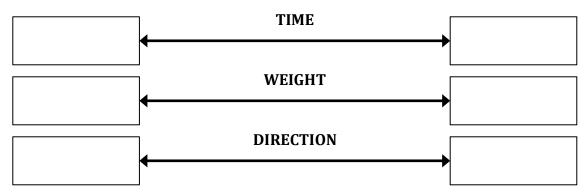
Three "Components" of Laban Movement



Word Bank								
Dab	Indirect	Float	Wring	Punch	Press	Sustained		
Quick	Heavy	Flick	Slash	Light	Direct	Glide		

Eight Laban "Efforts"							
EFFORT NAME	SPEED	WEIGHT	DIRECTION	Character Examples:			

Drama 9 - Laban