

LABAN EFFORT COMBINATIONS

With a partner, get up and experiment physically with the qualities/verbs below. Then write which three effort combinations you think are appropriate.

- A. Direct-Indirect
- B. Strong-Light
- C. Sudden-Sustained

PUNCHING - direct, strong, sudden

SLASHING -

PUSHING -

WRINGING -

DABBING -

FLICKING -

GLIDING -

FLOATING -