



Effort “Mutation” Exploring Organic Changes in Movement Moods

a four-week correspondence course with
Carol-Lynne Moore
October 14 – November 11, 2022

Action – The Foundation of Rudolf Laban’s Effort Theory

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, and Flow is latent. These eight basic actions form the foundation of Laban’s effort theory.

Laban detected these eight “basic actions” in energetic physical labor. He arranged them in four pairs of contrasting actions: Floating/Punching, Gliding/Slashing, Dabbing/Wringing, and Flicking/Pressing.

Almost anyone who has ever had an introduction to Laban’s work will have practiced performing these actions. But this is usually where the exploration of the Action Drive ends.

This is not where the Action Drive ended for Laban. He went on to explore spontaneous changes among basic actions. He called these naturally occurring changes in movement quality “effort mutations.”

Effort “Mutations” – Spontaneous Dynamic Changes

“Transitions from one effort quality to another are either easy or difficult,” Laban wrote, noting that no sane person will every jump from one basic action to its complete contrast, “because of the great mental and nervous strain involved in so radical a change.”

Yet, sequencing from one basic action to its complete contrast – for example, Floating to Punching – is usually how the Action Drive is taught and practiced. This is not only hard; it’s unnatural!

For example, it is more natural for a Floating movement to mutate to a Gliding action (only a change in the spatial focus), or to a Flicking motion (only a change in timing), or even to a Wringing action (only a change in pressure). These three moods are closely related and result in easy, even spontaneous, changes in dynamic actions.

In this course participants focus on the easy-to-perform effort sequences, working initially with effort mutations of the eight “basic actions” designed by Laban himself.

Beyond the Action Drive

Although the eight basic actions primarily occur in work and our physical encounters with the material environment, such practical bodily experiences are now understood to have emotional and intellectual repercussions.

Thus the Basic 8 Action Drive combinations resonate inwardly, becoming thoughts, feelings, and willful intentions that find subsequent expression in visionary activities, passionate outbursts, and spell-binding manifestations.

In this workshop, we also explore the mutations of the eight basic actions to their related “transformation” drive combinations – to Passion, to Vision, and to 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 new ways of experiencing the eight combinations of the Action Drive. In addition, assignments include self-observation and 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 Effort "Mutation"

Course fee: \$145

Registration closes: October 10, 2022

Please mail in the attached registration form with payment.

Questions about Effort "Mutation"?

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 _____

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Return this form with a check payable to:

MoveScape Center
PO Box 12051
Denver, CO 80212

Phone: 303-618-9842