**Terminology, Movements and Bones**

* + - 1. In Utkatasana (chair pose) what movement occurs at the hip joint?
      2. In Prasarita Padottanasana (standing straddle forward bend) describe how the hip joint has moved using movement terminology.
      3. In Virabhadrasa II, describe all the movements that have occurred at the hip joint.
      4. In Virabhadrasa I, describe the movement occurring at the shoulder joint.
      5. Label the bones in the following graphic.

A picture containing linedrawing

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Need to Knows!

1. Directional Terminology
   1. Anterior : Posterior
   2. Medial : Lateral
   3. Deep : Superficial
2. Movement Terminology
   1. Flexion : Extension
   2. Adduction : Abduction
   3. Medial rotation : Lateral rotation
3. Basic bone names

Associated Reading

1. Anatomy Terminology and skeleton anatomy:

a. Yoga manual: pgs 294-295, 64-65

b. Key Muscles: pgs 8-9, 13

Bonus Question: Name the special movements of the scapula and forearm.