

# C NFRATUTE 2025

Laban's Movement Energy Effort Actions

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FORCE	TIME	SPACE
FIRM/LIGHT	QUICK/SUSTAINED	DIRECT/INDIRECT

## LIGHT EFFORT ACTIONS:

Force,      Time,      Space

FLOAT: LIGHT, SUSTAINED, INDIRECT (CURVED)
FLICK: LIGHT, QUICK, INDIRECT
GLIDE: LIGHT, SUSTAINED, DIRECT (STRAIGHT)
DAB: LIGHT, QUICK, DIRECT

## FIRM EFFORT ACTIONS:

WRING: FIRM, SUSTAINED, INDIRECT (CURVED)
SLASH: FIRM, QUICK, INDIRECT
PRESS: FIRM, SUSTAINED, DIRECT
PUNCH: FIRM, QUICK, DIRECT