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Feel all that we
touch
Listen to all that
we hear
See all that we
look at

Augusto Boal
Theatre Practitioner

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““ *Laban Efforts*

Weight: Strong/Heavy vs
Light
Time: Broken vs Sustained
Space: Direct vs Flexible

Rudolf Laban
Body, Voice, Movement and Direction



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Laban Efforts

Floating/Wringing
Flicking/Slashing
Pressing/Gliding
Punching/Dabbing

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Body, Voice, Movement and Direction

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Laban Efforts

Floating: sustained, indirect, light
Wringing: sustained, indirect, strong
Flicking: sudden, indirect, light
Slashing: sudden, indirect, strong
Pressing: sustained, direct, strong
Gliding: sustained, direct, light
Punching: sudden, direct, strong
Dabbing: sudden, direct, light

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