

Laban's Eight Effort Actions

Gentle movements that produce different kinds of QUIET sounds...

<p>Glide</p> <hr/> <p><i>Gentle Force</i> <i>for</i> <i>Sustained Time</i> <i>for</i> <i>Direct Space</i></p>	<p>Dab</p> <hr/> <p><i>Gentle Force</i> <i>for</i> <i>Quick/Sudden Time</i> <i>for</i> <i>Direct Space</i></p>	<p>Flick</p> <hr/> <p><i>Gentle Force</i> <i>for</i> <i>Quick/Sudden Time</i> <i>for</i> <i>Flexible Space</i></p>	<p>Float</p> <hr/> <p><i>Gentle Force</i> <i>for</i> <i>Sustained Time</i> <i>for</i> <i>Flexible Space</i></p>
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Strong movements that produce different kinds of LOUD sounds...

<p>Press</p> <hr/> <p><i>Strong Force</i> <i>for</i> <i>Sustained Time</i> <i>for</i> <i>Direct Space</i></p>	<p>Punch</p> <hr/> <p><i>Strong Force</i> <i>for</i> <i>Quick/Sudden Time</i> <i>for</i> <i>Direct Space</i></p>	<p>Slash</p> <hr/> <p><i>Strong Force</i> <i>for</i> <i>Quick/Sudden Time</i> <i>for</i> <i>Flexible Space</i></p>	<p>Wring</p> <hr/> <p><i>Strong Force</i> <i>for</i> <i>Sustained Time</i> <i>for</i> <i>Flexible Space</i></p>
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