

# **OBSERVING MOVEMENT FOR** **CREATING CHARACTERS.**

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# OBSERVATION, MOVEMENT

“The quest for the understanding of movement begins with everyday observations and experiences”  
(Loman S & Sossin K, pg 1)

Why observe?

How do we Observe?

## WITH REFERENCE TO LABAN

- Laban: Rudolf Laban was an Artist, Architect, Choreographer and pedagogue. He observed movement, studied martial arts, ceremonies, dance and movement of factory workers and latterly systematized movement into a language that was used across performing arts, sports, education, music and design.
  - Body
  - Effort
  - Shape
  - Space

# EFFORT

**WEIGHT:**  
Relationship to how  
we move with  
regards to force.  
Moving with gravity  
or rejecting it.

**SPACE:** Relationship  
of how we move in  
the space around us,  
and how we shift  
our focus within it,  
channeling in or  
focusing flexibly.

**TIME:** Relationship  
to how we move  
within time:  
accelerating or  
decelerting.

**FLOW:** Relationship  
to how we move  
with regards to the  
energy of movement,  
freeing or binding  
with it.

## SPACE: THE USE OF ATTENTION THROUGH MOVEMENT. THE RELATIONSHIP TO THINKING.

SPACE: Direct  Indirect/Flexible

Approaching space by channelling attention or moving flexibly within it (the space inhabited).

**DIRECT:** Seeing a point of reference and going straight to it, moving directly to where you want to go. Precise, clear cut movements. Focused attention, blunt speech, direct to the point, hyper focused, in extreme: “opinionated”, difficulty seeing other points of view.

**INDIRECT:** Moving flexibly through space, not taking the direct route to arrive at a focus point. Moving with curved lines or pathways of the body, easily finds associations, makes connections from one thought to another, finds metaphors, multi focused, multi tasked, in extreme: difficulty to make their point, or know their opinion.

WEIGHT: THE INTENTION OF MOVEMENT.  
THE SENSATION OF HOW SOMETHING OR SOMEONE IS TANGIBLE

- WEIGHT:    Strong        Light

Approaching weight with Strength or Lightness, Resistance or gentleness.

When do you use a strong sense of weight, and when do you use a light sense of weight?

**STRONG:** Connecting with gravity and weight, sense of own authority, grounded, determined, clear with intentions and determinations.

**LIGHT:** Defying gravity, floating, take own intentions lightly, “light hearted”.

FLOW: THE USE OF PRECISION THROUGH MOVEMENT  
THE RELATIONSHIP TO THE CONTROL AND LETTING GO OF EMOTIONS.

FLOW: Bound  Free

BOUND: Moving with tension and certain holding. Precise movements. Holding in emotions.

FREE: Moving with free flowing energy, releasing tension. Allowing emotions to run feely.

TIME: THE USE OF DECISION THROUGH MOVEMENT  
THE RELATIONSHIP TO INTUITION, AND HOW ONE MAY REACT UPON IT  
(THINK IMPULSE AND INTUITION)

TIME: Sudden  Sustained

**SUDDEN:** Moving with a sense of acceleration, unevenly moving through time, Impulsive, can interrupt when a thought or idea emerges.

**SUSTAINED:** Moving with a sense of deceleration, moving evenly and constantly through time. Stable, and steady, prolonged decision making.





# FIGHTING OR INDULGING?

## Common associations:

- Fighting: Strong, Direct, Sudden, Bound
- Indulging. :Light, Indirect, Sustained, Free



## MOVEMENT PROFILE AND CHARACTER

Think about your character, how they move and how they relate to themselves and the world around them.

WHAT IS THEIR MOVEMENT AND VOICE PROFILE?

Think about its/their personality.

Link the personality to the movement, using Laban:

- Weight: (Intention & Sense of self)
- Time: (How they make decisions, How they create ideas)
- Space: (Relationship to attention and how they think)
- Flow of energy/tension: (How they release or control emotions, How precise their movements are).



CONTINUED..

Create a very short sequence of movement that the character will do.

Using the experience of exploring the movement with your peer, clarify the personality of the character through its movements in the context you have created.

- For example:
  - Light use weight (doesn't like people to notice that they are there)
  - Bound energy (tense/holds on to their emotions/cautious)
  - Direct gaze (able to focus their attention on one thing, or hyper focus in)
  - Sustained (take their time to make decisions, not impulsive).

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