

Acting for Animation

Week 6

Character Effort

Character Effort

- Laban Theory of Movement for Dance
- A method and language for describing, visualizing, interpreting and documenting human movement.
- It is based on the original work of Rudolf Laban
- It is used by dancers, actors, musicians and athletes; by health professionals such as physical and occupational therapists and psychotherapists.

Character Effort: Based on Three Parameters

- Time (Speed of Movements)
 - Sustained (Slow) (Snail)
 - Sudden (Fast) (Road Runner)
- Weight (Relationship with Gravity)
 - Light (Light) (Mouse)
 - Strong (Heavy) (Elephant)
- Space (Movements use either a Small or Large amount of Area)
 - Direct (Stiff, Occupy a small amount of Area) (Robot)
 - Indirect (Flexible, Occupy a Large amount of Area) (Octopus)

Character Effort

- **Wringing:** Indirect, Sustained, Strong
 - This primarily involves movement in the opposite direction, such as wringing out a towel where your hands will move in two opposite directions.
- **Slashing:** Indirect, Sudden, Strong
 - Sword slashing towards an object and meeting resistance.
 - When performing, this effort tend to fade into a float at the point it would meet resistance.

Character Effort

- **Dabbing:** Direct, Sudden, Light
 - There is nearly always a rebound, meaning something that the movement bounces off.
- **Punching (Thrusting):** Direct, Sudden, Strong
 - This involves violent, direct movements.

Character Effort

- **Floating:** Indirect, Sustained, Light
 - This effort is like flying but can be through air or water.
- **Flicking:** Indirect, Sudden, Light
 - Flicking is flexible in its use of space and it *resists* both Weight and Time.
 - It is crisp, light and always brief.

Character Effort

- **Gliding:** Direct, Sustained, Light
 - There is a high level of control
- **Pressing:** Direct, Sustained, Strong
 - Pressing is applied to pushing, crushing and squeezing (pressing from both directions).
 - There is still a sense of fluency similar to the glide.
 - Gravity and weight are closely aligned with this effort as they can help or hinder you depending on the direction in which you are pressing.