








# Labanotation

The *Labanotation* or Laban Movement Analysis (LMA) provides a comprehensive vocabulary and analytic framework for the description of human movement, a standardized system for analysing and recording any human motion, in this case calligraphy. Using LMA, one can systematically look at a unit or phrase of stroke movement in terms of the four major movement components of *Body*, *Effort*, *Shape*, and *Space*. These basic components can be identified and examined alone and in relationship to each other.

Calligraphic movement does inform the letters we make and movement itself can be shown within the electronic media that we use for reading and writing. The challenge this poses is how to reconnect with the gestural roots of letterforms, hence the theoretical frameworks by Rudolf von Laban (1879–1958).

	Strong	Light
Direct Slow	<p><i>Pushing</i></p> 	<p><i>Gliding</i></p> 
Indirect Slow	<p><i>Wringing</i></p> 	<p><i>Floating</i></p> 
Direct Quick	<p><i>Thrusting</i></p> 	<p><i>Dabbing</i></p> 
Indirect Quick	<p><i>Whipping</i></p> 	<p><i>Fluttering</i></p> 