

LABAN QUALITIES OF MOVEMENT

(Otherwise known as the "Efforts")

8 QUALITIES OF MOVEMENT

ALSO KNOWN AS THE EFFORTS

Punch

Slash

Dab

Flick

Press

Wring

Glide

Float

4 ASPECTS OF EACH EFFORT

DIRECTION:

Direct/Indirect

SPEED:

Quick/Sustained

WEIGHT:

Heavy/Light

FLOW:

Bound/Free

8 EFFORTS + THEIR ASPECTS:

PUNCH – direct,
quick, heavy, bound

SLASH – indirect,
quick, heavy, free

DAB – direct, quick,
light, bound

FLICK – indirect,
light, quick, free

PRESS – direct,
sustained, heavy,
bound

WRING – indirect,
sustained, heavy,
bound

GLIDE – direct,
sustained, light, free

FLOAT – indirect,
sustained, light, free