

# LABAN MOVEMENT ANALYSIS (LMA)

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

# **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**

<b><i>Motion Factor</i></b>	<b><i>Quality</i></b>
Weight	Strong
Time	Light
Space	Sudden
Flow	Sustained
	Direct
	Indirect
	Bound
	Free
	Dab
	Flick
	Float
	Glide
	Press
	Punch
	Slash
	Wring

# **LABAN MOVEMENT ANALYSIS (LMA)**

## **SPACE**

### **Where**

#### **General Space**

Everywhere

#### **Extensions**

Far

#### **Personal Space**

Located

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

#### **Focus**

#### **Directions**

High/Low

Forward/Backward

Right/Left

Diagonal

# **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