

Laban movement analysis chart

Laban Movement Analysis Chart is a vital tool for understanding and interpreting human movement. Developed by the Hungarian-born dance artist Rudolf Laban in the early 20th century, this method has transcended its dance origins to become an invaluable resource in various fields, including education, therapy, and performance arts. The Laban Movement Analysis (LMA) provides a structured approach to analyzing the body and movement, allowing practitioners to observe, interpret, and enhance their understanding of physical expression. This article delves into the components of the Laban Movement Analysis Chart, its applications, and its significance in different domains.

Understanding the Laban Movement Analysis Chart

The Laban Movement Analysis Chart is a visual representation that encompasses several key components of movement. Laban identified four main aspects of movement analysis, which serve as the foundation for the chart:

- **Bodies:** This aspect refers to the physicality of the mover, including the body parts involved and their relationships.