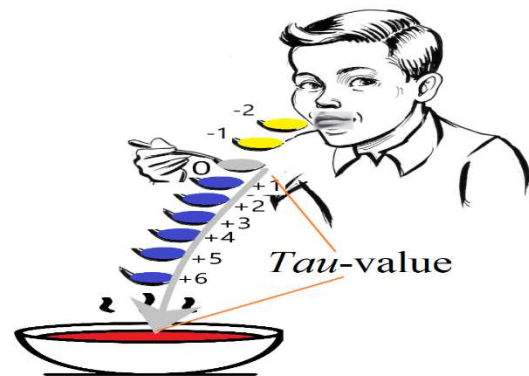
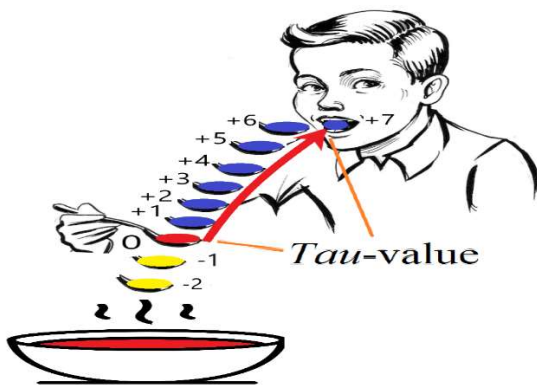


Within eating the essence of the task is solely executed by the movements of the spoon toward the plate and the mouth; Within the primary focus the spoon is constrained in a script of two autonomous action trajectory shapes producing two autonomous *tau*-values

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*Caught In A Line*

The explanatory model of all motoric movement actions

N.J. Mol

August 2023 ©

## Introduction

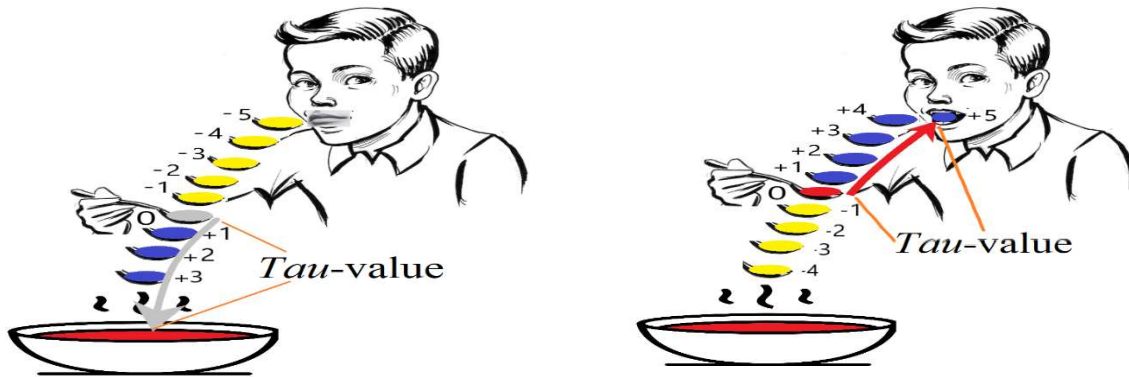
Traditionally, science has assumed that one motor action corresponds to one focus. This assumption was likely so intuitive that it was never challenged. However, this has led to the situation where, even after more than 100 years of movement sciences, a plausible explanation for the underlying functional perception processes guiding the execution of all motor actions had never been found. In contrast, in 2016, an explanatory model emerged that has the capability to identify all functional perception processes within any imaginable motor action. It demonstrates, beyond any reasonable doubt, that each motor action can only be executed through a mandatory coupling of two foci: an internal (secondary) focus that must always be directed towards an external (primary) focus. In which it should be explicitly noted that these two foci represent entities that fundamentally differ from current scientific terminology.

With regard to the external (primary) focus, it can be observed that science has so far truly missed everything. Therefore, it will now be comprehensively discussed within a broad spectrum of motor actions, and this publication now reveals all facets of the primary focus within the motoric movement action of eating.

