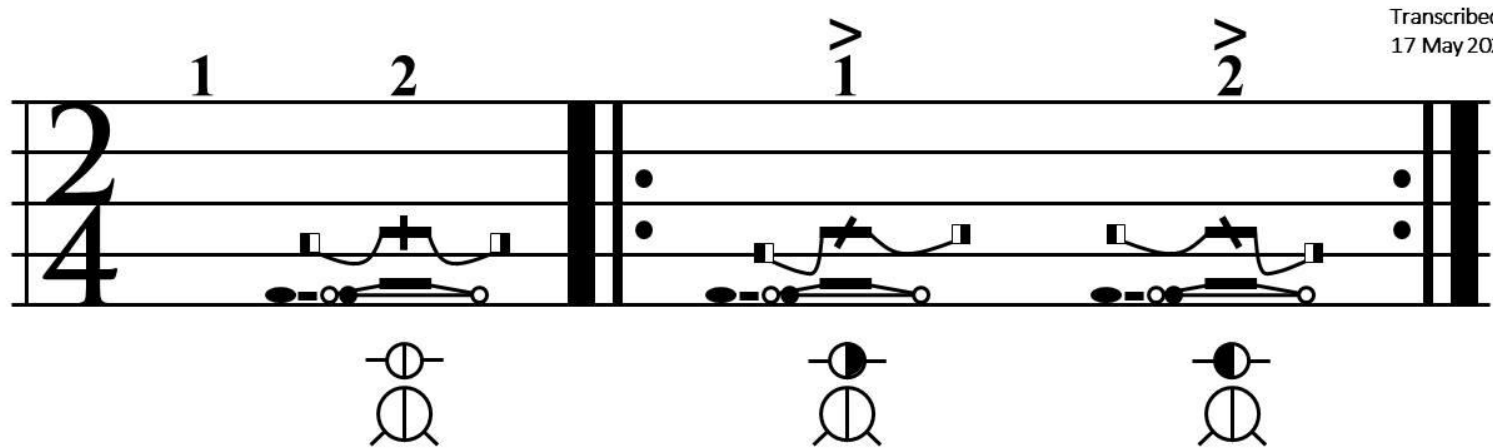
Basic Thai traditional dance: **ทองสะเอว (thong sa-eo)**



