

## Resources for Laban Efforts

Rudolf Laban categorized human movement into 4 parts

1. Direction
2. Weight
3. Speed
4. Flow

Each category has 2 elements

1. Direction - direct or indirect
2. Weight - heavy or light
3. Speed - quick or sustained
4. Flow - bound or free

Combining these parts creates 8 efforts. These efforts are listed on the left column of the chart below.

For Example:

a punch is heavy, direct, quick, and bound

while a float is light, indirect, slow, and free

\*\* I had trouble remembering the two elements of Direction so I will provide an example. If you think of walking down a hallway, if you walk in a straight line that is an example of "Direct" movement. If you walk toward one side of the hallway and sort of drift to the other side of the hallway that is an example of "Indirect" movement.

\*try it (make sure you have room and aren't around anyone or anything that you might accidentally hit). Do this with all of the 8 efforts.

	<b>Weight</b>	<b>Space</b>	<b>Time</b>	<b>Flow</b>
<b>Punch</b>	Heavy	Direct	Quick	Bound
<b>Press</b>	Heavy	Direct	Slow	Bound
<b>Slash</b>	Heavy	Indirect	Quick	Bound
<b>Wring</b>	Heavy	Indirect	Slow	Bound
<b>Dab</b>	Light	Direct	Quick	Free
<b>Glide</b>	Light	Direct	Slow	Free

<b>Flick</b>	Light	Indirect	Quick	Free
<b>Float</b>	Light	Indirect	Slow	Free

- After you've done Part 1 of the workshop...
- Look at the Shakespearean text provided and for each line try multiple efforts and choose the one that fits the best. You may surprise yourself. Once you've chosen the efforts for each line read the scene with your acting partner and physicalize the effort while saying the line. Next think about the effort while you say the line.

\*Molly and Zach demonstrate this in the video.\*

<https://labaneffortsinaction.com/labans-efforts>