### Solely the movements of the spoon encompass the essence of the task c.q. the external (primary) focus

The category of motor actions discussed by the explanatory model pertains the conscious actions where it is assumed that there is always an initial formulation of an egocentric intent (an egocentric formulated will). Before picking up a coffee cup, for instance, there is always the desire to do so. The explanatory model of all motoric movement actions recognizes this as an undisputed factual aspect but adds a caveat. The egocentrically formulated intent does not, for example, concern picking up the coffee cup itself. The explanatory model reveals that this is factually incorrect and that we can only move our fingertips toward the coffee cup. Therefore, the movement of the fingertips toward the coffee cup constitutes the essence of that action. In the present action, we might indeed be very eager to satisfy our hunger, but the egocentrically formulated goal pertains solely to moving the spoon to the plate and/or to the mouth. Only that aspect thus determines the essence of the task, and therefore, only that aspect should be regarded as the external (primary) focus.

### The tactical movement action (TMA) in relationship to moving a spoon during eating



Images: Firstly, an egocentric intention must be formulated that we want to eat soup and that we will do so using a spoon. Subsequently, this will be carried out within a script involving two autonomous motor actions. From the current position of the spoon, we then create a perceptual image of a latent action trajectory shape outlining how we will reach the food (left). This occurs as part of a tactical action where two important objectives are considered. Firstly, it must lead to a successful action, and additionally, ecologically evolved organisms aim to execute actions as parsimonious as possible. After reaching the food, a perceptual image of a latent action trajectory shape towards the mouth is determined (right). The components are completely identical to those named during the food-reaching phase, yet they constitute an entirely autonomous action.

The explanatory model of the motoric movement action demonstrates that after formulating an egocentric goal, we always engage in a tactical consideration<sup>1</sup>, prior to any execution, to determine how we can bring the action object to the goal location within successive positions P. In the context of the discussed action, we always create a perceptual image of a latent action trajectory shape, allowing the spoon to be moved successfully toward the food and/or to the mouth.



Images: It is not straightforward to present an animation that accurately represents the latent action trajectory shape being constructed. The image on the left very clearly displays the shape of the trajectory, in which all contiguous points P are distinctly weighed. However, it does not illustrate that within the construction of the trajectory shape, all dimensions of the spoon(-bowl) are also precisely