https://youtu.be/9HoygiKrp_I
at 8:13

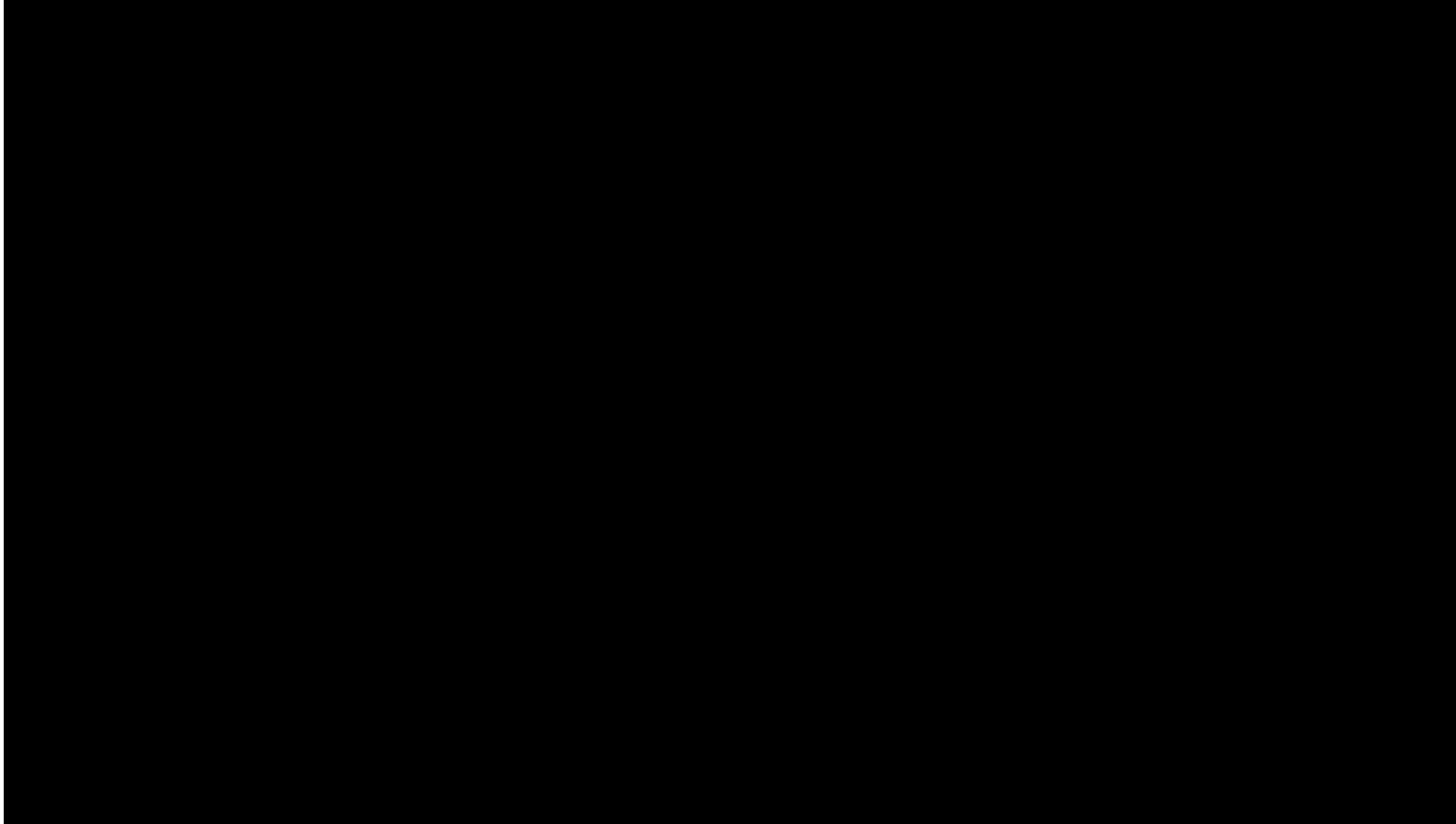


Dancer:
Pannathat
Taninpimon



Transcribed on
17 May 2021


The Thailand's Khon dance is renowned for its graceful, flowing movements and precisely postured poses that captivate audiences by enacting scenes from the Hindu epic Ramayana through a synthesis of mesmerizing physicality and iconic storytelling.



YouTube channel: CM108

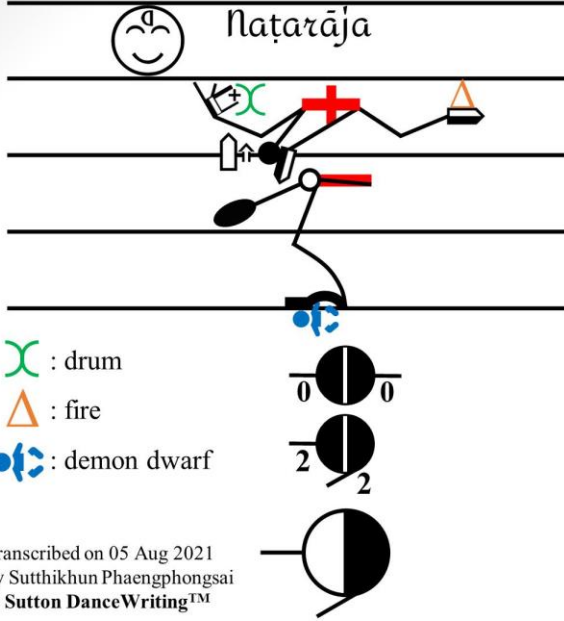


The Fon Lep is a Lan-Na folk dance from northern Thailand performed at a slow, measured pace. Dancers move with fluid grace, shaping delicate hand gestures that evoke the region's natural beauty, captivating audiences.



