



# Laban Efforts

|              | Weight       | Space    | Time         | Energy/Flow  |
|--------------|--------------|----------|--------------|--------------|
| <b>punch</b> | <b>HEAVY</b> | Direct   | <i>Quick</i> | <b>Bound</b> |
| <b>press</b> | <b>HEAVY</b> | Direct   | <b>SLOW</b>  | <b>Bound</b> |
| <i>SLASH</i> | <b>HEAVY</b> | Indirect | <i>Quick</i> | <b>Bound</b> |
| <b>wring</b> | <b>HEAVY</b> | Indirect | <b>SLOW</b>  | <b>Bound</b> |
| dab          | <i>light</i> | Direct   | <i>Quick</i> | <i>Free</i>  |
| <i>glide</i> | <i>light</i> | Direct   | <b>SLOW</b>  | <i>Free</i>  |
| Flick        | <i>light</i> | Indirect | <i>Quick</i> | <i>Free</i>  |
| <i>float</i> | <i>light</i> | Indirect | <b>SLOW</b>  | <i>Free</i>  |