

LABAN MOVEMENT

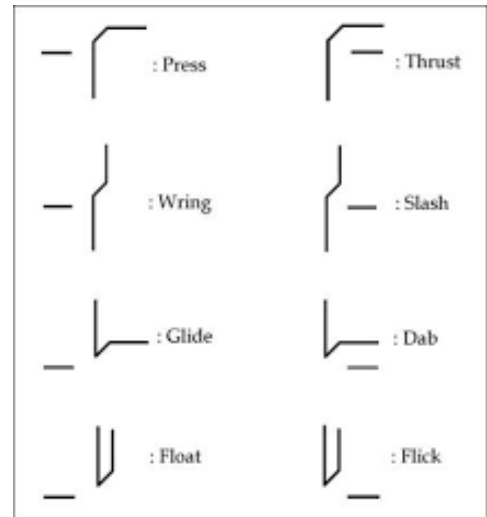
Rudolph Laban looked upon movement as a two-way language process through which the human body could communicate by giving and receiving messages. He believed an understanding of this neglected language would lead to a better means of understanding people. First, the student must recognize that all movement stems from an inter-dependence of body, mind, and spirit. He agreed that modern humanity had lost much of the spontaneous joy in expressive movement (from childhood) and that stress was now one of the more tangible rewards of work and place in society.

Body movements are the actor's tools as well as the dancer's. Most actors today also know that it is essential to be able to move well. **Laban's Art of Movement** introduces students to basic movement principles which all living matter conforms. These laws have always existed, but Laban was able to tabulate the and present them in such a way that **SPACE** was structured – where are we going, how are we moving and what kind of **ENERGY** we are using when performing. The four elements **SPACE, TIME, WEIGHT,** and **FLOW** are taken separately and then studied as a whole.

SPACE is Direct or Indirect; **WEIGHT** is Light or Strong; **TIME** is Sustained or Sudden.

Eight Basic Effort Actions

FLOAT	Light, Flexible, Sustained
FLICK	Light, Flexible, Sudden
GLIDE	Light, Direct, Sustained
DAB	Light, Direct, Sudden
WRING	Strong, Flexible, Sustained
SLASH	Strong, Flexible, Sudden
PRESS	Strong, Direct, Sustained
THRUST/PUNCH	Strong, Direct, Sudden



Dance Literacy

Rudolf Laban's passion was to establish dance as an art of equal standing to its sister arts (Dramatic Arts and Visual Arts), a place it had never held. It had to establish a medium through its own literacy, hence in his burning desire to find a notation for dance. Without literacy dance would never be taken seriously by the cultural elite.

Rudolf Laban spent twenty years understanding movement sufficiently to create signs on paper that could represent body parts moving in space and time dynamically. Today, as Labanotation, his system caters for the needs of the modern dance world. Just as musical notation must adapt to the changing needs of composers. So, Labanotation must grow to cope with modern needs and technologies. www.laban.org

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