

# LABAN MOVEMENT ANALYSIS (LMA)

## EARLY CHILDHOOD

### BODY WHAT

#### ACTIONS

Walk  
Run  
Gallop  
Skip  
Jump  
Spin  
Shake  
Freeze  
Roll  
Stretch  
Hide  
Balance  
March  
Crawl

#### PARTS

Head  
Arms  
Hands  
Elbows  
Shoulders  
Hips  
Legs  
Knees  
Feet  
Ankles  
Toes

#### SHAPES

Round (ball)  
Wide (wall)  
Narrow (arrow)  
Twisted (pretzel)

### EFFORT/ DYNAMICS HOW

#### MOTION QUALITY FACTOR

WEIGHT — Light  
Strong

TIME — Slow  
Fast

#### DESCRIPTIVE WORDS

Big  
Small  
Bubbling  
Droopy  
Afraid  
Gentle  
Excited  
Angry  
Heavy  
Light  
Sharp  
Soft  
Spikey  
Tired  
Springy  
Strong  
Tiny

### SPACE WHERE

#### GENERAL SPACE

#### PERSONAL SPACE

#### LEVELS

High  
Middle  
Low

#### DIRECTIONS

Up/Down  
Forward/Backward  
Right/Left  
Diagonal

#### PATHWAY

Line  
Zig Zag  
Circle  
Curve

#### SPACE WORDS

Over  
Under  
Around  
Through  
Near  
Far  
Behind  
Beside  
In Front  
Toward  
Away

### RELATIONSHIP WITH WHOM

#### SITUATIONS

Unison  
Solo  
Partner  
Group

Lead  
Follow  
Mirror

#### SPATIAL RELATIONSHIPS

Meet  
Part  
Connect

#### SPATIAL FORMATIONS

Line  
Circle  
Scattered

#### OTHER

Music  
Props  
Costumes  
Curriculum  
Stories  
Poems  
Environment

#### CHOREOGRAPHIC STRUCTURES

Call & Response  
Theme & Variation - AB  
Sandwich - ABA