

Memory into Memoir

LABAN

Laban's Eight Efforts

“**Laban Movement Analysis (LMA)**, sometimes **Laban/Bartenieff Movement Analysis**, is a method and language for describing, visualizing, interpreting and documenting human movement. It is based on the original work of Rudolf Laban, which was developed and extended by Lisa Ullmann, Irmgard Bartenieff, Warren Lamb and others. LMA draws from multiple fields including anatomy, kinesiology and psychology. It is used by dancers, actors, musicians and athletes; by health professionals such as physical and occupational therapists and psychotherapists; and in anthropology, business consulting and leadership development.” –From Wikipedia

The eight efforts:

Punch, Slash, Dab, Flick, Press, Wring, Glide, Float

The four Components:

Direction: Direct or Indirect

Speed: Quick or Sustained

Weight: Heavy or Light:

Flow: Bound or Free

	DIRECTION	SPEED	WEIGHT	FLOW
PUNCH	Direct	Quick	Heavy	Bound
SLASH	Indirect	Quick	Heavy	Free
DAB	Direct	Quick	Light	Bound
FLICK	Indirect	Quick	Light	Free
PRESS	Direct	Sustained	Heavy	Bound
WRING	Indirect	Sustained	Heavy	Bound
GLIDE	Direct	Sustained	Light	Free
FLOAT	Indirect	Sustained	Light	Free

Memory into Memoir

Laban Examples

Characteristics of the Eight Laban Effort-Actions

Think about your characters. What are ways you can incorporate aspects of direction, speed, weight, and flow into their appearance, choices, dialogue, or movement?

Dab <ul style="list-style-type: none">• Curt• Quick-witted• Precise• Punctual• Sarcastic• Biting• Glib• Sweet• Comforting• Efficient• Clear• Organized reliable• Placating cheerful• Joker	Punch <ul style="list-style-type: none">• Exacting• Forthright• Dangerous• Forbidding• Volatile• Aggressive• Impatient• Surprising• Compulsive• Definite• Self-assured• Righteous• Ego-centric• Decisive
Glide <ul style="list-style-type: none">• Graceful• Elegant• Effortless• Soft-spoken• Demur• Elusive• Eloquent• Controlled• Consistent• Accepted• Controlling• Charismatic• Lovely• Unreliable	Press <ul style="list-style-type: none">• Insistent• Unyielding• Direct• Persistent• Steady• Consistent• Irresistible• Oppressive• Stubborn• Tenacious• Tense• Reliable

Memory into Memoir



Float <ul style="list-style-type: none">• Effervescent• Flighty• Spiritual• Light• Playful• Spacey• Airy• Ethereal• Wordy• Twirling• Ditzy• Dreamy• Sensitive• Artistic• Apathetic• Unsubstantial• Superficial	Wring <ul style="list-style-type: none">• Worried• Introspective• Tormented• Indecisive• Sullen• Distraught• Gloomy• Distressed• Melodramatic• Obsessive• Dark• Depressed• Anxious• Focused• Creative• Sensitive• Artistic• Empathetic• Broody
Flick <ul style="list-style-type: none">• Dismissive• Easy-going• Careless• Flighty• Impetuous• Impulsive• Unreliable• Mercurial• Silly• Frothy• Witty	Slash <ul style="list-style-type: none">• Angry• Violent• Dangerous• Chaotic• Unpredictable• Unreliable• Ebullient• Energetic• Explosive• Passionate