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The Contribution of Laban's Dance Notation Systems to the Teaching of Greek Folk Dance Today

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Abstract

It is common place that the educational context in Greece has undergone radical changes the last few years. On the other hand, one of the fundamental issues in terms of dance education is the capability of recording dance movement on paper, namely dance notation. The advantages that the latter offers to the teaching of dance in the future are quite easily understandable. The question that rises at this point, is the way dance notation may contribute to the teaching of dance in the present. The aim of this paper is to study the contribution of Laban's dance notation systems to the teaching of the structure-form of Greek folk dance today. In doing so, the paper presents the basic principles of Laban's two systems, Labanotation/Kinetography Laban and Effort/Shape. Then the components of the structure and form of Greek folk dance are analysed and the Laban's dance notation systems and particularly Labanotation/Kinetography Laban is combined with the structural-morphic characteristics of Greek folk dance. It is proved that Laban's dance notation systems can be used in combination with all the dance teaching methods and in all forms of education thus contributing to the improvement of the teaching of Greek folk dance in contemporary educational contexts.

Key words: Laban's dance and movement notation, dance teaching, form of dance, Greek folk dance, synchrony