नटराज


Naṭarāja



Transcribed on 05 Aug 2021
by Sutthikhun Phaengphongsai
in **Sutton DanceWriting™**

a 10th century Chola dynasty bronze sculpture of Shiva from Tamil Nadu at the Los Angeles County Museum of Art, performing the Ananda Tandava (dance of bliss)

Bharatanatyam, the classical Indian dance, is renowned for its elegant, disciplined movements and expressive performances. Dancers move with a regal posture, using intricate hand gestures and finely-tuned facial expressions to skillfully depict stories, deities, and ideas from Hindu epics, preserving India's cultural legacy.



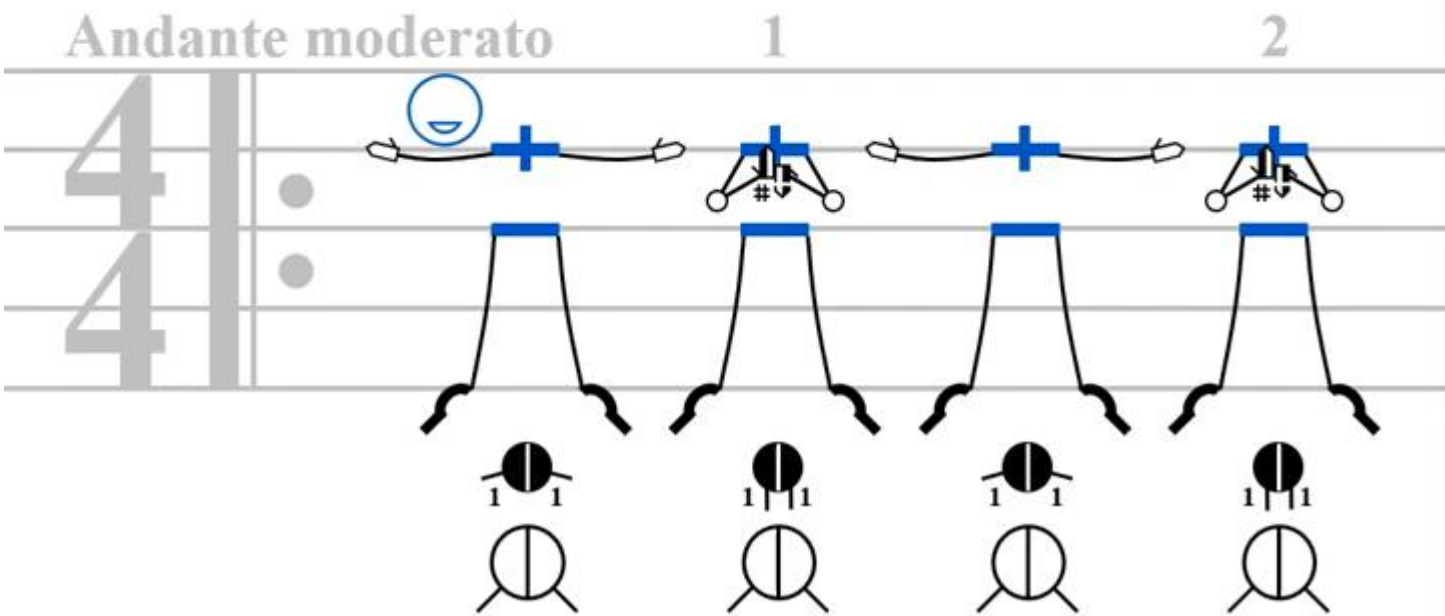
Instagram: nitya_nivedya

TRIDEVI IN DANCE

Notated in
Sutton MovementWriting
A movement notation since 1973



The Hopak is a Ukrainian folk dance that showcases the country's cultural spirit through dynamic, athletic movements - feet stomping, legs kicking, and bodies spinning with lightning speed and precision to the rhythm of traditional folk music.





