

Laban Movement Qualities

	Direction	Speed	Weight
Punch	Direct	Quick	Heavy
<i>Slash</i>	Indirect	Quick	Heavy
<i>Dab</i>	Direct	Quick	Light
<i>Flick</i>	Indirect	Quick	Light
Press	Direct	Sustained	Heavy
<i>Wring</i>	Indirect	Sustained	Heavy
<i>Glide</i>	Direct	Sustained	Light
<i>Float</i>	Indirect	Sustained	Light