



**Circular  
Movement**

# Circular Movement


## Arm Circles

Arm circles parallel to the Wall Plane are double-stemmed circles. Arrows mark exactly where the circular movement starts. When reading Circle Symbols, place your hand where the arrows are located on the circle, and then move in the direction of the arrows.

### Single Arm Circles

#### Side-To-Side

Parallel Wall Plane

-  1. One Circle Starts High
-  2. One Circle Starts High-Diagonal-Right
-  3. One Circle Starts Right Side
-  4. One Circle Starts Low-Diagonal-Right
-  5. One Circle Starts Low
-  6. One Circle Starts Low-Diagonal-Left
-  7. One Circle Starts Left Side
-  8. One Circle Starts High-Diagonal-Left







### Double Arm Circles

#### Side-To-Side









Parallel Wall Plane

-  1. Two Circles Start High
-  2. Two Circles Start High-Diagonal-Right
-  3. Two Circles Start Right Side
-  4. Two Circles Start Low-Diagonal-Right
-  5. Two Circles Start Low
-  6. Two Circles Start Low-Diagonal-Left
-  7. Two Circles Start Left Side
-  8. Two Circles Start High-Diagonal-Left

**Single Circles**  
**Forward-Back**  
 Sagittal & Floor Planes

-  1. Forward-Back Circle  
Parallel with Side Wall
-  2. Forward-Back Circle  
Left High Diagonal
-  3. Forward-Back Circle  
Parallel with Floor
-  4. Forward-Back Circle  
Left Low Diagonal
-  5. Forward-Back Circle  
Parallel with Side Wall
-  6. Forward-Back Circle  
Right Low Diagonal
-  7. Forward-Back Circle  
Parallel with Floor
-  8. Forward-Back Circle  
Right High Diagonal

**Double Circles**  
**Forward-Back**  
 Sagittal & Floor Planes

-  1. Forward-Back Circle  
Parallel with Side Wall
-  2. Forward-Back Circle  
Left High Diagonal
-  3. Forward-Back Circle  
Parallel with Floor
-  4. Forward-Back Circle  
Left Low Diagonal
-  5. Forward-Back Circle  
Parallel with Side Wall
-  6. Forward-Back Circle  
Right Low Diagonal
-  7. Forward-Back Circle  
Parallel with Floor
-  8. Forward-Back Circle  
Right High Diagonal



ideas



international



inferior

## Wrist Circles

Wrist circles are written with solid lines. Arrows are placed outside the circle. When reading Wrist Circle Symbols, place your hand at the arrow, and then move in that direction.

### Single Wrist Circles Side-To-Side

Parallel Wall Plane



1. One Circle  
Starts High



2. One Circle Starts  
High-Diagonal-Right



3. One Circle  
Starts Right Side



4. One Circle Starts  
Low-Diagonal-Right



5. One Circle  
Starts Low



6. One Circle Starts  
Low-Diagonal-Left



7. One Circle  
Starts Left Side



8. One Circle Starts  
High-Diagonal-Left

### Double Wrist Circles Side-To-Side

Parallel Wall Plane



1. Two Circles  
Start High



2. Two Circles Start  
High-Diagonal-Right



3. Two Circles  
Start Right Side



4. Two Circles Start  
Low-Diagonal-Right



5. Two Circles  
Start Low



6. Two Circles Start  
Low-Diagonal-Left









7. Two Circles  
Start Left Side






8. Two Circles Start  
High-Diagonal-Left

**Single Wrist Circles**  
**Forward-Back**  
 Sagittal & Floor Planes

-  1. Forward-Back Circle  
Parallel with Side Wall
-  2. Forward-Back Circle  
Parallel with Side Wall
-  3. Forward-Back Circle  
Parallel with Side Wall
-  4. Forward-Back Circle  
Parallel with Side Wall
-  5. Forward-Back Circle  
Parallel with  
Floor
-  6. Forward-Back Circle  
Parallel with Floor

**Double Wrist Circles**  
**Forward-Back**  
 Sagittal & Floor Planes

-  1. Forward-Back Circle  
Parallel with Side Wall
-  2. Forward-Back Circle  
Parallel with Side Wall
-  3. Forward-Back Circle  
Parallel with Side Wall
-  4. Forward-Back Circle  
Parallel with Side Wall
-  5. Forward-Back Circle  
Parallel with  
Floor
-  6. Forward-Back Circle  
Parallel with Floor



who



hearing person



beautiful

## Finger Circles

Finger circles are written with tiny dotted lines, placed very close to the finger that is doing the circle. Place your finger at the arrow on the circle, and then move ONLY the finger in a circle in that direction. The circle comes from the Finger Knuckle Joint (NO wrist movement).