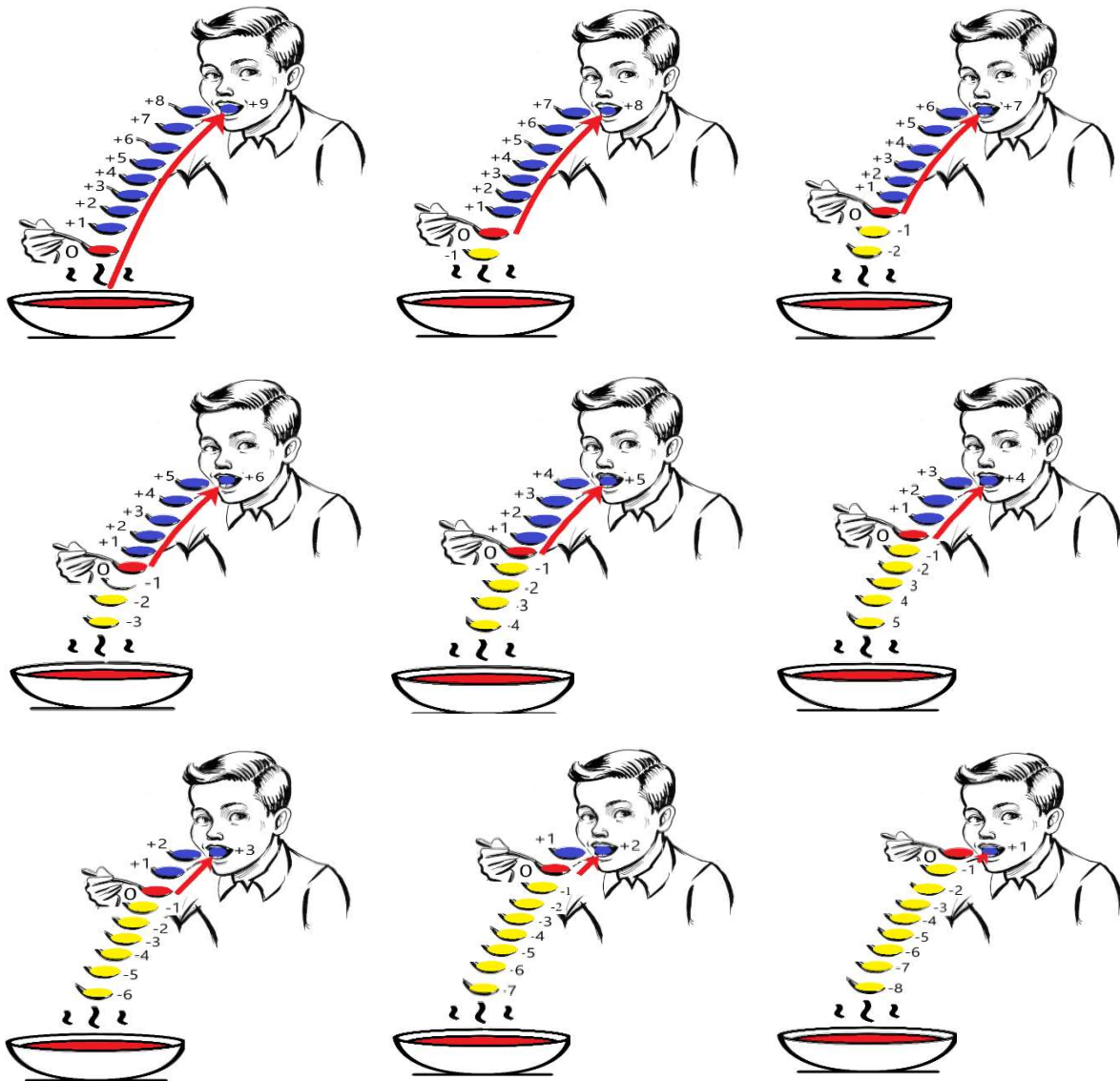
<sup>1</sup> The scientific evidence has been unequivocally provided for all grasping actions and all throwing actions, and can be easily universally extrapolated to any conceivable action. N.J. Mol; *Grasping encompasses two consecutive autonomous phases – The scientific proof that we tactically construct an action trajectory shape prior to the factual execution of that exact same action trajectory shape.*

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incorporated, as shown in the image on the right. The perceptual image we pre-construct of the trajectory might possibly contain a hybrid blend of these two animations.

### The factual movement action (FMA) in relationship to the movement of a spoon towards the mouth

After determining a perceptual image of a latent action trajectory shape, we proceed to actually carry out the action. This process effectively starts with bridging the gap from the current spoon position  $P(0)$  to the next position  $P(+1)$  within the action trajectory. Although our ultimate intention of course is to reach the mouth, the explanatory model clearly demonstrates that our perception processes in this phase are solely focused on traversing the empty space between the spoon(-bowl) and the mouth. Which at a micro-level shows, that essentially only the positions  $P(-1)$ ,  $P(0)$ , and  $P(1)$  matter to us during this bridging process.



Images: In an animation, the progression within an action trajectory shape can be depicted as follows. Within any conceivable action, the action object can successfully execute the action only by first occupying the next position  $P(+1)$  within the action trajectory. The current position  $P(0)$  then shifts one step forward, and a manifest position  $P(-1)$  is added. This process repeats with every new position  $P(0)$  until the end of the action trajectory is reached. To comprehend the perception processes at the most



fundamental level it is of the utmost importance that you start to understand that the latent part of the action trajectory shape will factually need to sprout out of the already manifest positions  $P(-x)$ .

