

Laban's Eight Efforts

THE EIGHT EFFORTS:

Punch, Slash, Dab, Flick, Press, Wring, Glide, Float

THE FOUR COMPONENTS:

Direction: Direct or Indirect

Speed: Quick or Sustained

Weight: Heavy or Light:

Flow: Bound or Free

| | DIRECTION | SPEED | WEIGHT | FLOW |
|-------|-----------|-----------|--------|-------|
| PUNCH | Direct | Quick | Heavy | Bound |
| SLASH | Indirect | Quick | Heavy | Free |
| DAB | Direct | Quick | Light | Bound |
| FLICK | Indirect | Quick | Light | Free |
| PRESS | Direct | Sustained | Heavy | Bound |
| WRING | Indirect | Sustained | Heavy | Bound |
| GLIDE | Direct | Sustained | Light | Free |
| FLOAT | Indirect | Sustained | Light | Free |

Laban Examples Worksheet

Use this worksheet to make notes. Record examples of metaphors, physical activities or objects that you can use in the classroom to highlight each effort.

| | |
|-------|--|
| PUNCH | |
| SLASH | |
| DAB | |
| FLICK | |
| PRESS | |
| WRING | |
| GLIDE | |
| FLOAT | |