

LABAN MOVEMENT ANALYSIS (LMA)

BODY What	EFFORT How	SPACE Where	SHAPE What Form	RELATIONSHIP With whom	
ACTIVITY	MOTION FACTOR	QUALITY	GENERAL SPACE	SHAPE QUALITIES	SITUATIONS
Traveling	Weight	Strong-Light	Everywhere	Contracting/Expanding	Leading, Following
Stopping	Time	Sudden-Sustained	PERSONAL SPACE	Narrowing/Widening	Shadowing, Mirroring
Turning	Space	Direct (focused)		Advancing / Retreating	Copying / Matching
Balancing		Indirect (multifocused)		Rising/Sinking	Action/Response
Falling	Flow	Bound-Free			Echoing, Unison, Cannon
Twisting	EFFORT ACTIONS		LEVELS	MODES OF SHAPE	SPATIAL RELATIONSHIPS
Swinging			Low, Middle, High	CHANGE	
Shaking-wiggle			Punch	Shape Flow	
Jumping			Press	Carving	
BODY PARTS		Flick	EXTENSIONS	Directional Movement	Meeting, Parting
		Float	Near reach, Far reach	Spoke-like Arc-like	Linking, Connecting
	Used, Leading	Glide	DIRECTIONS	SHAPE FORMS	Towards, Away
	Gesturing	Slash			Near, Approach, Touch
	Touching				Press, Grasp
Emphasized		High – low		Lift, Lean, Carry	
BODY REGIONS		Forward – back			SPATIAL FORMS
		Right – Left, Diagonal			
	Front/Back		FLOOR - AIR	Ball	
	Upper/Lower		PATHWAY	Wall	
Right/Left		Straight, Angular,	Pin	Twisted	Line (Spoke, Cross, Flock)
		Curvy, Circular		Symmetrical	Circle
				Tetrahedral	Scattered
BASE			SPACE WORDS		BODY REATIONSHPIS
Standing, Sitting			Over, Under, Around,		Body to each other
Kneeling/Lying			Near, Far, Through,		Individuals to each other
ORGANISATION			Behind, Beside, In Front		Groups to each other
Sequential					
Simultaneous					
Successive					