

Rudolph Laban effort's theory

Who was he?

Rudolf Laban (1879-1958) was a master of movement. Nowadays his name is probably most widely known in connection with 'Labanotation' - a system he invented for analyzing and recording movement in written form. Yet this is only one part of the substantial body of work he produced in his lifetime. He was a prolific choreographer, a life-long educator, and a specialist movement researcher. His work changed the perception of movement in all performance and inspired a whole new type of movement practice.

The Four Components:

- Direction
- Weight
- Speed
- Flow

Each of those parts has two elements:

- **Direction** is either direct or indirect.
 - **Weight** is either heavy or light.
 - **Speed** is either quick or sustained.
 - **Flow** is either bound or free.
-

The 8 efforts:

An Effort can be understood as a way of identifying the 'quality' of our movement during action: the sensation or feel that our movement has both for ourselves and others.

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

Example:

Effort - Wring

Then ask:

- 1. Is it indirect or direct?
- 2. Is it heavy or light
- 3. Is it sustained or quick
- 4. Is it bound or free?

Try physically recreating this motion to help figure out the answer.

Wring

- 1. The Direction is **Indirect**
- 2. The Weight is **Heavy**
- 3. The Speed is **Sustained**
- 4. The Flow is **Bound**

Worksheet

Fill out the blank

	Direction	Weight	Speed	Flow
Wring	Indirect	Heavy	Sustained	Bound
Press				
Flick				
Dab				
Punch				
Glide				
Float				
Slash				