

Gesture Instruction

This is the instruction which describes how to perform each are gesture in details. The ten arm gestures are divided into two type: the complete action and the truncated action.

The complete action is the state that the person stands upright at the beginning and the end of the action, and the hands are on both sides of the body.

The truncated action is described in detail below.

The ten arm gestures are as follows:

1. Up (truncated action)

Initial state: right arm straight down.

Process: lift the right arm straight up.

End state: keep your right arm straight above your head.

2. Down (truncated action)

Initial state: right arm straight up.

Process: right arm falls straight down.

End state: keep your right arm straight down.

3. Push (truncated action)

Initial state: right hand in front of your chest, palm forward.

Process: stretch right hand forward.

End state: keep your right arm straight is in front of the body.

4. Pull (truncated action)

Initial state: right arm straight in front of the body, palm forward.

Process: right hand retracts.

End state: keep your right hand in front of your chest.

5. Circle (complete action)

Right arm in front of the body clockwise draw a circle. Do not bend the arm throughout the process. This circle should be as large as possible.

6. Z (complete action)

Draw a zigzag with the right arm in front of the body. Do not bend the arm throughout the process. This Z should be as large as possible.

7. Clap (truncated action)

Initial state: put your hands on your chest as if you are about to clap.

Process: clap your hands three times.

End state: the same as the initial state.

8. Knock (complete action)

Initial state: right hand on side of body.

Process: the upper arm does not move, the right hand is raised and then down (the first knock), then raised, and then down (the second knock). The whole process should be consistent and there should be no pause. After the second knock, you don't need to lift it up and put it directly on the side of the body.

End state: right hand on the side of the body.

9. Yawn (truncated action)

Initial state: keep your body standing.

Process: raise your right hand to cover your mouth and yawn. At this time, your body can naturally lean forward or backward.

End state: keep the right hand covering the mouth.

10. Lift (truncated action)

Initial state: keep both your arms at your sides.

Process: lift your arms straight up.

End state: keep your arms straight above your head.