

### **Assignment 6: Relationships - completion of creative exploration**

From your overall exploration of these drawings using Effort theory, what do you feel your relationship is with both of these women? Express your response in any way you wish. There will be elements of the process that have really resonated with you, and in this final part of the exploration I would like you to highlight those elements in relation to the women themselves.

It really is about taking into consideration the whole of the previous 5-session process and allowing whatever is dominant to finish the work. Also, it is always interesting to discover what differences there are not only between the two women in the work but also the way you move or behave, who did you find the greatest affinity with, who seemed more familiar to you?

"What we can clearly see is that this power [of a hitherto unexplained nature] enables us to choose between a resisting, constricting, withholding, fighting attitude, or one of yielding enduring, accepting, indulging in relation to the '*motion factors*' of Weight, Space and Time to which, being natural accidents, inanimate objects are subjected. This freedom of choice is not always consciously or voluntarily exercised; it is often applied automatically without any contribution of conscious willing. But we can observe consciously the function of choosing movements appropriate to situations; that means that we can become conscious of our choice, and can investigate why we so choose. We can observe whether people yield to the accidental forces of weight, space and time, as well as to the natural flow of movement in the sense of having a bodily feeling of them, or whether they fight against one or more of these factors by actively resisting them.

The variety of human character derives from the multitude of possible attitudes to the motion factors, and certain tendencies herein can become habitual to the individual. It is of the greatest importance for the actor-dancer to recognise that such habitual inner attitudes are the basic indications of what we call character and temperament." Ref: Laban, R. Ullmann (ed.) *The Mastery of Movement*. 1980. 4<sup>th</sup> edition, p. 20.

**Final submission: Thursday 9th January, 09:00 GMT**