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MOVEMENT ANALYSIS AND THE CONDUCTIVE EDUCATION

In Conductive Education, observing -as a testing method- can help planning the person's or group's individualized and customized program, as well as setting more precise goals. I would like to introduce a particular movement analysis by Rudolf Laban which allows a more precise and deeper analysis of all movements.

The system Rudolf Laban (Hungarian dancer, choreographer, dance theory analyst) created to analyze movements shows the pattern of human movements. This system provides a useful tool to observe, document, comprehend, evaluate and analyze these movements. He collected the basics of the human movements then offered a special language to objectively describe them. His space-, and movement analysis system made it possible to document dances (Dance notation 1).[1]

I would like to prove it in my dissertation that this analysis system can be used in documenting one's movement with Cerebral Palsy and that it leads us to a more accurate observation.

My goal in my research is to provide a more effective individualized program using the movement analysis system using Hungarian folk nursery and young children's` games and dance movements.

The LMA allows us to process and understand the countless information of the movements which are categorized by 4 of the following:
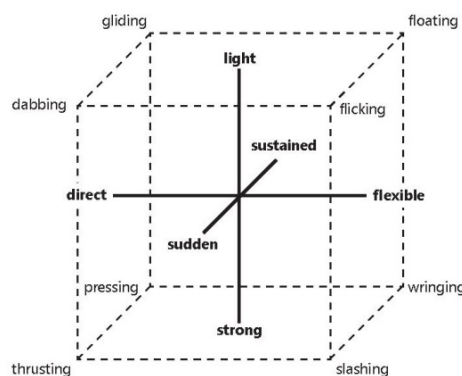
flow, weight, time, and space.

Figure 1[2]

Laban used these transversal slopes in which all movements are registered, their acknowledgement promotes accurate, efficient, and practical implementation. Along develops the movement cognition[3] (the awareness of the movement) as well.

This system can be used to describe the movements of individuals with physical challenges.

Different categories (effort actions) can be determined by action words like `float`, `punch`, `glide`[4]..etc. I assume, that we can draw parallel with these descriptions   and the movements described in case studies of an individual with Cerebral Palsy. This can contribute to more accurate monitoring which leads helps us create a more efficient program and set of goals. For instance, the `slash` (cut like) movement is a strong, indirect and quick one just like the movement of an athetoid individual when reaching for a target.

By becoming familiar with the movement analysis system, we record these movements so we can set more effective goals for our individuals.

Dell, Cecily (1977): A primer for movements description − using effort-shape and supplementary conceps. Dance Notation Bureau Press, New York

Fuchs, Livia (2007): One hundred years of dance: introduction to the art of dance XX. century history. L'Harmattan, Budapest

Fugedi, Janos (2006): The impact of the movement cogniton dance notation skill development. In: School of Culture, pp.108-112.

Varga, Boglarka (2012): Rudolf Laban's movement analysis system. In: Dance History Studies. IV/ 2. pp. 60-70.

[1] Fuchs, 2007

[2] Dell, 1997

[3] Fügedi, 2006

[4] Dell, 1997