

LABAN MOVEMENT FACTORS

	FIRST ASPECT		SECOND ASPECT	
Two Attitudes MOUVEMENT FACTORS	<i>YIELDING</i>	<i>FIGHTING</i>	<i>YIELDING</i>	<i>FIGHTING</i>
	<u>RESISTANCE</u>		<u>LEVITY/GRAVITY</u>	
<b><i>WEIGHT</i></b>	WEAK	STRONG	LIGHT	HEAVY
	<u>SPEED</u>		<u>DURATION</u>	
<b><i>TIME</i></b>	SLOW	QUICK	LONG Continuous	SHORT Sudden
	<u>DIRECTION</u>		<u>EXPANSION</u>	
<b><i>SPACE</i></b>	INDIRECT Flexible Wavy	DIRECT Straight	WIDE	NARROW
	<u>CONTROL</u>		<u>FLUENCY</u>	
<b><i>FLOW</i></b>	FREE towards out side	BOUND towards inside	MUCH	LITTLE

Inspired by :

**Rudolf LABAN, The Mastery of Movement**

revised by Lisa Ullmann, Northcote House Publishers Ltd, 1985

Harper & Row House, Estover Road, Plymouth PL6 7PZ, United Kingdom.

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