



## EXPLORING THE DYNAMOSPHERE

### Excursion #1: “Incomplete Efforts” (Mostly)

a three-week correspondence course with  
Carol-Lynne Moore  
February 26 – March 17, 2021

#### What are “incomplete efforts”?

To capture *how* a movement is performed qualitatively, Rudolf Laban identified four motion factors – Weight, Time, Space, and Flow. Building on this foundation, he identified eight different “basic actions” in which variations in Weight, Time, and Space (three of the four motion factors) are prominent. Closer study of movement patterns led Laban to note:

“We can often make the strange observation that one of the motion factors is entirely neglected and only two, of which Flow may be one, give shading to the movement. We speak in such cases of “incomplete effort.”

Nowadays these combinations of only two motion factors are referred to as “**effort states**.” While not as dynamically intense as effort drives, effort states serve a vital function as “connective tissue” in the ongoing stream of movement behavior.

#### Touring the six effort states

Laban first observed incomplete efforts in studying manual labor. Here the states appeared as transitions between more intensely energetic working actions. But soon Laban found that states “can be produced as cardinal movements,” as gestures accompanying speech, for example. Here the incomplete efforts seemed to be expressing a “variety of inner attitudes.” Laban distinguished three pairs of opposites: awake/dream, remote/near, and stable/mobile.

In this short correspondence course, we explore two of these states each week. These explorations are meant to deepen understanding of the role that subtle kinetic energies play in building up to bold expressions and providing recuperative transitions from intensively effortful actions.

Thus, while the focus is on embodying and observing “incomplete efforts,” this course also demonstrates how effort states connect, not only the basic effort combinations of the Action Drive, but also provide but also provide links to the transformation drives — Vision, Passion, and Spell.

#### How the Course Works

Each week via email participants receive original written materials discussing Laban’s effort theory, along with a homework assignment to be returned in a few days to the instructor.

The homework assignments include structured effort explorations, with prompts to facilitate experiencing these subtle dynamic states. In addition, assignments may include self-observation and/or the study of video examples.

Each homework assignment receives personalized attention and response.

## **About the instructor**

Carol-Lynne Moore, PhD, CMA, Registered Movement Pattern Analyst, has been exploring Laban's ideas for 40 years. In 2018 she was honored to receive a Lifetime Achievement Award from the Laban/Bartenieff Institute of Movement Studies. This correspondence course draws on her teaching experiences in 26 different American and European Certificate Programs; her ongoing research; and her writings, notably *The Harmonic Structure of Movement, Music, and Dance According to Rudolf Laban: An Examination of His Unpublished Writings and Drawings*.

## **Instructor's Statement**

Over the course of seven years, it was my privilege to study the many unpublished writings and drawings that Laban produced during the final two decades of his life. It became clear that his ideas continued to evolve beyond the level represented in his published works.

Effort is often defined as the inner motivation to move; that is, the thoughts, feelings, and desires that prompt us to act in the world. The ongoing flow of thought and feeling that animates us is certainly fluid and changeable. Yet Laban perceived an underlying organic order.

Drawing on notions of contrast and balance, he created patterned sequences of effort change that allow a mover to experience a range of moods, physically, mentally, and emotionally.

My aim is to present Laban's effort theories in a new light, to encourage physical exploration and critical reflection. I am looking for a few brave movers and readers to engage with me on a journey of discovery....

## **Practical matters**

This is an advanced course. Participants must have familiarity with effort theory, experience embodying states and drives, and the ability to read effort symbols in simple motif format (although I will provide a key and a review).

Copyrighted course materials will be sent to participants each week in PDF format. These are meant to be printed at home for personal use. Explanatory materials and visual images are designed to be a resource, not only for this course, but also for further study and reference.

## **Registering for Excursion #1: "Incomplete Efforts" (Mostly)**

Course fee: \$85

**Registration closes: February 19, 2021**

Please mail in the attached registration form with payment.

## **Questions about Excursion #1: "Incomplete Efforts" (Mostly)**

Contact Carol-Lynne Moore, MoveScape Center Director, at 303-618-9842, or via email at [info@movescapecenter.com](mailto:info@movescapecenter.com).



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#### REGISTRATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

(cell) \_\_\_\_\_ (FAX) \_\_\_\_\_

email \_\_\_\_\_

**Registration fee: \$85**

**Registration closes February 19, 2021**

Return this form with a check payable to:

MoveScape Center  
PO Box 12051  
Denver, CO 80212

Phone: 303-618-9842