

## Partner activity

Select one Space/Weight/Time/Flow Effort Quality and explain why it was performed accurately, or how to improve upon it by filling in the blank. It may help to stand up and demonstrate which movements you are referring to for your partner.

Example:

-I noticed your Space effort quality could show a more clear intent by performing the leg extension with a more Direct quality.

Fill in the blank with what you observed from your partner during their phrase performance.

1. I noticed your \_\_\_\_\_ Effort Quality showed a clear intent  
(Space/Weight/Time/Flow)

because \_\_\_\_\_ showed a \_\_\_\_\_ quality.  
(Describe the movement in the phrase) (Direct/Indirect  
Sudden/Sustain  
Strong/Light  
Bound/Free)

2. I noticed your \_\_\_\_\_ Effort could show a more clear  
(Space/Weight/Time/Flow)

intent by \_\_\_\_\_ with a  
(Describe the movement in the phrase)

more \_\_\_\_\_ quality.  
(Direct/Indirect  
Sudden/sustain  
Strong/Light  
Bound/Free)