### Single Finger Circles From Knuckle Joint

Side to Side

Parallel Wall Plane



1. Single Circle, Finger Starts Up, Moves Left & Around Once



2. Single Circle, Finger Starts Side Left, Moves Down & Around Once



3. Single Circle, Finger Starts Down, Moves Right & Around Once



4. Single Circle, Finger Starts Side Right, Moves Up & Around Once



5. Single Circle, Finger Starts Up, Moves Right & Around Once



6. Single Circle, Finger Starts Side Right, Moves Down & Around Once



7. Single Circle, Finger Starts Down, Moves Left & Around Once



8. Single Circle, Finger Starts Side Left, Moves Up & Around Once

### Double Finger Circles From Knuckle Joint

Side to Side

Parallel Wall Plane



1. Double Circle, Finger Starts Up, Moves Left & Around Twice



2. Double Circle, Finger Starts Side Left, Moves Down & Around Twice



3. Double Circle, Finger Starts Down, Moves Right & Around Twice



4. Double Circle, Finger Starts Side Right, Moves Up & Around Twice



5. Double Circle, Finger Starts Up, Moves Right & Around Twice



6. Double Circle, Finger Starts Side Right, Moves Down & Around Twice



7. Double Circle, Finger Starts Down, Moves Left & Around Twice



8. Double Circle, Finger Starts Side Left, Moves Up & Around Twice

## Single Finger Circles From Knuckle Joint

Forward & Back  
Parallel Floor Plane



1. Single Circle, Finger Starts Back, Moves Up & Forward Once



2. Single Circle, Finger Starts Back, Moves Down & Forward Once



3. Single Circle, Finger Starts Back, Moves Up & Forward Once



4. Single Circle, Finger Starts Back, Moves Down & Forward Once



5. Single Circle, Finger Starts Back, Moves Right & Forward Once



6. Single Circle, Finger Starts Back, Moves Left & Forward Once



7. Single Circle, Finger Starts Forward, Moves Right & Back Once



8. Single Circle, Finger Starts Forward, Moves Left & Back Once

## Double Finger Circles From Knuckle Joint

Forward & Back  
Parallel Floor Plane



1. Double Circle, Finger Starts Back, Moves Up & Forward Twice



2. Double Circle, Finger Starts Back, Moves Down & Forward Twice



3. Double Circle, Finger Starts Back, Moves Up & Forward Twice



4. Double Circle, Finger Starts Back, Moves Down & Forward Twice



5. Double Circle, Finger Starts Back, Moves Right & Forward Twice



6. Double Circle, Finger Starts Back, Moves Left & Forward Twice



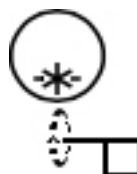
7. Double Circle, Finger Starts Forward, Moves Right & Back Twice



8. Double Circle, Finger Starts Forward, Moves Left & Back Twice



who



hearing person



eye

## Arm, Wrist & Finger Circles



**Arm  
Circles**



**Wrist  
Circles**



**Finger  
Circles**

The Finger Circle  
Symbols are always  
placed near the  
finger that is making  
the circle.



## Arm, Wrist & Finger Circles

festival



imagine



beautiful



hot



establish



same  
continuously



use



worried



who



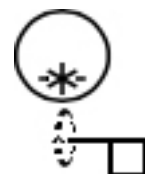
who



who



hearing  
person



## Shoulder Circles

Shoulder Circles are written with tiny dotted lines, placed very close to the shoulder that is doing the circle.



**1. Single Shoulder Circle,  
Right Shoulder Moves Up,  
Forward & Around Once**



**2. Double Shoulder Circle,  
Both Shoulders Move  
Together, Up, Forward &  
Around Twice**



**3. Uneven Alternating  
Single Shoulder Circles**

**One shoulder does a  
circle while the other  
shoulder remains still.**

**The right shoulder circles  
while the left shoulder  
remains still.**

**Then the left shoulder  
circles while the right  
shoulder remains still.**

## Head Circles

Head Circles are written on top of the Head Circle.  
placed very close to the shoulder that is doing the circle.

