

LABAN MOVEMENT ANALYSIS (LMA)

<u>BODY</u> <i>What</i>	<u>DYNAMICS</u> <i>How</i>	<u>SPACE</u> <i>Where</i>	<u>RELATIONSHIP</u> <i>With Whom</i>
<p>Action</p> <p>Traveling</p> <p>Stillness</p> <p>Turning</p> <p>Jumping</p> <p>Twisting</p> <p>Swinging</p> <p>Shaking</p> <p>Body Shaping</p> <p>Contracting/Expanding</p> <p>Rising/Sinking</p> <p>Narrowing/Widening</p> <p>Advancing/Retreating</p> <p>Parts</p> <p>Used</p> <p>Leading</p> <p>Gesturing</p> <p>Emphasized</p> <p>Touching</p> <p>Shapes</p> <p>Round (ball)</p> <p>Wide (wall)</p> <p>Narrow (arrow)</p> <p>Twisted (pretzel)</p> <p>Symmetrical</p> <p>Asymmetrical</p> <p>Regions</p> <p>Upper/Lower</p> <p>Right/Left</p> <p>Front/Back</p> <p>Base</p> <p>Standing/Sitting</p> <p>Kneeling/Lying</p> <p>Flow</p> <p>Simultaneous</p> <p>Sequential</p>	<p>Motion Factor Quality</p> <p>Weight Strong</p> <p> Light</p> <p>Time Sudden</p> <p> Sustained</p> <p>Space Direct</p> <p> Indirect</p> <p>Flow Bound</p> <p> Free</p> <p>Dynamic Actions</p> <p>Punch</p> <p>Press</p> <p>Flick</p> <p>Float</p> <p>Slash</p> <p>Glide</p> <p>Wring</p> <p>Dab</p> <p>Descriptive Words</p>	<p>General Space</p> <p>Everywhere</p> <p>Personal Space</p> <p>Located</p> <p>Extensions</p> <p>Far</p> <p>Near</p> <p>Levels</p> <p>High</p> <p>Middle</p> <p>Low</p> <p>Directions</p> <p>High/Low</p> <p>Forward/Backward</p> <p>Right/Left</p> <p>Diagonal</p> <p>Floor & Air Patterns</p> <p>Straight</p> <p>Angular</p> <p>Circular</p> <p>Curvy</p> <p>Space Words</p> <p>Over</p> <p>Under</p> <p>Around</p> <p>Near</p> <p>Far</p> <p>Through</p> <p>Behind</p> <p>Beside</p> <p>In front</p> <p>Toward</p> <p>Away</p> <p>Focus</p>	<p>Situations</p> <p>Unison</p> <p>Solo Duet Trio Group</p> <p>Leading Following</p> <p>Shadowing Mirroring</p> <p>Copying Matching</p> <p>Action / Response</p> <p>Echoing</p> <p>Spatial Relationships</p> <p>Meeting Parting</p> <p>Linking Connecting</p> <p>Spatial Formations</p> <p>Line (spoke, cross, square, flock)</p> <p>Circle Scattered</p> <p>Solid (wedge, block)</p> <p>Time Relationships</p> <p>Metrical/Non-metrical</p> <p>beat/tempo/accent/rhythm/pattern</p> <p>Body Relationships</p> <p>Body parts to each other</p> <p>Individuals to each other</p> <p>Groups to each other</p> <p>Other</p> <p>Music</p> <p>Props Costumes</p> <p>Curriculum</p> <p>Environment</p> <p>Audience</p> <p>Choreographic Structures</p> <p>Theme & Variation AB</p> <p>Sandwich ABA</p> <p>Rondo ABACADA</p> <p>Accumulation AABABC</p> <p>Call & Response</p> <p>Canon Chance</p> <p>Site Specific</p>

LABAN MOVEMENT ANALYSIS (LMA)

BODY ***What***

Action

Traveling
Stillness
Turning
Jumping
Twisting
Swinging
Shaking

Parts

Used
Leading
Gesturing
Emphasized
Touching

Body Shaping

Contracting/Expanding
Rising/Sinking
Narrowing/Widening
Advancing/Retreating

Shapes

Round (ball)
Wide (wall)
Narrow (arrow)
Twisted (pretzel)
Symmetrical
Asymmetrical

Base

Standing/Sitting
Kneeling/Lying

Regions

Upper/Lower
Right/Left
Front/Back

Flow

Simultaneous
Sequential

LABAN MOVEMENT ANALYSIS (LMA)

DYNAMICS

How

<i>Motion Factor</i>	<i>Quality</i>
Weight	Strong
	Light
Time	Sudden
	Sustained
Space	Direct
	Indirect
Flow	Bound
	Free

Dab
Flick
Float
Glide
Press
Punch
Slash
Wring

LABAN MOVEMENT ANALYSIS (LMA)

SPACE ***Where***

General Space

Everywhere

Personal Space

Located

Extensions

Far

Near

Levels

High

Middle

Low

Floor & Air Patterns

Straight

Angular

Circular

Curvy

Space Words

Over

Under

Around

Near

Far

Through

Behind

Beside

In front

Toward

Away

Directions

High/Low

Forward/Backward

Right/Left

Diagonal

Focus

LABAN MOVEMENT ANALYSIS (LMA)

RELATIONSHIP With Whom

Situations

Solo
Duet
Trio
Group
Unison
Leading
Following
Shadowing
Mirroring
Copying
Action/Response
Echoing

Other

Music
Props
Costumes
Curriculum
Environment
Audience

Spatial Relationships

Meeting
Parting
Linking
Connecting

Time Relationships

Metrical/Non-metrical
Beat
Tempo
Accent
Rhythm
Pattern

Spatial Formations

Line (spoke, cross,
square, flock)
Circle Scattered
Solid (wedge, block)

Body Relationships

Body parts to each other
Individuals to each other
Groups to each other

Choreographic Structures

Theme & Variation AB
Sandwich ABA
Rondo ABACADA
Accumulation AABABC
Call & Response
Canon
Chance
Site Specific