The **psychological gesture** can be used not only to prep us, to ready ourselves kinesthetically to enter the stage, but also can keep the inner drive of the character active and moving.

Basic Gestures for Chekhov

- Open (expand)  Close (Contract)
- Push  Pull
- (For Jacques LeCoq all efforts were derivations of push or pull)
- Lift  Embrace
- Penetrate  Smash
- Tear  Wring

**Laban system of efforts: Movement for actors**

Here we have another system of movement that interconnects with Chekhov’s PG. Though I have not come across anything in my research to suggest that Laban and Chekhov were aware of one another, they were both at Dartington, in England, at around the same time during the mid to late 30’s.

**Qualities:**

**Time:**  Quick/ Sustained  
**Weight:**  Light/ Heavy  
**Space:**  Direct/ Indirect

<table>
<thead>
<tr>
<th>Efforts</th>
<th>Time</th>
<th>Weight</th>
<th>Space</th>
</tr>
</thead>
<tbody>
<tr>
<td>Press</td>
<td>Sustained</td>
<td>Heavy</td>
<td>Direct</td>
</tr>
<tr>
<td>Punch</td>
<td>Quick</td>
<td>Heavy</td>
<td>Direct</td>
</tr>
<tr>
<td>Dab</td>
<td>Quick</td>
<td>Light</td>
<td>Direct</td>
</tr>
<tr>
<td>Flick</td>
<td>Quick</td>
<td>Light</td>
<td>Indirect</td>
</tr>
<tr>
<td>Slash</td>
<td>Quick</td>
<td>Heavy</td>
<td>Indirect</td>
</tr>
<tr>
<td>Wring</td>
<td>Sustained</td>
<td>Heavy</td>
<td>Indirect</td>
</tr>
<tr>
<td>Float</td>
<td>Sustained</td>
<td>Light</td>
<td>Indirect</td>
</tr>
<tr>
<td>Glide</td>
<td>Sustained</td>
<td>Light</td>
<td>Direct</td>
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</table>
**Joann Merlin’s List of Actions**

<table>
<thead>
<tr>
<th>Action</th>
<th>Action</th>
<th>Action</th>
<th>Action</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annihilate</td>
<td>Corrupt</td>
<td>Inflame</td>
<td>Possess</td>
<td>Soothe</td>
</tr>
<tr>
<td>Awaken</td>
<td>Dazzle</td>
<td>Intimidate</td>
<td>Probe</td>
<td>Stalk</td>
</tr>
<tr>
<td>Arouse</td>
<td>Demean</td>
<td>Jolt</td>
<td>Protect</td>
<td>Stop</td>
</tr>
<tr>
<td>Badger</td>
<td>Devour</td>
<td>Kick</td>
<td>Pull</td>
<td>Strip</td>
</tr>
<tr>
<td>Bait</td>
<td>Discover</td>
<td>Kiss</td>
<td>Purge</td>
<td>Suck</td>
</tr>
<tr>
<td>Balance</td>
<td>Dissect</td>
<td>Lift</td>
<td>Push</td>
<td>Tantalize</td>
</tr>
<tr>
<td>Beguile</td>
<td>Distract</td>
<td>Manipulate</td>
<td>Quench</td>
<td>Taste</td>
</tr>
<tr>
<td>Bend</td>
<td>Dominate</td>
<td>Mask</td>
<td>Reveal</td>
<td>Tear</td>
</tr>
<tr>
<td>Blitz</td>
<td>Elevate</td>
<td>Mold</td>
<td>Rip</td>
<td>Tempt</td>
</tr>
<tr>
<td>Bombard</td>
<td>Embrace</td>
<td>Nail</td>
<td>Root Out</td>
<td>Threaten</td>
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<tr>
<td>Bury</td>
<td>Eviscerate</td>
<td>Nurture</td>
<td>Scare</td>
<td>Trap</td>
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<tr>
<td>Charm</td>
<td>Exalt</td>
<td>Offer</td>
<td>Screw</td>
<td>Twist</td>
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<tr>
<td>Choke</td>
<td>Expose</td>
<td>Oil</td>
<td>Seduce</td>
<td>Uncover</td>
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<td>Close</td>
<td>Feed</td>
<td>Open</td>
<td>Seize</td>
<td>Uplift</td>
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<td>Command</td>
<td>Fill</td>
<td>Overwhelm</td>
<td>Shake</td>
<td>Wring</td>
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<tr>
<td>Conquer</td>
<td>Grab</td>
<td>Penetrate</td>
<td>Shine</td>
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<tr>
<td>Console</td>
<td>Heal</td>
<td>Pinch</td>
<td>Shock</td>
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<tr>
<td>Consume</td>
<td>Humiliate</td>
<td>Please</td>
<td>Slap</td>
<td></td>
</tr>
<tr>
<td>Control</td>
<td>Illuminate</td>
<td>Poke</td>
<td>Smooth</td>
<td></td>
</tr>
</tbody>
</table>
Carolyn Myss's Archetypes:

- Addict (Conspicuous Consumer, Glutton, Workaholic--see also Gambler)
- Advocate (Attorney, Defender, Legislator, Lobbyist, Environmentalist)
- Alchemist (Wizard, Magician, Scientist, Inventor--see also Visionary)
- Angel (Fairy Godmother/Godfather)
- Artist (Artisan, Craftsperson, Sculptor, Weaver)
- Athlete (Olympian)
- Avenger (Avenging Angel, Savior, Messiah)
- Beggar (Homeless person/ Indigent)
- Bully (Coward)
- Child (Orphan, Wounded, Magical/Innocent, Nature, Divine, Puer/Puella Eternis, or Eternal Boy/Girl)
- Clown (Court Jester, Fool, Dummling)
- Companion (Friend, Sidekick, Right Arm, Consort)
- Damsel (Princess)
- Destroyer (Attila, Mad Scientist, Serial Killer, Spoiler)
- Detective (Spy, Double Agent, Sleuth, Snoop, Sherlock Holmes, Private Investigator, Profiler--see also Warrior/Crime Fighter)
- Dilettante (Amateur)
- Don Juan (Casanova, Gigolo, Seducer, Sex Addict)
- Engineer (Architect, Builder, Schemer)
- Exorcist (Shaman)
- Father (Patriarch, Progenitor)
- Femme Fatale (Black Widow, Flirt, Siren, Circe, Seductress, Enchantress)
- Gambler
- God (Adonis, see also Hero)
- Gossip (see also Networker)
- Guide (Guru, Sage, Crone, Wise Woman, Spiritual Master, Evangelist, Preacher)
- Healer (Wounded Healer, Intuitive Healer, Caregiver, Nurse, Therapist, Analyst, Counselor)
- Hedonist (Bon Vivant, Chef, Gourmet, Gourmand, Sybarite--see also Mystic)
- Hero/Heroine (see also Knight, Warrior)
- Judge (Critic, Examiner, Mediator, Arbitrator)
- King (Emperor, Ruler, Leader, Chief)
- Knight (see also Warrior, Rescuer)
- Liberator
- Lover
- Martyr
- Mediator (Ambassador, Diplomat, Go-Between)
- Mentor (Master, Counselor, Tutor)
- Messiah (Redeemer, Savior)
- Midas/Miser
- Monk/Nun (Celbrate)
- Mother (Matriarch, Mother Nature)
- Mystic (Renunciate, Anchorite, Hermit)
- Networker (Messenger, Herald, Courier, Journalist, Communicator)
- Pioneer (Explorer, Settler, Pilgrim, Innovator)
- Poet
- Priest (Priestess, Minister, Rabbi, Evangelist)
- Prince
- Prostitute
- Queen (Empress)
- Rebel (Anarchist, Revolutionary, Political Protester, Nonconformist, Pirate)
- Rescuer
- Saboteur
- Samaritan
- Scribe (Copyist, Secretary, Accountant--see also Journalist)
- Seeker (Wanderer, Vagabond, Nomad)
- Servant (Indentured Servant)
- Shape-shifter (Spell-caster--see also Trickster)
- Slave
- Storyteller (Minstrel, Narrator)
- Student (Disciple, Devotee, Follower, Apprentice)
- Teacher (Instructor, see also Mentor)
- Thief (Swindler, Con Artist, Pickpocket, Burglar, Robin Hood)
- Trickster (Puck, Provocateur)
- Vampire
- Victim
- Virgin (see also Celibate)
- Visionary (Dreamer, Prophet, Seer--see also Guide, Alchemist)
- Warrior (Soldier, Crime Fighter, Amazon, Mercenary, Soldier of Fortune, Gunslinger, Samurai)