

rhythmic pattern

speed

duration



beat

timing relationships

TIME

tempo

accent

pathway

relationships

size

focus

SPACE

level

direction

place



attack

tension



flow

ENERGY

force

qualities

weight

Laban Effort Actions



traveling

ACTION

axial

parts of the body

patterns



whole body
initiation

BODY

body systems

body shapes

inner self







ENERGY



ACTION





TIEMPO



ESPACIO



ENERGÍA



ACCIÓN



CUERPO