

I shall not pretend to make a long Disquisition on the *Motion* of the *Arms*, but shall only add, that as there are three Movements from the Waste downwards, so there are also three Movements in the *Arms*, which have a Correspondence, and are agreeing with them below, *viz.* that of the Wrist, has Relation to the Heel; that of the Elbow, to the Knee, and that of the Shoulder, or the whole Arm, to the Thigh.

You will know when the Arm moves by an arch'd Line, mark'd C D, drawn from that which represents the end of the Arm, which shews the Figure the Wrist makes in moving, as from C to D.

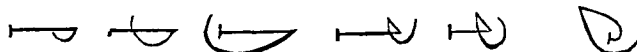


The *Movements* of the *Arms* are to be perform'd two ways, upwards or downwards; upwards from the *Position* of the *Arm* below, or downwards from the *Position* above.

The *Motion* of the *Arm* upwards, is when the *Arm*, which is open or extended, closes (in approaching) to the Body ascending, and the *Motion* of the *Arm* downwards, is when the *Arm*, which is clos'd, opens or extends itself descending.

Examples of the Movements of the Arms.

<i>The Motion of the Wrist upwards.</i>	<i>The Motion of the Elbow upwards.</i>	<i>The Motion of the whole Arm upwards.</i>	<i>The Motion of the Wrist downwards.</i>	<i>The Motion of the Elbow downwards.</i>	<i>The Motion of the whole Arm downwards.</i>
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<i>The Wrist moving round upwards.</i>	<i>The Elbow moving round upwards.</i>	<i>The whole Arm moving round upwards.</i>	<i>The Wrist moving round downwards.</i>	<i>The Elbow moving round downwards.</i>	<i>The whole Arm moving round downwards.</i>
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