**Physical Theatre – Rudolf Von Laban**

**Fast:** Walk as fast as you possibly can, without bumping into anyone.

**Slow:** Walk as slow as you possibly can.

**Normal:** Come back to a normal walking speed – neutral.

**Light:** Connected to clouds.

**Heavy:** Connected to earth.

**Direct:** You’re on a mission, and have to get to various points in the room as directly as possible.

**Indirect:** You have no focus; you’re walking aimlessly, wherever your body takes you.

**Glide:** Light, slow, direct – what is something that glides? Skates on ice, cross country skis on snow, a top as it spins across a smooth floor, a curling puck as it glides across the ice – be the curler, then be the puck

**Wring:** Combination heavy, slow, indirect. Walk in a style that is heavy, slow and indirect. How does this make you feel? Think of an object that you might wring with your hands. Wring out that imaginary object (a wet towel, maybe). Now get your whole arm into the action. Involve your stomach, back, etc.

**Flick:** Combination light, fast, indirect. In what situation would you flick? Flick a fly off your arm with your finger. Make it a bigger gesture. Expand the gesture to your whole arm, to your legs, to your whole body. Now be the fly, flicking/darting about the room, getting away from the flicking finger etc.

**Press:** Heavy, slow, direct. How does walking like this make you feel?

**Float:** Light, slow, indirect. Imagine you’re flying a kite. Now become the kite. Now encounter a butterfly in the sky, and your right hand becomes the butterfly. Now your left. Now both.

**Slash:** Heavy, fast, indirect. You are trying to best wade through a crowd, and find the sign pointing towards the train you need to catch.

**Thrust/Punch:** Heavy, fast, direct. Walk like a boxer on the way to a heavyweight championship match. Climb into the ring. Start to punch the air, warming up. Feel your fist moving through the air. Bring that tension into your whole arm, your whole body. Make your whole body the fist flying through space.

**Dab:** Light, fast, direct. Pretend you have a compact mirror in your hand and you’re trying to dab some makeup onto your face, or dab some gel into your hair.

**USE different planes**

**USE different emotions**