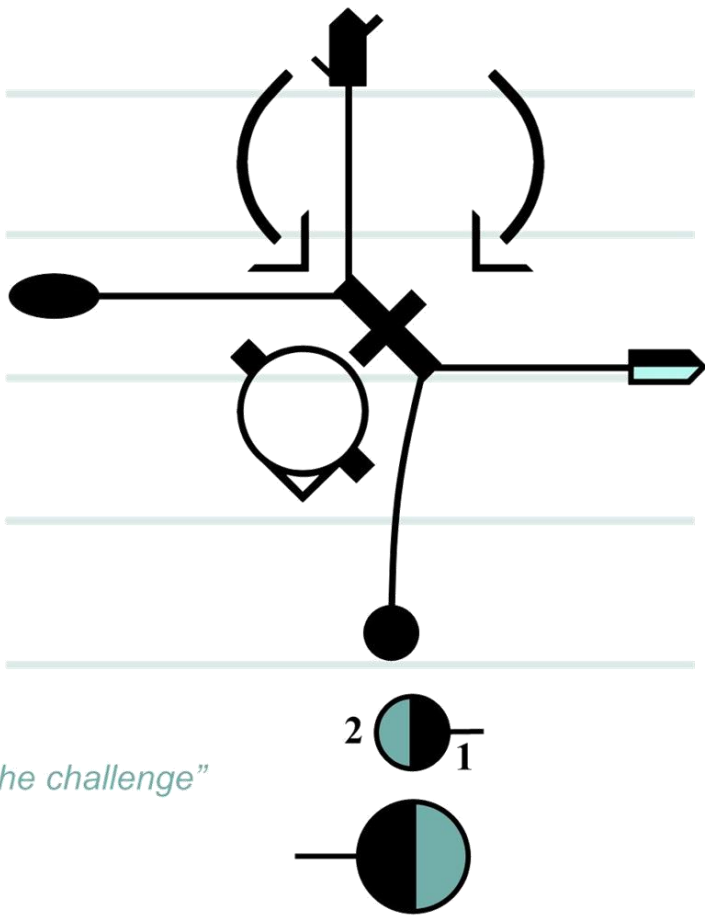
Y		
M		
C		
A		



TikTok:
[@mysteriou91](#)

"Human windmill .welcome to the challenge"

Transcribed on 11 Dec 2021
by Sutthikhun Phaengphongsai
in **Sutton DanceWriting**





สเต็ปศาลายา

Salaya Step



Performed on
19 Aug 2012
by Prakayfai Band &
Mahidol University alumni



8
4

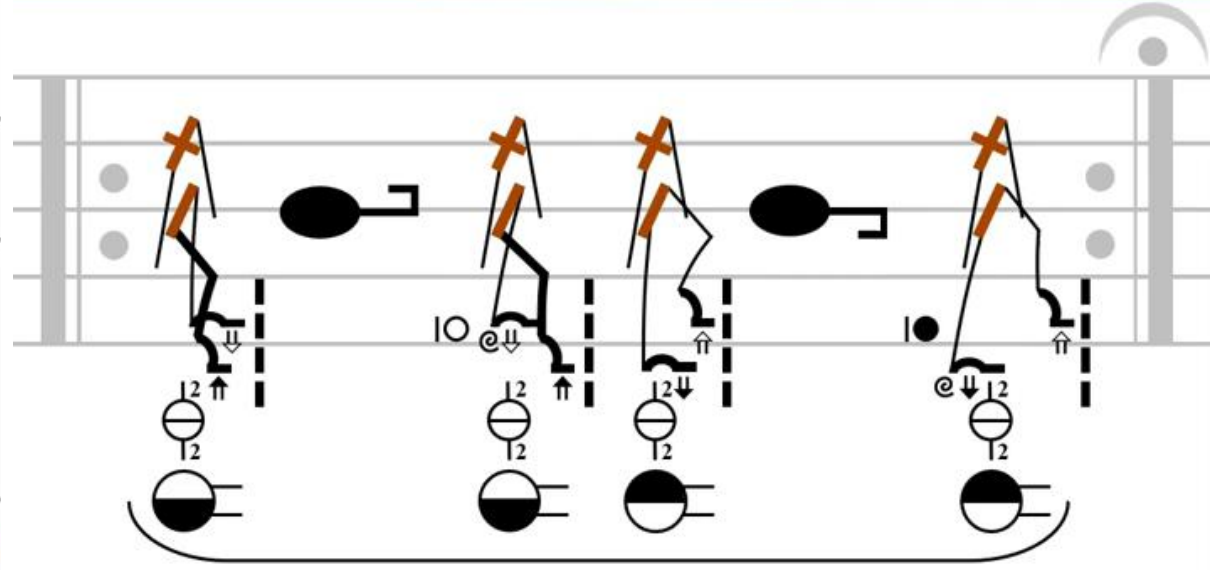
Transcribed on 25 Apr 2022 by Sutthikhun Phaengphongsai in a simplified version of Sutton DanceWriting

