**Laban Movement Analysis**

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| **Effort Factor** | **Effort element** | **Effort element** |
| Space | Direct | Indirect (Flexible) |
| Weight | Strong | Light |
| Time | Sudden (quick) | Sustained |
| Flow | Bound | Free |

**The Eight Basic Efforts**

**Flicking:** Indirect, Light, Sudden Free

Flicking is indirect in its use of space.

It is a movement with free flow. It is crisp, light and always brief.

**Wringing:** Indirect, Sustained, Strong, Bound

This primarily involves movement in the opposite direction, such as wringing out a towel where your hands will move in two opposite directions.

Keep in mind that wringing is not restricted to the hands.

**Dabbing:** Direct, Light, Sudden, Free

This is usually performed with free flow and is very flexible.

There is nearly always a rebound, meaning something that the movement bounces off (not necessarily literal).

**Punching:** Direct, Strong, Sudden, Bound

This involves violent, direct movements but can be performed with bound *or* free flow.

**Floating:** Indirect, Light, Sustained, Free

This effort is like flying but can be through air or water.

It suggests ‘buoyancy and weightlessness,’ however it is slow paced and indirect.

**Slashing:** Indirect, Strong,Sudden, Free

When we think of slashing, the general though is a sword slashing towards an object and meeting resistance. When performing, this effort tend to fade into a float at the point it would meet resistance.

**Gliding:** Direct, Light, Sustained, Bound

There is a high level of control in this movement which comes from muscular counter-tensions. This is the way in which this effort differs from floating; floating does not have that level of control.

**Pressing:** Direct, Strong, Sustained, Bound

Pressing is applied to pushing, crushing and squeezing (pressing from both directions).

It is efficient in its use of space and is performed with bound flow which means that the action can be paused but not completely stopped.