Title:

1. What did you find difficult when serving as the "A" role while verbally instructing the "B" person to copy the posture of "C" person?

2. What strategies you would take to communicate your intention more quickly and exactly in this exercise?

Essay:

1. As the "A" role, it is necessary to observe the "C" role, to abstract the features of his/her pose, to organize the information, and to present them only by the verbal instruction. During the whole process, the most difficult task for me is the difference between me and my partners. For one thing, absolutely, because of the language problem, it is not so easy to describe the pose in detail. However, leaving the language problem alone, the difficulty coming from difference still exists. No one can deny that there are lots of physiological differences between us, such as the left-hander and right- hander. Moreover, the various behavioral habits will make the exercise more difficult. For example, someone trends to put the right hand on the left hand when crossing the arms. These differences will increase the possibility of missing the detailed information when we observe the pose and influencing the way we

organize the information. By the way, the same problem will happen again during the "B" role understanding the verbal instruction.

2. The first solution coming into my mind is to decompose the pose into a series of fundamental motions, which can reach the final pose by doing this motion one by one. However, the problem of difference still exits. In other to solve the problem stated above, it is utmost importance to jump out of the characteristics of ourselves and try to stand in others' shoes, which means we have to transform the same pose into different series of motions. But honestly speaking, sometimes the "B" role will confused if I present three or more ways to reach the pose. So finally, it is an efficient approach to decompose these motions that can reach the pose and try one of its combinations and correct it constantly.