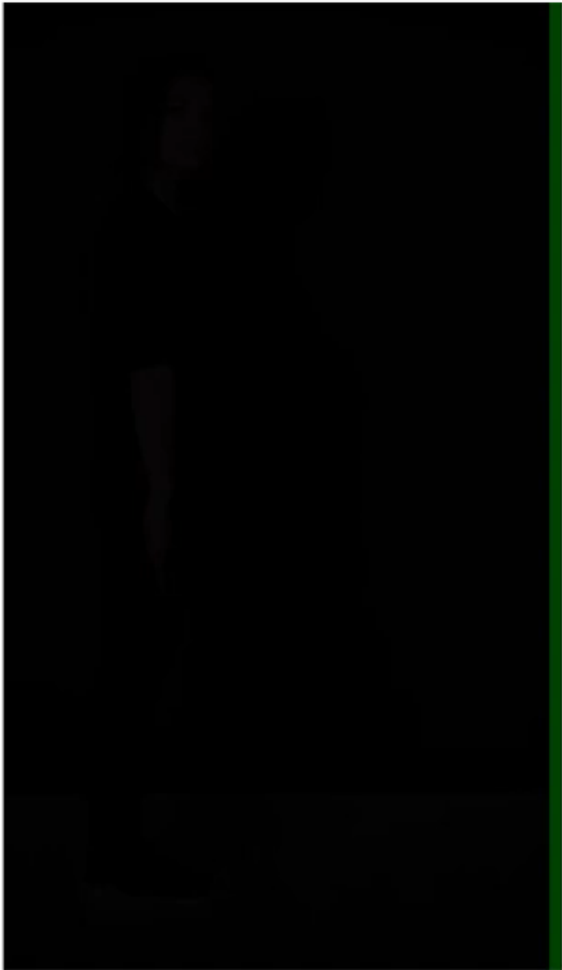
Tutorial
Moonwalk 🌙

Reply to @lilithed.let's comment
Can you teach us the moon walk?

