Rudolf Laban

Movement Analysis

Rudolf Laban (1879-1958)

- Started out as an architect student and painter
- Founder of European Modern Dance
- Developed Labanotation
- Believed dance should be available to everyone
  - His work is used by dancers, physical therapists, actors, mathematicians, animators, among others

Movement Efforts/Actions

- This semester we will look at Laban's Movement efforts (dynamics)
  - Space – direct/indirect (flexible)
  - Weight – strong (firm)/light (fine)
  - Time – sudden/sustained
  - Flow – free/bound

- We will also work with his 8 movement actions
  - Dab
  - Flick
  - Punch
  - Slash
  - Glide
  - Float
  - Wring
  - Press

8 locomotor movements

- Skip
- Slide
- Walk
- Run
- Hop
- Gallop
- Leap
- Jump

Combinations of two motion factors

- Weight and time
- Space and flow
- Space and time
- Weight and flow
- Weight and space
- Time and flow

How will we use Laban

- Lecture and readings
- Through improvisation
  - Individual, partner and group
- Through choreography
  - Using the efforts
  - Scales
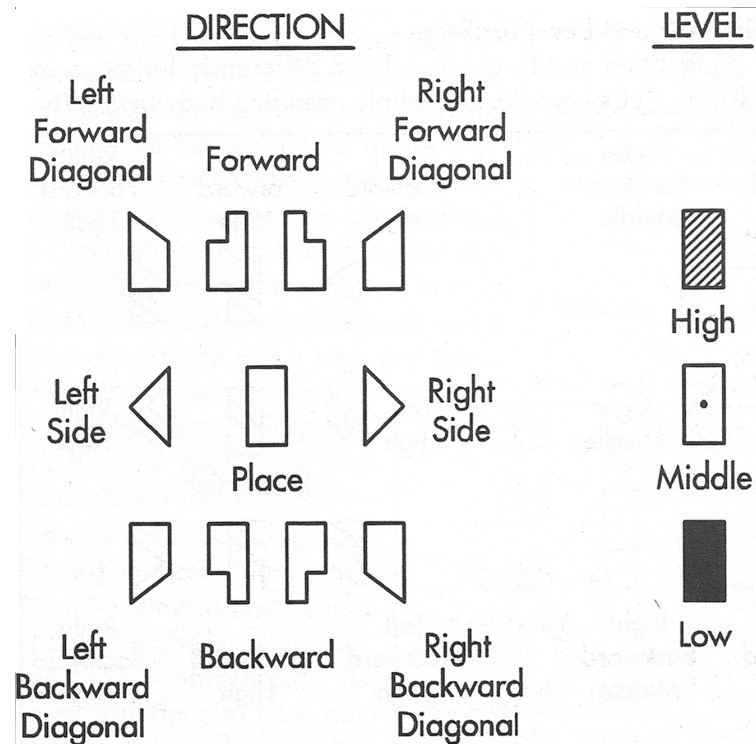 - Using movement actions and locomotor movements

Figure 2

http://www.youtube.com/watch?v=5EjarjewWnw