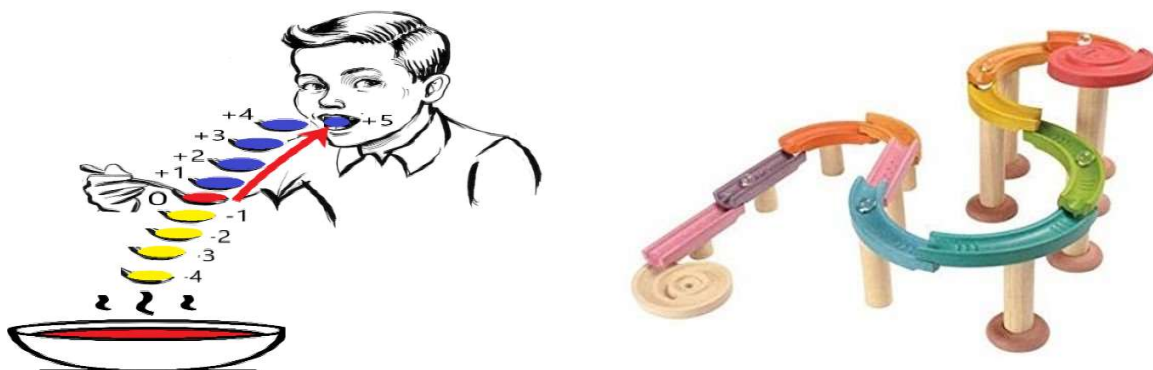
### The perception-action coupling in relationship to the movement of a spoon towards the mouth

With the preceding argumentation, the explanatory model of the motoric movement action now provides a comprehensive and universal explanation of how perception is linked to action within any conceivable task. The animations in the previous section illustrate that the action object maintains a fixed relationship with the perceptual image of the action trajectory shape. This becomes easier to comprehend when envisioning a marble in a marble run. In this analogy, you will become much more aware that the perception-action coupling is a unified phenomenon where only a single change occurs every ongoing time span. Within the marble run it becomes quite visible that during the actual execution, each position  $P(0)$  serves as the precise separation between all already manifested positions  $P(-x)$  and the latent positions  $P(+x)$  yet to be traversed.

Through this explanation of the perception-action coupling, the explanatory model can precisely demonstrate how organisms must have evolved within an ecological framework. However, delving into this subject exceeds the scope of this publication. Instead, several crucial points will be highlighted concerning the functional perceptual processes within this motor action.

It's imperative to recognize that while the ultimate goal is to load the food and to deliver it, during the execution of the action, we are solely engaged in bridging empty space where seemingly nothing is happening. It can be observed within any conceivable action that we spend relatively more time bridging this nothingness than in actual observable activity. The explanatory model, however, unequivocally shows that not only the end goal matters, but all positions  $P$  between the spoon and food and/or the spoon and mouth are equally significant.

Additionally, it must be remarked that the action of the spoon at  $P(0)$  can be perceived distinctly, yet no fixed unit of time can be attributed to it. Each unit of time can be divided into a thousand smaller units, and these units can be further subdivided, leading the explanatory model to argue that the action at  $P(0)$  fundamentally takes such a brief time span that it only gains significance in relationship to perceptions of the adjacent time frames. In other words, perceiving the current spoon(-bowl) position solely gains meaning through the adjacent future "current" positions  $P(+x)$  and the adjacent manifest "current" positions  $P(-x)$  of the spoon. Within which the overarching idea is to emphasize that perceptions within any conceivable action mainly pertain to one single phenomenon wherein the perception of the action also compels a perceptual image, but primarily that they are absolutely interdependent.



