

Introductory Workshop – Topics Introduced
Moscow – January 27-31, 2010

Laban Movement Analysis

- Overview
 - Body – Effort – Shape – Space – Relationship (BESS-R)
- Body
 - Body organization
 - Body parts used or held
 - Body actions
 - Initiation
 - Sequencing: Simultaneous, Sequential, Successive
- Effort / Movement Dynamics (*Antrieb*)
 - Effort factors: Flow, Weight, Space (attention), Time
 - Effort qualities: Free/Bound Flow; Light/Strong Weight (active); Limp/Heavy Weight (passive); Indirect/Direct Space; Quick/Sustained Time
 - Effort loading: States & Drives (e.g. Action Drive)
 - Exertion—Recuperation
- Shape
 - Opening/Closing
 - Shape Flow Support: Growing/Shrinking
 - Modes of Shape Change: Shape Flow, Directional, Carving
 - Shape Qualities: Rising/Sinking, Advancing/Retreating, Spreading/Enclosing
 - Still Forms: Wall, Ball, Pin, Screw, Tetrahedron
- Space
 - Kinesphere, reach space, psychological kinesphere
 - Approach to Kinesphere: Central, Peripheral, Transverse
 - Dimensions: Vertical, Sagittal, Horizontal
 - Planes: Vertical, Sagittal, Horizontal
 - Diagonals, Transversals, spirals
 - Crystalline forms: octahedron, cube, icosahedron
- Relationship
 - Phrasing
 - Shared Kinesphere
 - Interrelationship of aspects within the system
 - Self—Other

Bartenieff Fundamentals

- Patterns of Total Body Connectivity (PTBC)
 - Breath Connectivity
 - Core-Distal Connectivity
 - Head-Tail Connectivity
 - Upper-Lower Connectivity
 - Body-Half Connectivity
 - Diagonal Connectivity
 - Developmental aspects
- Change is fundamental — “Constant change is here to stay”
 - Steps in the change process
- Relationship & Connectivity are fundamental
 - Inner—Outer expressivity and support
 - Between parts of the body
 - Between part and whole: Whole—Part—Whole
 - Between whole human beings
 - Lively interplay between changing relationships
- Grounding
 - Kinetic chains
 - Flow
 - Stability—Mobility
- Principles (from *Making Connections*, by Peggy Hackney)
 - Total Body Connectivity
 - Breath Support
 - Grounding
 - Developmental Progression
 - Intent
 - Complexity
 - Inner—Outer
 - Function—Expression
 - Stability—Mobility
 - Exertion—Recuperation
 - Phrasing
 - Personal Uniqueness