### Head Circles, Parallel to the Front Wall Plane

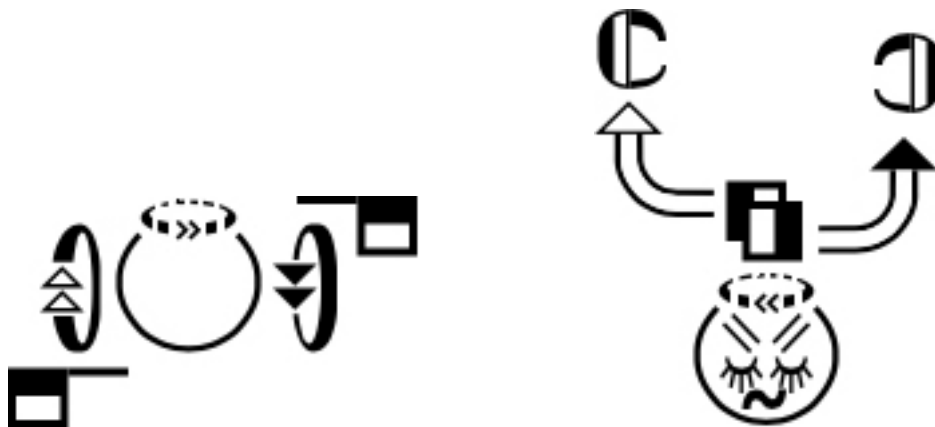
Nose paints a circle that is parallel with the Front Wall Plane

Head looks up, to the side, down and to the other side



### Head Circles, Parallel to the Floor Plane

Nose remains looking forward while the head, from the neck, moves in a circle. Head projects forward, to the side, back, side.

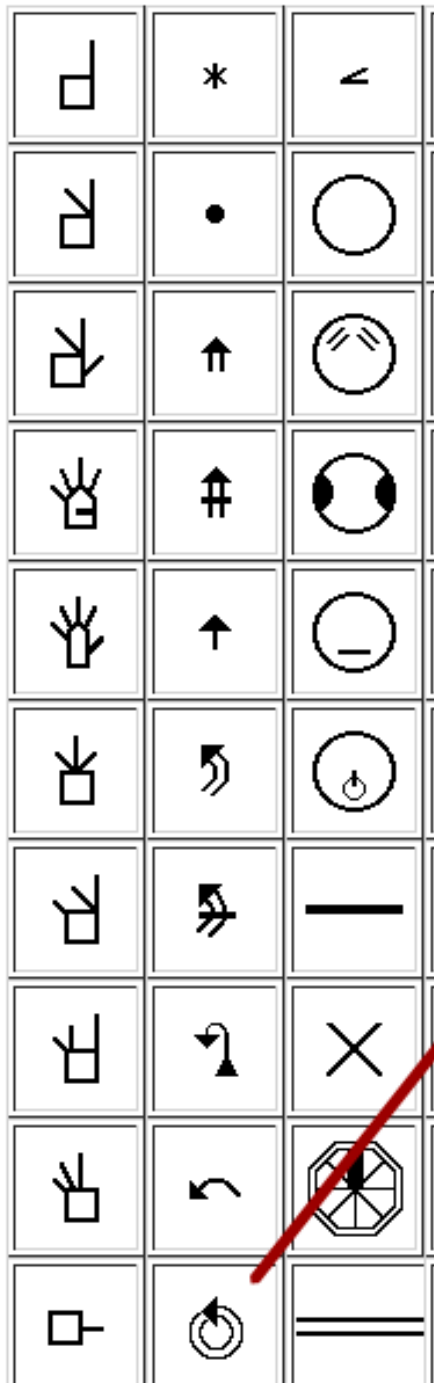


crazy & wild

troubling dreams

## Where to Find Circles in the Symbol Palette

<http://www.signpuddle.org>



**1. Go to SignPuddle Online and start to write a sign...**

**2. Click on Circular Movement Symbols at the bottom of the Symbol Palette.**

# Where to Find Circles in the Symbol Palette

<http://www.signpuddle.org>

