

# 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

## SPACE Where

### ● Personal

Located

### ● General

Everywhere

### ● Levels

Low  
Middle  
High

### ● Directions

Up • Down  
Forward • Backward  
Left • Right  
Diagonal

### ● Reach

Near  
Mid  
Far

### ● Pathways

Straight  
Curvy  
Angular  
Circular

### ● Space Words

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

## EFFORT How

### ● Factors

Weight — Light  
Strong  
Time — Sustained  
Sudden  
Space — Indirect  
Direct  
Flow — Free  
Bound

### ● Actions

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

### ● Descriptive Words

Bouncy  
Bubbly  
Carefree  
Droopy

### Descriptive Words (continued)

Energetic  
Fierce  
Frantic  
Loose  
Percussive  
Powerful  
Sharp  
Smooth  
Soft  
Tense

## RELATIONSHIP With Whom

### ● Body

Body Parts } To  
Individuals } Each  
Groups } Other

### ● Time

Unison • In Own Time  
Tempo • Beat  
Rhythm • Accent  
Metrical • Non-Metrical

### ● Actions

Lead • Follow  
Copy • Mirror  
Meet • Part  
Shadow • Echo  
Call • Response

### ● Formations

Line • Circle  
Triangle • Square  
Cluster • Scattered

### ● Choreographic Tools

Solo • Duet • Trio • Quartet

Repetition - AAA  
Sandwich - ABA  
Accumulation - AABABC  
Canon -  $\begin{matrix} ABC \\ ABC \end{matrix}$   
Retrograde - CBA  
Theme & Variation - AA<sub>1</sub>A<sub>2</sub>  
Rondo - ABACADA  
Chance - DACB

### ● Connections

Arts • Curriculum  
Production • Technology



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- **Shapes**

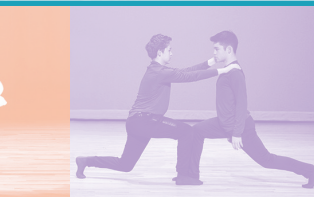
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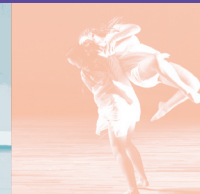
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