

Laban Movement Analysis (LMA)

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 (cont.)

Energetic
Fierce
Frantic
Loose
Percussive
Powerful
Sharp
Smooth
Soft
Tense

