



“Mastering Rudolf Laban’s *Mastery of Movement*”

a six-week correspondence course with
Carol-Lynne Moore
May 16 - June 20, 2020

The Course

Mastery of Movement (a.k.a. ***Mastery of Movement on the Stage***) is Laban’s most complete exposition of the motion elements of Body and Effort. First released in 1950, it is the last theoretical treatise that Laban published during his lifetime. Going beyond dance, *Mastery* draws upon Laban’s observations of work movement and his experiences training actors, with the aim of providing “an incentive to personal mobility.”

Consequently, the book is meant to be experienced. It combines explorations of bodily actions and detailed descriptions of effort qualities and combinations (both states and drives) with descriptions of movement scenes meant to stimulate “thinking in terms of movement.” Laban is equally concerned to discuss the meaning of motion and its evocative power in dance, mime, and acting. Thus *Mastery* touches on both the physical and the philosophical.

During May and June, participants will read the Prefaces, Introduction, and the first six chapters of *Mastery of Movement* under the expert guidance of Laban scholar, Carol-Lynne Moore.

Each Saturday, via email, participants receive a reading assignment, along with a set of questions to be answered and returned to the instructor by the following Wednesday. Some questions can be answered on the basis of the text. Other questions involve embodying and reflecting on the various descriptions and notated movement examples that Laban provides in many chapters. There are also observation assignments!

Near the end of each week, via snail mail, participants receive an additional commentary on the reading assignment prepared by the instructor. These commentaries provide contextual information, linking the ideas Laban expresses in *Mastery* with notions expressed in his other writings and embedded in dance works he created for the stage, such as those described in his autobiography, *A Life for Dance*, or discussed in Valerie Preston-Dunlop’s 2013 treatise, *Rudolf Laban: Man of Theatre*.

About the Instructor

Carol-Lynne Moore, PhD, CMA, has been exploring Laban’s ideas for over 40 years. In recognition of her service to the field of movement studies, she received a Lifetime Achievement Award from the Laban/Bartenieff Institute in 2018 and Who’s Who in America in 2019. This seminar draws on her teaching experiences in 26 different American and European Certificate Programs, her writings, and her on-going empirical and theoretical research.

Instructor's Statement

Laban devoted his life to establishing dance and movement as subjects worthy of study and providing the means for capturing and analyzing these ephemeral bodily expressions. We are the beneficiaries of his work, and I am delighted that two of his most advanced theoretical treatises (*Choreutics* and *Mastery of Movement*) are back in print.

I am looking for a few brave readers to engage with me on a journey of discovery. My aim is to guide, to invite discussion, and to encourage others to think critically about the many ideas Laban presents. As Irmgard Bartenieff noted to my Certificate program group in 1976 — Laban's life was one great unfinished symphony, and he was counting on us to carry his work forward.

The Red Thread seminars are designed to advance Laban theory by testing ideas and charting new horizons.

Practical Matters

Participants must obtain a copy of *Mastery of Movement* prior to the beginning of the course on May 16. (Lisa Ullmann kept modifying the text, so please obtain either the 3rd edition from 1971 or 4th edition that is being sold now so that we are all reading the same book!)

[Amazon.com](https://www.amazon.com) has copies, but be sure to order the correct edition. For Europeans, the text can be ordered online at www.dancebooks.co.uk for 15 pounds plus shipping.

Registering for the seminar

Course fee: \$150

Registration closes: May 8, 2020

Please mail in the attached registration form with payment.

Questions about the seminar?

Contact Carol-Lynne Moore, MoveScape Center Director, at 303-618-9842 or via email at info@movescapecenter.com.



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REGISTRATION FORM

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (home) _____ (work) _____

(cell) _____ (FAX) _____

email _____

Registration fee: \$150

Registration closes May 8, 2020

Return this form with a check payable to:

MoveScape Center
PO Box 12051
Denver, CO 80212

Phone: 303-618-9842 — FAX 303-432-8061