

Laban

Laban efforts are a technique for marrying the **internal psychological characteristics** of a character with the **external physical characteristics**. The Technique assumes that everyone tends towards a particular type, and is a rational (as opposed to intuitive) way to find a physicality that differs from the actor's own.

The Laban types are composites of three pairs of opposing characteristics:

<u>Weight:</u> effort/tension/ weight	Heavy: Light:	effective, intense, movement involves involves ease, relaxation
<u>Tempo:</u> inflexible	Sustained: Broken:	fluid, long impulses followed through, relatively a series of impulses, flexible, adaptable.
<u>Focus:</u>	Direct: Indirect:	focussed, purposeful, deliberate acts upon unfocussed, is acted upon, lacks purpose, reactive

Laban efforts are a combination of these characteristics. It is not to do with feeling but how one conducts oneself in life, how one deals with things.

Weight	Light (ease)	<i>or</i>	Heavy (intensity)
Tempo	Sustained (continued flow)	<i>or</i>	Broken (new and many impulses)
Focus	Direct (purpose)	<i>or</i>	Indirect (distracted)

The Eight Laban Efforts

Light (easy) Sustained (flowing) Direct (purposeful)	Glider	Un-phased, calm, untouched, often high status
Light (easy) Sustained (flowing) Indirect (distracted)	Floater	Dreamer, introspective, disorganised, feels rather than thinks
Light (easy) Broken (quick) Direct (purposeful)	Dabber	Very quick, practical, able to do a lot, not emotionally involved, intelligent, articulate
Light (easy) Broken (quick) Indirect (distracted)	Flicker	Irresponsible, flighty, silly, versatile
Heavy (intense) Sustained (flowing) Direct (purposeful)	Presser	Determined, responsible, stubborn, good second in command
Heavy (easy) Sustained (flowing) Indirect (distracted)	Wringer	Worrier, frets and internalises, a churner, very sensual, emotional
Heavy(intense) Broken (quick) Direct (purposeful)	Thruster / Puncher	Doers, achievers, very self- motivated, flexible
Heavy (intense) Broken (quick) Indirect (distracted)	Slasher	Insecure, lashes out, intense, impotent