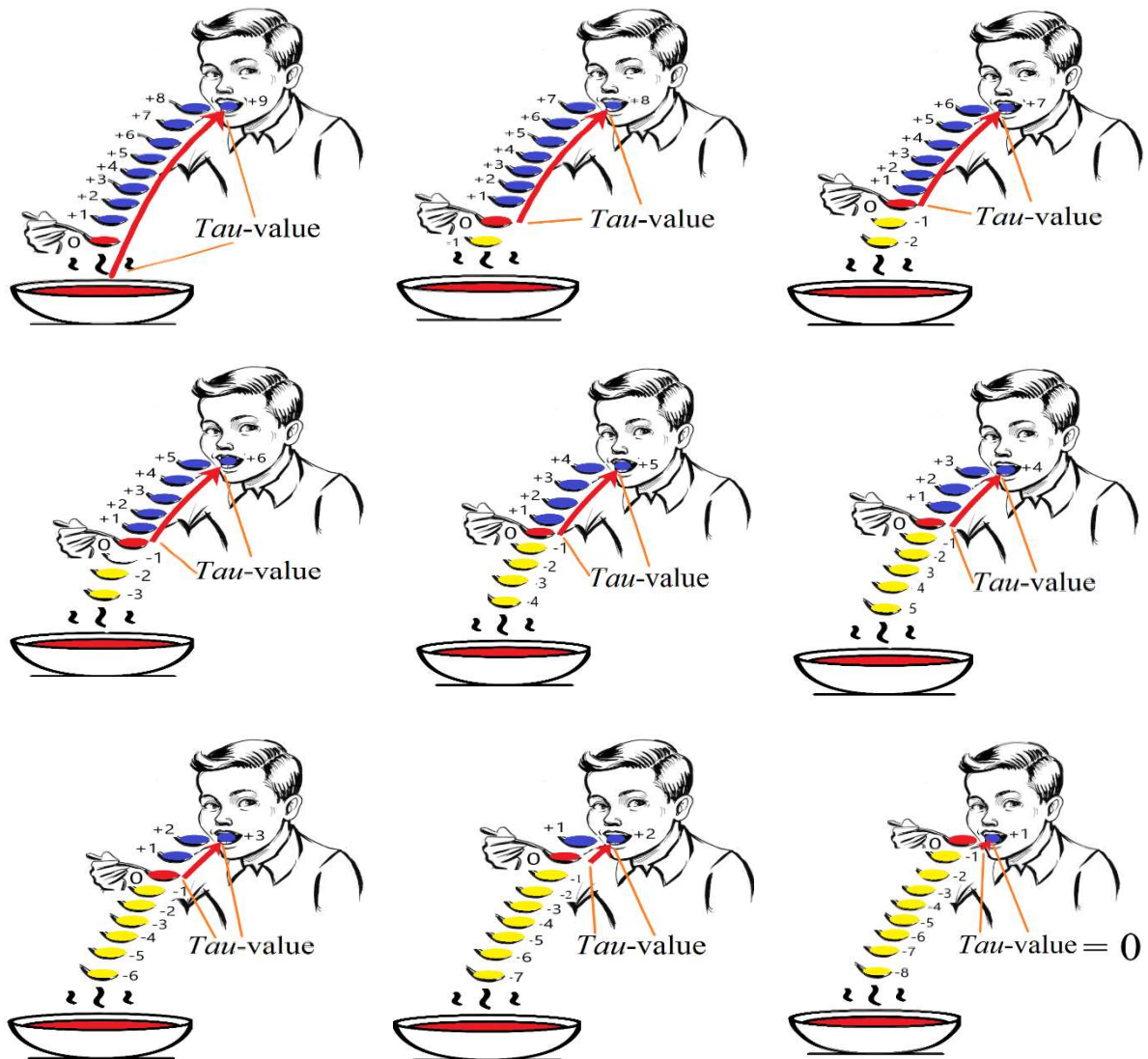
Images: Within many motoric actions the action trajectory shape will not become visible, making it challenging to depict with animations. Conversely, the marble within the marble run, is capable to vividly illustrate this concept. It clearly showcases one single phenomenon wherein the marble, at each position  $P$ , delineates the precise separation between all already manifested positions  $P(-x)$  and all latent positions  $P(+x)$ . Additionally, it exemplifies one of the essences of the coupling. If we couldn't

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see the marble run, the movements of the marble would lack essential context, and conversely, without the marble, we would be completely unable to perceive any coupling as well.