Performed by Zanouji San
<https://www.facebook.com/reel/734191251174170>

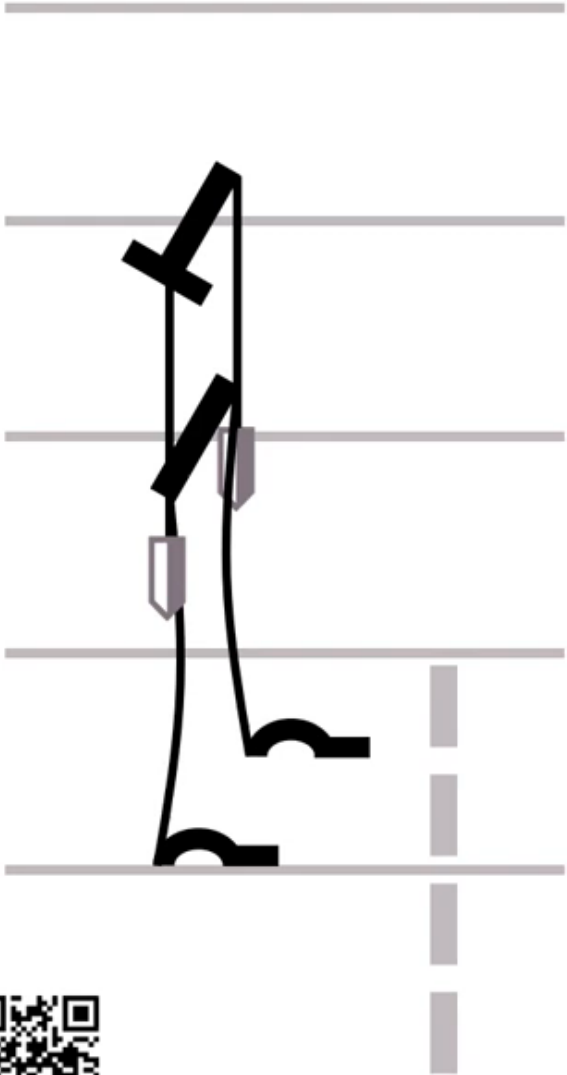
Notated by
Sutthikhun Phaengphongsai
(2023-01-29)



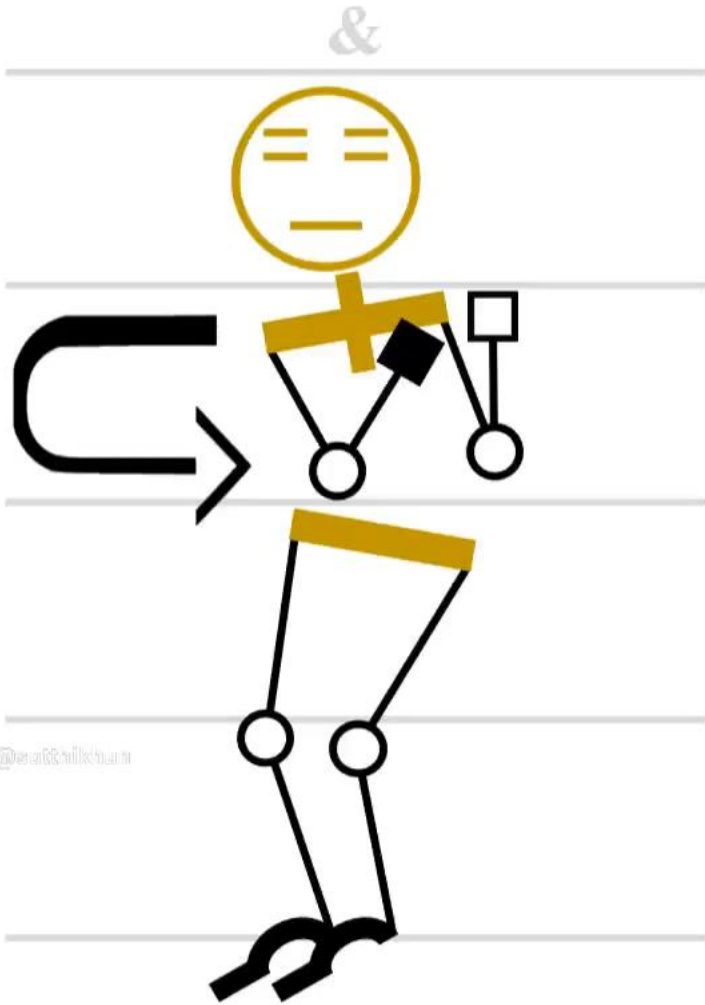


Youtube: Urban Theory

*"Tutorial #4 for all of you who support us
and always try our moves ❤️"*



Transcribed on 17 Feb 2022 by Sutthikhun Phaengphongsai in **Sutton DanceWriting**





Conclusion