Labanotation: The System Of Analyzing And Recording Movement

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Synopsis
Initiated by the movement genius Rudolf Laban, and refined through 50 years of work by teachers here and abroad, Labanotation, the first wholly successful system for recording human movement, is now having the effect on ballet and other forms of the dance that the perfection of music notation in the Renaissance had on the development of music. Through Labanotation it is now possible to record accurately, for study and reconstruction, the great dance creations of the theatre, as well as such diverse activities as time/motion studies for industry, personnel assessment and physical therapy. So comprehensive that it can indicate even facial expressions, the system is also simple enough for a child to learn easily as an integral part of athletic or dance training. Here in this revised edition--the result of international conferences, standardizing terms and symbols--is a complete exposition of Labanotation.

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Customer Reviews
I am a dance teacher in a NYC public school but we do some pretty sophisticated stuff. I must memorize the choreography or try to notate it in my little haphazard way. Anyway I always wanted to learn the Laban technique so I researched and came up with this book. It is quite complicated. I think I will finally learn it but it will take me forever. I think Laban is fascinating so I do recommend it. Take you time though, it's grueling. I have to take class.

This is a well written book allowing notation of human movement of all sorts. More aimed at dance,
though. If you teach dance, dance aerobics, jazercise, or such, essential. If you are studying
dance, get it.

This was a gift to my niece, whose dance work is expanding into choreography. This should provide
a way to record her work.

Love this book

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