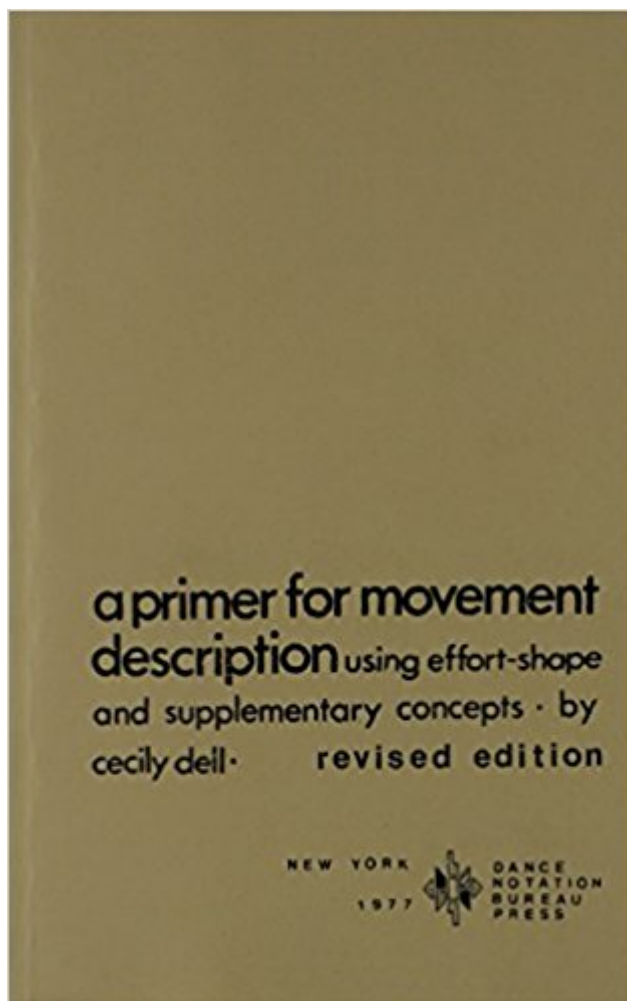


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# Primer For Movement Description Using Effort/Shape



## Synopsis

Preface: This text is intended as a general guideline for movement description, according to the principles of Effort/Shape, along with some related concepts which are used by various observers to supplement Effort/Shape.

## Book Information

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Quality of the outside is poor, but the inside compensates by far!

This classic introduction to Laban Movement Analysis is crucial to the beginning understanding of movement description and Effort/Shape. Though I have many other books on this topic, I often resort to Dell's booklet for the very basic ideas for her clarity and the invaluable diagrams.

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