

The Curious Incident Of The Dog In The Night- Time

Aim: To experiment with Laban movement exercises and utilise them in the scene




Ensemble

- ✦ What is the role of the ensemble?

Eight basic effort actions

- ✱ Pressing movements
- ✱ • Wringing movements
- ✱ • Gliding movements
- ✱ • Floating movements
- ✱ • Thrusting movements
- ✱ • Slashing movements
- ✱ • Dabbing movements and
- ✱ • Flicking movements



Punch- Direct, Fast, Strong

Glide- Direct, Slow, Light

Press- Direct, Slow, Strong

Dab- Direct, Fast, Light

Slash- Indirect, Fast, Strong

Flick- Indirect, Fast, Light

Wring- Indirect, Slow, Strong

Float- Indirect, Slow, Light



Laban

The Four Movement Factors

- ✱ Flow: Bound or Free
- ✱ Space: Direct or Indirect
- ✱ Time: Sudden or Sustained
- ✱ Weight: Strong or Light



Space:

asks actors, “What direction do you move?” Is it a direct movement or are you getting to your destination in an indirect way?

Spatial exercises isolate direction from time and weight thereby offering more clarity and specificity to the movement and ultimately the character.



Time:

asks actors, “What speed do you move? Is it fast or slow and a combination of the two?”

Explorations into time also help actors understand internal rhythm and to pair that with objectives.

Rather than thinking about time in terms of fast or slow, Laban asks us to consider a continuum that focuses on suddenness and sustainment.

Within each movement there will be moments of acceleration and deceleration which will change depending on the circumstance.



Weight:

asks us to think, “What weight do you give your actions?”

Do you do things with a heavy force or a light force?

How does this change depending on the action you are carrying out?




Flow:

asks us, “Are your movements free or bound?”

Flow has an uninterrupted quality whereas movements that stop and start have a jerky quality.

Of course when paired together a movement could be direct (Space), Sustained (Time), Heavy (Weight) and Jerky (Flow).



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Task

- ✦ To adapt the Laban movements to create the scene in the train station
- ✦ Think about how to use the movements to show Christopher's isolation. How does the group move as individuals in the ensemble?

Writing task- describe how you used the four movement factors in the scene. How did it aesthetically show Christopher's emotions in the scene .