Movement type	Distinguishing features	Examples
Voluntary	- Intentional	Reaching to grab a desired item
	- Triggered by external stimuli	
Semi voluntary	- Induced by an inner sensory stimulus	Some tics
	- Induced by an unwanted feeling or	Compulsive touching
	compulsion	The need to stretch a body part
Involuntary	- Not intentional	Non-suppressible:
	- May or may not be suppressible	- Myoclonus
		Suppressible:
		- Dystonia
		- Tremors
		- Chorea
		- Tics
Automatic	- Learned motor behaviors	Walking
	- Do not require conscious effort	Speaking

Table 1. Categories of Movement