

LABAN'S EFFORTS

Rudolph Laban was a Hungarian choreographer who was very prominent in Europe in the 1930s and 1940s. Although his personal politics were questionable, his contributions to modern dance theory were significant.

“There are eight possible combinations of one element each from weight, space and time, to each of which Laban gave a name, an everyday action term.”

- Cecily Dell, *A Primer for Movement Description Using Effort-Shape and Supplementary Concepts* (1977)

Weight: Light vs Strong

Space: Indirect vs Direct

Time: Sustained vs Quick

<u>FLOAT</u> Indirect Light Sustained	<u>PUNCH</u> Direct Strong Quick
<u>WRING</u> Indirect Strong Sustained	<u>DAB</u> Direct Light Quick
<u>FLICK</u> Indirect Light Quick	<u>PRESS</u> Direct Strong Sustained
<u>SLASH</u> Indirect Strong Quick	<u>GLIDE</u> Direct Light Sustained