

Name movement:

Notes:



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2. Walk while observing movements. Use the following pages to document these movements:

- Start by giving the movement a name.
- Then, use the LMA-diagram to document space, time, weight and flow.
- Use the rest of the page to make (written or drawn) notes about anything you observe.
- End by giving this movement a new, more specific, precise and/or nuanced name.

1. Walk while being aware of:


- Space
- Time
- Weight
- Flow

Find short explanations here:



Name movement:


Notes:



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Notes:



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Notes:



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LMA-WALK
iArts, January 2024

Name:
Date:
Location:
Duration of walk:

	Space	Time	Weight	Flow
Pressing	Direct	Sustained	Indulging	Bound
Flicking	Indirect	Quick/sudden	Resisting	Free
Wringing	Indirect	Sustained	Indulging	Bound
Dabbing	Direct	Quick/sudden	Resisting	Bound
Slashing	Indirect	Quick/sudden	Indulging	Free
Gliding	Direct	Sustained	Resisting	Free
Punching	Direct	Quick/sudden	Indulging	Bound
Floating	Indirect	Sustained	Resisting	Free

