

## Laban- Movement Technique for Character Development

**Effort**, or what Laban sometimes described as dynamics, is a system for understanding the more subtle characteristics about the way a movement is done with respect to inner intention. The difference between punching someone in anger and reaching for a glass is slight in terms of body organization – both rely on extension of the arm. The attention to the strength of the movement, the control of the movement and the timing of the movement are very different.

Effort has four subcategories (Effort factors), each of which has two opposite polarities (Effort elements).<sup>[2]</sup>

### Effort Factor

**Effort element**(*Fighting* polarity)

**Effort element**(*Indulging* polarity)

Space

Direct

Indirect (Flexible)

Weight

Strong

Light

Time

Sudden (quick)

Sustained

Flow

Bound

Free

Laban named the combination of the first three categories (Space, Weight, and Time) the Effort Actions, or Action Drive.

The eight combinations are descriptively named

**Float, Punch (Thrust), Glide, Slash, Dab, Wring, Flick, and Press.**

### **Experiment with these 8 efforts while they are walking in the space...**

Does your character float, punch, glide, slash, dab...etc? or do a combination of these movements (try them all)?

**Space-** How does the character move in space... in-directly or directly ? Have them “float” is that direct or indirect. Have them “punch” is that direct or indirect and etc... go through all 8 combinations above.

**Weight-** What is their Characters weight... is their movement heavy or light. Make your character's movement heavy... light. Which weight feels right for your character?

**Time-** What is their characters time/rhythm ? Do they move suddenly/quick or is their motion slow/sustained? (try different ways)

**Flow-** What is their character's flow? Are they tight/bound or are they free and flowing?