

What is Stability?

Efficiently and effectively maintaining the centre of mass over a stationary base of support (using RWB and AJM).

What is Balance?

Efficiently and effectively controlling the centre of mass to align with the base of support when both stationary and mobile (using RWB, AJM and CWT).

What is Mobility?

Efficient and effective motion of the centre of mass to align with a mobile base of support (using AJM and CWT).