

Laban Movement Analysis Exploration

Laban Movement Analysis (LMA) or Effort Shape is a method for analyzing, describing and scoring movement. The following exploration and language comes from a small aspect of LMA. We are looking at the Efforts or dynamics of movement and expression.

Effort = “how your body concentrates its exertion.”

The purpose:

- To discover your movement preferences and affinities.
- To discover you're less comfortable or shadow areas.
- To have a clear framework in which you can exercise and develop your dynamic expressive range. *You can use this with physical, vocal and other expressive mediums.*
- To be able to embody these efforts with easy intention allowing powerful expression without excess energy or force.

The Efforts are broken down into continuums of:

Weight, Time, Space, Flow

By traveling these continuums we describe both our dynamic movement range and our emotional range. They are not just movement qualities but are hooked up to intention. They describe movement effort that we access everyday when we shovel, iron, type, play a sport, do dishes etc. So as you explore, it can be helpful to find images of situations that remind you of the effort with which you're working.

Weight - how we utilize or direct our weight

Strong-----Light

Strong (not heavy) movement has a sense of using your weight from the navel area shoveling.

Lightness has a sense of weight rooted higher in ribs-like playing with a balloon.

Time:

Sustained-----Quick

This is an attitude toward time. Sustained is continuous time, luxuriating-pulling taffy or silk from a cocoon. Quick is breaking up time, needing to speed time up-cutting carrots.

Space:

Direct-----Indirect

Direct going from A-> B-shooting an arrow. Indirect meandering -kid in a candy shop.

Flow:

Bound-----Free

Bound is controlled, “micromanaged”, precise. Free out of control, drunken.

Combinations:

Glide- light, direct, sustained

Press-strong, direct, sustained

Dab-light, direct, quick

Punch-strong, direct, quick

Wring-strong, indirect, sustained

Float-light, indirect, sustained

Flick-light, indirect, quick

Slash- strong, indirect, quick