

Immerse Yourself in the World of Movement Analysis: Unlock the Secrets of The Laban Sourcebook

Movement is an integral part of human expression and daily life. From the graceful sway of a dancer to the rhythmic stride of a runner, the way we move conveys our thoughts, emotions, and intentions. The Laban Sourcebook, a comprehensive and authoritative guide by renowned movement analyst Eric Francis, delves into the depths of movement analysis, providing invaluable insights for various disciplines including dance, drama, sport, and therapy.

The Laban Sourcebook introduces readers to the groundbreaking work of Rudolf Laban, a pioneering movement theorist and choreographer. Laban developed a comprehensive system of movement analysis known as the Laban Movement Analysis (LMA), which offers a systematic and holistic approach to understanding and describing human movement.

The LMA system comprises four key elements:



The Laban Sourcebook by G. Eric Francis

★★★★★ 5 out of 5

Language : English
File size : 4477 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 388 pages
Screen Reader : Supported



- **Body:** Analyzing the different parts of the body and how they move in relation to each other.
- **Effort:** Identifying the qualities of movement, such as its speed, flow, and force.
- **Shape:** Exploring the geometric patterns and spatial relationships created by body movement.
- **Space:** Examining how movement is organized and used within an environment.

The Laban Sourcebook is structured into 10 chapters, each dedicated to a specific aspect of movement analysis. These chapters provide a wealth of knowledge and practical applications, making this book an invaluable resource for professionals and students alike.

Chapter 1: Body: Introduces the concept of body awareness and provides techniques for analyzing body segments and their range of motion.

Chapter 2: Effort: Explores the eight basic efforts of movement, including flowing, stabbing, pressing, and yielding, and how they shape our movement patterns.

Chapter 3: Shape: Delves into the principles of shape theory, including geometric shapes, spatial pathways, and the dynamics of creating and transforming shapes through movement.

Chapter 4: Space: Examines the use of space in movement, including proxemics, spatial orientation, and the concept of personal and shared space.

Chapter 5: Rhythm: Analyzes the temporal aspects of movement, including tempo, beat, and duration, and how these elements contribute to the overall flow and impact of movement.

Chapter 6: Qualities of Movement: Explores the expressive qualities of movement, such as fluidity, tension, and articulation, and how they convey meaning and emotion.

Chapter 7: Movement Analysis in Practice: Provides practical examples of how to apply LMA principles in various settings, including dance, drama, and therapy.

Chapter 8: Dance Notation and Documentation: Introduces Labanotation, a system for recording and analyzing dance movement, and discusses its importance for preserving and transmitting movement knowledge.

Chapter 9: Movement Development: Examines the developmental stages of movement in children and how LMA can support movement education.

Chapter 10: The Laban Legacy: Explores Laban's influence on contemporary dance, drama, and movement therapy, and highlights the ongoing evolution of LMA.

The Laban Sourcebook is not just a manual for movement analysis; it is an invitation to explore the boundless possibilities of human movement. By embracing the principles of LMA, readers gain a deeper understanding of:

- **Movement Literacy:** The ability to read, write, and comprehend movement, enhancing communication and collaboration in movement-based disciplines.
- **Performance Enhancement:** Improved movement awareness, coordination, and expressiveness for dancers, actors, and athletes.
- **Therapeutic Applications:** LMA principles can support rehabilitation, movement therapy, and the development of movement skills in individuals with disabilities.
- **Research and Analysis:** The systematic and standardized approach of LMA provides valuable insights for research and analysis in movement studies.
- **Embodied Understanding:** A holistic and embodied understanding of human movement, fostering self-awareness, empathy, and creativity.

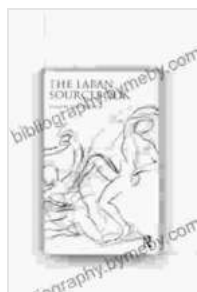
The Laban Sourcebook is an indispensable resource for:

- Dance professionals and students
- Drama teachers and actors
- Sport coaches and athletes
- Movement therapists and rehabilitation specialists
- Researchers and academics in movement studies

- Anyone interested in gaining a deeper understanding of human movement

The Laban Sourcebook by Eric Francis is an essential guide for anyone seeking to delve into the fascinating world of movement analysis. Its comprehensive coverage of the Laban Movement Analysis system, practical applications, and insights into the legacy of Rudolf Laban make it an invaluable resource for professionals and students alike.

Whether you are a dancer, actor, athlete, therapist, or simply someone passionate about movement, The Laban Sourcebook provides the key to unlocking the secrets of human expression through the analysis of movement. Embrace its principles, and embark on a journey of self-discovery, creativity, and embodied understanding.



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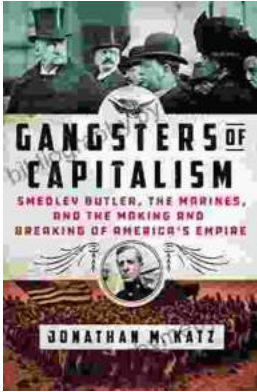
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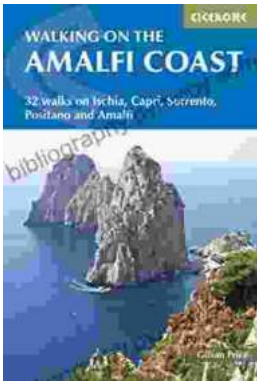
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