

Physiological Underpinnings of Effort: BMC & Laban's Human Movement Dynamics by Martha Eddy © 2014

Applying principles of Dynamic Embodiment™ (Eddy's merger of Laban Movement Analysis & Body-Mind Centering®)

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Several columns are deliberately left blank for your own input. Please share them if you like: drmarthaeddy@gmail.com

BODY SYSTEMS	BODY PART	FUNCTIONAL DESCRIPTION	EFFORT AFFINITIES	LMA SYMBOLS	SHAPE/SPACE	IMAGES	MOVEMENT EXAMPLES/ Principles	Sound Rhythm
Skeletal System								
	Bones							
		Dropping weight of the bones	Dream State with Passive Weight		Shape Flow, some arc like trajectories as joints swing bones	Giving up, fluffy, mobility	Release , Release Technique, Doug Varone's dancing; giving into gravity	Deep, heavy, sustain
		Leverage with bones (defined by compact layer; architecture of bones)	Stable State: Strong/Direct		Often arc-like directional with a clear angularity at jt.	Stable, clear, like strong supple wood, supportive, angular	Cunningham Technique	Linear
		Bone Marrow	Free Flow & Indirect		Spirals	Water passing through the roots of a tree	Tai Chi	
	Joints							
		Joint Space: Fluid (see Synovial under Fluids)						
		Joint Spaces: Disc	Light use of weight sensing/Indirect (indulgent stable state)		Shape flow; with resilience	Buoyant awareness		
		Joint Spaces: Empty Space	Dream State: Free Flow/Light May also include space-effort if ligaments are engaged		Extreme lightness bordering on weightless; with ligaments-spell drive	Lifting an object inside water		
Ligamentous System		Function depends on degree of counter-tension				"Taking out the slack" principle from BMC		
-Protect joint	Longitudinal ligaments	Of the skeleton – maintains equality in	Condensing range of Remote State –		Supports directional	Restricted, precise, neat		

		joint space	Bound/Direct		clarity			
BODY SYSTEMS	BODY PART	FUNCTIONAL DESCRIPTION	EFFORT AFFINITIES	LMA SYMBOLS	SHAPE/SPACE	IMAGES	MOVEMENT EXAMPLES	SOUND Rhythm
Muscular System								
	Muscles		Full Range of Efforts, Especially Action Drive					
		Concentric contraction	Strong/Quick		Shrinking		Paul Taylor	
		Isometric contractions	Spell Drive (Sustained, Bound, Strong)		Space Hold	Static; stable; holding	Holding lifesize Bread & Puppet circus puppets	
		Eccentric contraction	Sustained Light or Free		Growing	Overcurves, Cathedral ceilings		
Balance of A & B muscles affects overall tonus of body		A muscles: small directed toward center of body – strong CORE – balance tone	Dream State – strong bound		Reversal – slumping concave	Reversed: Weakling; depressed; without resilience	Engaged - dynamic	
		B muscles: superficial & big - directed to distal ends Expansive	Dream State – light free (Condensing side)		Reversal – bound up	Reversed: Bulky & Stuck Superhero		
Organ System								
- Provide support for three Dimensionality	Organs							
- Refer to Kestenberg for Digestive track		Lung	Light/Sustained		Rising/ Ascending	Balloons inflating, deflating or floating		
		Liver	Strong/Sustained		Spreading	Weighted Intensity		
		Heart	Strong/Quick (heartbeat) Weight Sensing/Indirect		Advancing & Retreating Spreading	Openhearted; Emotionally closed Stable presence of compassion		
		Gastrointestinal Tract Large Intestine	Pre-Effort Tension Flow- Twisting, Straining		Vertical rotational	Like a snake		
		Spleen, Pancreas	Energized		Rising and retreating	Carrying a tray up above and back with left hand		
		Gall Bladder			Gall Bladder: Right, Back,	Lower Back Support		

					High			
		Kidney						
Endocrine System								
For more info on Glands see Eddy's Glandular Support for Bartenieff Fundamentals chart	Glands	Pineal to Coccygeal	Flow of all efforts		Aligned verticality	A virulent snake, DNA or tree		
Nervous System								
	Brain							
		Cortex	Weighted volume with dendrites					
		Mid Brain	Directional and symmetrical					
		Low Brain	Connection to playful self					
	Spinal Cord							
	Nerves	Somatic	From neck					
		Autonomic Parasympathetic	Cranio sacral outflow					
		Autonomic Sympathetic	Thoraco Lumbar jumpiness					
Fluid Systems								
	Cellular		Slow and steady		Shape Flow			
	Blood		pulsing					
		Arterial	syncopated					
		Venous	swinglike					
	Lymph		Direct and light or strong		"Directional" with Shape Flow Support			
	Synovial		Quick and light or indirect			Silly, floppy,		
	Cerebrospinal		Timeless – even bound flow and space			on-going		
Fascial System			Viscous 3D					
Fat			Weight sensing, indirect			All-inclusive		
Skin			Super alert – indirect and sustained		Leads into Shaping	Aware, vigilant, hypervigilant		

Your explorations, comments, images: