


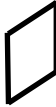

















	Action
	Pause
	Axial movement
	Elevation
	Turn or rotate
	Twist
	Shape
	Transfer Weight
	Contract
	Expand
	Accent
	Balance
	Lean
	Fall

Units of Action

Pathways

	Any Pathway
	Straight
	Circling right or clockwise
	Circling left or counterclockwise
	Circling either way
	Spiraling in
	Spiraling out
	Curving

Motif Writing

Guidelines for using Motif Writing

1. Like Labanotation or Kinetography Laban, write from bottom to top, reading “up” the page. Start with a double bar line and finish with a double bar; the double bar defines the beginning and end of the score.
2. The length of the symbol indicates the time element: a very long symbol is done for a longer time than a shorter symbol (the width of the symbol does not change with the length)
3. Symbols should not touch; leave a little space between symbols for clarity.
4. Two symbols side-by-side show simultaneity: two things are happening at the same time. For example, turning while jumping or twisting while traveling.
5. A single parenthesis or bow which ties together two symbols indicates a blended action: an expansion which smoothly becomes a fall, a turn which blends into a twist.

