

Laban Movement Analysis (LMA)

BODY What

- **Actions**

Traveling
Non-traveling
Stopping
Rising
Sinking
Elevating
Turning

- **Bases**

Standing • Sitting
Kneeling • Lying

- **Body Parts**

Moving
Leading
Gesturing
Connecting
Emphasizing

- **Shapes**

Round • Wide
Narrow • Twisted
Symmetrical
Asymmetrical

- **Zones**

Upper • Lower
Right • Left
Front • Back

- **Flow**

Simultaneous
Sequential
Successive

