

## Teacher resource sheet

---

Rudolf Laban was a German dance artist working in the late 1800s until the 1950s. He is considered the founding father of Expressionist dance. Over the years, the name 'Laban' has come to refer to not just the man himself, but to his theories, methods and categorisation of movement. So while we often call his approach 'LMA' (Laban Movement Analysis) it is also correct to state 'We are choreographing a dance based on or using Laban'.

### The Basics of Laban Movement Analysis

Considered the world over to be a pioneer of modern dance, Laban studied human movement extensively and categorised all of it into four essential parts:

Space                      Weight                      Time                      Flow

Each part consists of two possible elements:

Space (or spatial intention) is **direct** or **indirect**

Weight is **heavy** or **light**

Time (or speed) is **quick** or **sustained**

Flow is **bound** or **free**

Here is a 'space' example: *You are standing among trees.*

You could demonstrate your surroundings by a direct movement, such as pointing to a tree, or an indirect movement, such as swatting away flies.

When Laban combined the four essential parts, the result was the **Eight Efforts**:

<b>Wring</b>	<b>Press</b>	<b>Flick</b>	<b>Dab</b>
<b>Glide</b>	<b>Float</b>	<b>Punch (or thrust)</b>	<b>Slash</b>

For each effort, certain component parts are used. For example, for *Wring*:

- Spatial intention is indirect
- Weight is heavy
- Speed is sustained
- Flow is bound