### The *tau*-value in relationship to the movement of a spoon towards the mouth

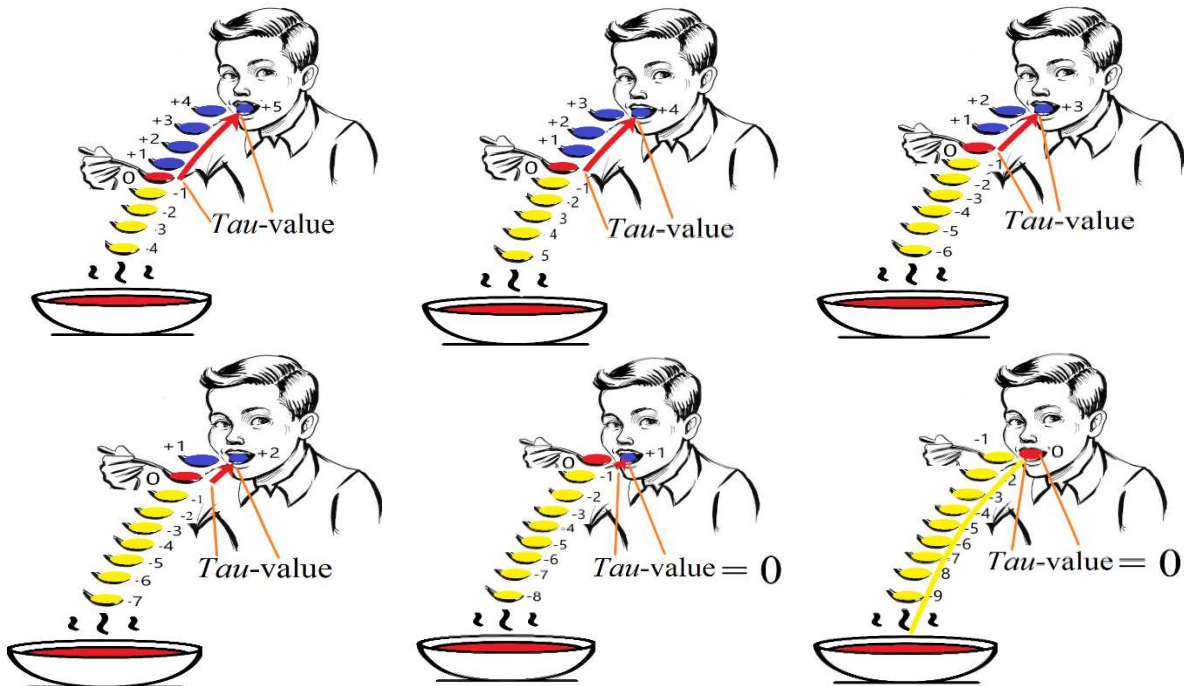
The explanatory model of the motoric movement action demonstrates with the aforementioned perception-action coupling that the perception of each position of the spoon c.q. the action object within the action trajectory shape is equally important. However, as the spoon approaches the end of the action trajectory shape, the task c.q. the egocentrically formulated goal starts to become finalized. Within any imaginable motor action, the action object will universally traverse the action trajectory shape until there are no latent positions P left. Within his *tau*-coupling theory, D.N. Lee referred to this phenomenon as the closing of the gap c.q. as the *tau*-value approaching to zero.



Images: Within the perception-action coupling, the bowl of the spoon will traverse all latent positions P that are tactically predetermined within a perceptual image of an action trajectory shape. With each successive position P of the spoon, the *tau*-value will decrease, until it eventually approaches zero c.q. becomes zero.

### The perception of the *tau*-value in relationship to the movement of a spoon towards the mouth

The perception of the *tau*-value within the external (primary) focus is an essential process, as it must establish a compelling relationship with the internal (secondary) focus within a strict *tau*-coupling to ensure the successful execution of an action. When it is perceived that the spoon is approaching the mouth, the perception within the internal focus, or rather, the perception of the movements of the spoon, must take charge of slowing down and adjusting the spoon's movement in such a way that it precisely ends up in the mouth.



Images: The *tau*-value can be perceived in two autonomous ways. You can either observe how the yellow manifest action trajectory shape takes over the blue line or at the most basal level you could solely observe with what speed the blue line, representing the still latent action trajectory shape, is disappearing. Within which you factually solely observe how the latent (blue) gap is closing.

Perceiving the *tau*-value approaching to zero can be observed in two autonomous ways. The first way involves filling in the perceptual representation of the entire latent action trajectory shape with the manifest positions P of the spoon. In animations, this should be depicted as the yellow line taking over or filling in the blue line. The other way involves a much more fundamental way of perceiving the *tau*-value. In contrast to the first way, this is solely based on the disappearance of the latent positions P from the perceptual representation of the entire latent action trajectory shape. Which means that you solely observe with what speed the blue line disappears.