List Of All Basic Effort-Combinations

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This document offers an overview on the Effort-Symbol, invented by Rudolf von Laban.

All combinations of the four-dimensional, bipolar effort graph are presented in tables, together with a column for examples. The reader of this paper is encouraged to add it's own examples.

This paper was written for myself during the first half of my CMA[1]-education. Today (2008-10-12) I found the TeX-files on my harddisk, added some changes and re-TeXed it. For all other people who want to use these symbols during their CMA-education or want to have a reminder for the daily work, I offer this paper to the public.

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[1]CMA: Certified Movement Analyst
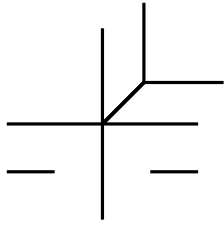
The Effort-Elements

Space   ⊢

Time   ⟋

Weight   ⊦

Flow   ⟍

States: Combination Of Two Effort-Elements

Rythm (Near)   ⊦

Remote   ⊥

Awake   ⊢

Dream   ⊬

Mobile   ⟍

Stable   ⊦

Drives: Combination Of Three Effort-Elements

Action   ⊫

Spell   ⊫

Vision   ⊥

Passion   ⊬

Full Effort: All Four Effort-Elements

Full Effort   ⊫

Single Effort-Elements

Symbol	Space	Time	Weight	Flow	Example
‿⟋				free	
∠				bound	
↳			light		
⟨			strong		
⁻⟋		sustained			
⟋₋		sudden			
⟩	indirect				
⟍	direct				

Combination Of Two Effort-Elements

Symbol	Space	Time	Weight	Flow	Example
⌐↘			light	free	
∟			light	bound	
⌐↘			strong	free	
⊢			strong	bound	
⌐↗		sustained		free	
∠		sustained		bound	
↓		sustained	light		
⌐↗		sustained	strong		
⌐↘		sudden		free	
∠		sudden		bound	
↓		sudden	light		
⌐		sudden	strong		
⌐↘	indirect			free	
∟	indirect			bound	
↓	indirect		light		
⌐	indirect		strong		
⌐↗	indirect	sustained			
⌐↗	indirect	sudden			
⌐↗	direct			free	
∠	direct			bound	
⊢	direct		light		
⌐	direct		strong		
⌐↗	direct	sustained			
⌐	direct	sudden			

Combination Of Three Effort-Elements

Symbol	Space	Time	Weight	Flow	Example
		sustained	light	free	
		sustained	light	bound	
		sustained	strong	free	
		sustained	strong	bound	
		sudden	light	free	
		sudden	light	bound	
		sudden	strong	free	
		sudden	strong	bound	
	indirect		light	free	
	indirect		light	bound	
	indirect		strong	free	
	indirect		strong	bound	
	indirect	sustained		free	
	indirect	sustained		bound	
	indirect	sustained	light		
	indirect	sustained	strong		
	indirect	sudden		free	
	indirect	sudden		bound	
	indirect	sudden	light		
	indirect	sudden	strong		
	direct		light	free	
	direct		light	bound	
	direct		strong	free	
	direct		strong	bound	
	direct	sustained		free	
	direct	sustained		bound	
	direct	sustained	light		
	direct	sustained	strong		
	direct	sudden		free	
	direct	sudden		bound	
	direct	sudden	light		
	direct	sudden	strong		

Combination Of Four Effort-Elements

Symbol	Space	Time	Weight	Flow	Example
	indirect	sustained	light	free	
	indirect	sustained	light	bound	
	indirect	sustained	strong	free	
	indirect	sustained	strong	bound	
	indirect	sudden	light	free	
	indirect	sudden	light	bound	
	indirect	sudden	strong	free	
	indirect	sudden	strong	bound	
	direct	sustained	light	free	
	direct	sustained	light	bound	
	direct	sustained	strong	free	
	direct	sustained	strong	bound	
	direct	sudden	light	free	
	direct	sudden	light	bound	
	direct	sudden	strong	free	
	direct	sudden	strong	bound	