

The Eight Basic Efforts (Laban Movement Analysis)

<p>Press: strong direct – from A to B sustained (slow/controlled) bound or tight</p> <p>Thrust: strong direct sudden bound or free flow</p>	<p>Wring: strong indirect/meandering/flexible sustained (slow/controlled) bound or tight</p> <p>Slash: strong indirect/ meandering/flexible sudden bound or tight</p>	<p>Glide: light direct – from A to B sustained(slow/controlled) Usually bound quality to its flow</p> <p>Dab: light direct sudden Usually free or loose. More challenging to dab in bound flow</p>	<p>Float: light indirect or meandering sustained (slow/controlled) free</p> <p>Flick: light indirect or meandering sudden free or loose</p>
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The Eight Basic efforts are actions that Rudolph Laban considered to be the reduction of the myriad of movements the human body is capable of doing. We do these movements in various ways and to different degrees as we go about our daily living. But there will be some movements that we tend to favour. Become aware of your habitual ways of doing and see if you can change them. During movement experientials find different ways of making these movements or different ways of joining them together. Play with resting into the movements, moving out of them, into them, using different body parts – parts that you wouldn't normally use for the actions. See how you can change your movements and in so doing perhaps other things about you will also change....