

LABAN MOVEMENT ANALYSIS (LMA)

BODY What	EFFORT How	SPACE Where	SHAPE What Form	RELATIONSHIP With whom
ACTIVITY	MOTION FACTOR	QUALITY	GENERAL SPACE	SITUATIONS
Traveling	Weight	Strong-Light	Everywhere	Leading, following
Stopping	Time	Sudden-Sustained		Shadowing, mirroring
Turning	Space	Direct (focused)	PERSONAL SPACE	Copying / matching
Balancing		Indirect (multifocused)	Local	Action/response
Falling	Flow	Bound-Free		Echoing, unison, cannon
Twisting			LEVELS	
Swinging	EFFORT ACTIONS		Low, Middle, High	
Shaking-wiggle	Punch			SPATIAL RELATIONSHIPS
Jumping	Press	EXTENSIONS		Meeting, parting
	Flick	Near reach, Far reach		Linking, connecting
BODY PARTS	Float			Towards, away
Used, leading	Glide	DIRECTIONS		Near, approach, touch
Gesturing	Slash	High – low	SHAPE FORMS	Press, grasp
Touching		Forward – back	Ball	Lift, lean, carry
Emphasized		Right – Left, Diagonal	Wall	
			Pin	SPATIAL FORMS
BODY REGIONS		FLOOR - AIR	Twisted	Line (spoke, cross, flock)
Upper/lower		PATTERN - PATHWAY	Symmetrical	Circle
Right/left		Straight, Angular,	Tetrahedral	Scattered
Front/back		Curvy, Circular		
		SPACE WORDS		BODY RELATIONSHIPS
BASE		Over, under, around,		Body to each other
Standing, sitting		Near, far, through,		Individuals to each other
Kneeling/lying		Behind, beside, in front		Groups to each other
ORGANISATION				
Sequential				
Simultaneous				
Successive				