



LABAN

Movement Analysis

MEET THE CREATOR

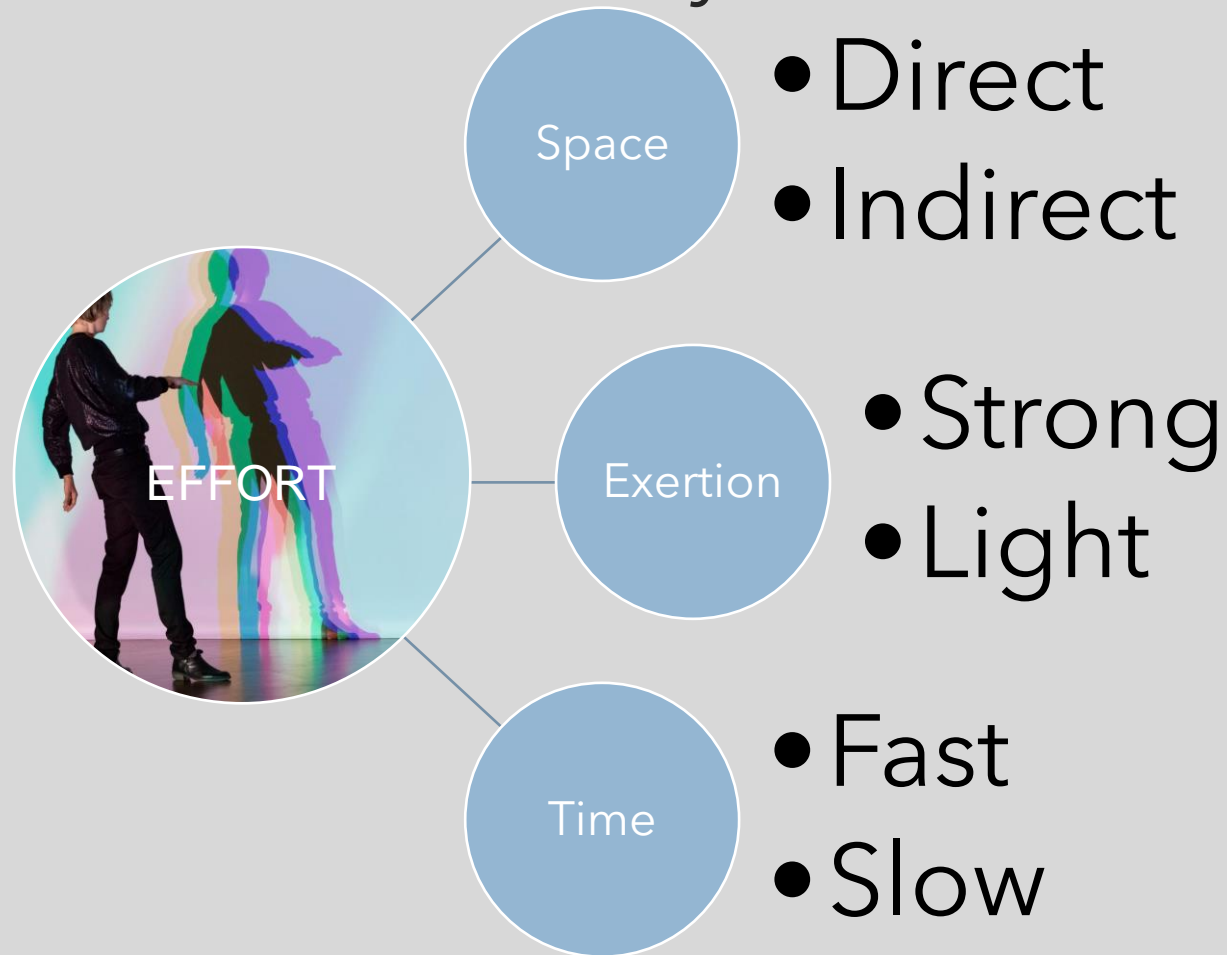
LABAN EFFORTS



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Laban Movement Analysis



Eight Laban Efforts

- Punch (D,Q,S)
- Press (D,S,S)
- Dab (D,Q,L)
- Glide (D,S,L)
- Slash (I,Q,L)
- Wring (I,S,S)
- Flick (I,Q,L)
- Float (I,S,L)

property of Monique Bagwell VO





PLAY TIME

Rudolph Laban's Theory of Movement

SPACE: Movement is direct or indirect

TIME: Movement is quick or slow

EXERTION: Movement attempts to overcome gravity's pull, and other obstacles, in varying degrees. Movement is strong or light

<u>EFFORT</u>	<u>SPACE</u>	<u>TIME</u>	<u>EXERTION</u>
PUNCH (thrust, stamp, shove, poke)	direct	quick	strong
PRESS (crush, cut, squeeze)	direct	slow	strong
DAB (pat, tap, shake)	direct	quick	light
GLIDE (smooth, smear, smudge)	direct	slow	light
SLASH (beat, throw, whip)	indirect	quick	light
WRING (pull, pluck, stretch)	indirect	slow	strong
FLICK (flip, flap, jerk)	indirect	quick	light
FLOAT (strew, stroke)	indirect	slow	light