

INTRO TO LABAN

Laban is a style of movement that theatre artists use to create character and scene work. Laban principals can be applied to physicality, to speech patterns, and to acting tactics. At the introductory level, Laban breaks human movement into three components: weight, space/focus, and time. Each of these components has two elements: there: light/heavy, direct/indirect, quick/sustained. By creating combinations of these elements, Laban identifies 8 efforts of movement: Flick, Dab, Float, Punch, Slash, Press, Glide, and Wring. At an advanced level, students can also consider the fourth component called "Flow", which is broken down into bound/free. It examines how much tension or ease exists in the effort.

	SPACE/FOCUS	TIME	WEIGHT	FLOW
PUNCH	Direct	Quick	Heavy	Bound
DAB	Direct	Quick	Light	Bound
PRESS	Direct	Sustained	Heavy	Bound
GLIDE	Direct	Sustained	Light	Free
SLASH	Indirect	Quick	Heavy	Free
FLICK	Indirect	Quick	Light	Free
WRING	Indirect	Sustained	Heavy	Bound
FLOAT	Indirect	Sustained	Light	Free

Investigating Time

There are two types of time: sustained time and quick or sudden time. It is important to remember that, in Laban, time is not only thought of in terms of actual speed, but in terms of attitude towards time as well. In other words, when given half an hour to complete a task, someone who's Sustained may take their time doing the task because they feel like they have a long time to complete it while someone on Quick time may rush because they feel like they only have half an hour to complete the task.

Investigating Space/Focus

Space or Focus in Laban can either be Direct or Indirect. Direct focus implies that you have a singular point of interest, and your attention is only on one thing and very specific. Indirect focus is not a lack of focus, but rather a widening of focus; instead of putting all of your attention on one specific object, you would open your attention to include multiple stimuli.

Investigating Weight

Weight can be thought of in terms of intensity or force. Heavy weight can be thought of in terms of intensity or force. Heavy weight can be thought of as a

large exertion of force or can be expressed through strength. Light weight is as little force exerted as possible; it is buoyant and effortless.

Investigating Flow

Flow most accurately is a factor of continuity, progression, emotions, and involvement. Free flow is an outpouring, letting the inside out and the outside in, uncontrollable, can't be stopped, open hearted, fluid, etc. Bound flow is contained, controlled, keeping the inside in and the outside out.