

การวิเคราะห์การเคลื่อนไหวร่างกาย Analysis of Movement: LABAN

## WHAT ? Actions

Jump      Weight transference  
Trun      Travel      Twist  
Stillness      Stretch      Balance  
Gesture      Close/ Open

## WHERE? Space

Body design/shape      Spatial projection  
Spatial Progression      Spatial tension  
Direction: Up, Down, Forward, Back  
Level: High, Medium, Low  
Pathway: Linear, Curved

Body Parts  
Whole  
Surfaces

## HOW ? Dynamics

TIME :      Sudden/Quick ---- Sustained  
SPACE:      Direct ---- Indirect / Flexible  
Weight :      Strong ---- Light  
Flow :      Bound ---- Free

## WHO? Relationships

Above—Below      Towards—Away  
Facing back-to back      Twist—crumble  
Through – Onto      Around – Into  
Support part—all off weight      Near—Far  
Surround with / without touch  
Touching—not touching      across – out of