



## Workshop Descriptions

We've compiled this year's EAAC class descriptions into this document so that you can choose your classes with confidence.

If your exact class or teacher isn't in this list, don't panic!

It just means we haven't received their class description yet. Have a read over similar class descriptions for an idea of ability levels and content and if you don't find the info you're looking for then feel free to get in touch with us by email at [info@eaac.info](mailto:info@eaac.info) and we'll do our best to answer any questions you may have :)

### Acro Yoga

#### Open Level

##### **Hang Aerial**

This is an introduction to Acrobatic balancing. We will be looking at the fundamentals of developing trust and confidence to manage your own weight and a partners. Developing into counterbalances to create large shapes, and to begin balancing in pairs and groups.

Everyone welcome. This class does not need a flyer/base combination. You can come alone or with friends. It is helpful if you can do a supported handstand, but there will be lots of assistance available.

### Acrobalance

#### Acrobalance Beginners

##### **Ruaraidh Milne**

We will work on basic balance moves in pairs, moving from the ground to the air. An emphasis on safety will be paramount, supporting and assisting each other, followed

by fun! The sessions will be tailored to suit the experience and levels of those attending, but with an emphasis on basic level stuff, with scope for more tricky variations if folk want.

### **Suzie Q & Toby J**

Ground acro skills for base and flyer. You don't need a partner for this workshop - we can pair you up with someone! Build trust, communication and the ability to balance and counter balance your bodies.

### **Ian & Danuta**

Friday: 'L Basing' learning basic pair acro moves with base L-basing – focusing on clean technique, moving onto some simple transitions between positions, and progressing onto sequences – depending on the level of those present.

Saturday: Beginners basic standing base – learning basic acro moves with a standing base(s), moving onto some simple transitions between positions, involving 1 or more bases – material dependant on the level of those present

### **Lauren Hendry**

Suitable for first-timers and those who've done a couple of acrobalance sessions previously. Basics positions and transitions, with base lying down and standing. L-basing: F+B balance, candlestick, sit on feet, foot-to-foot Standing: Stand on thighs; sit/ stand on shoulders

## **Acrobalance Intermediate**

### **CircoPitanga**

In this workshop you'll get some tips how to improve your routine, with some work on the handstand, as basic posture for the flyer as for the base. We'll go through different ways of going up and down from two man high, feet to hands and hand to hand...

Prerequisite: Experience in Acrobalance, can do basic handstand, ideally come in couple

**\*\*This class will be structured to suit the level of intermediate or advanced students\*\***

### **Tuk & Sophie**

Friday: **Expanding your knowledge about partner-acrobatics**

ALL LEVELS

Working with basic positions of both base and flyer, talking about the best grip positions and arm/shoulder/hip placements.

Saturday: **Pitch workshop 1**

Pre-requisites: An intermediate understanding of partner-acrobatics.

Understanding the fundamentals of pitching with focus on the basic positions and connections between the flyer and the base.

Sunday: **Pitch workshop 2**

Pitch workshop 2 (Follow-up)

Pre-requisites: That you have attended the previous pitching workshop Saturday (Otherwise come and talk to us personally)

We will continue where we left off and continue to explore and understand the fundamentals of pitching in all it's glory.

**Sunday: How to Hand-to-Hand**

Pre-requisites: An intermediate understanding of partner-acrobatics. Building up from zero to a basic hand to hand with focus on finding and understanding the best positions for both flyer and base.

**Lauren Hendry**

Washing machines and other L-basing transitions. You'll need to be stable enough in the basic positions (f/b balance, shoulderstand on feet, straddle hang etc) to take one foot off when holding hands

**Acrobalance Int L1**

**Forma Fortis**

Friday: L-basing duo partner acrobatic sequence workshop including standing on thighs, handstand on thighs, sitting on feet, standing in hands and shoulder stand on feet.

Prerequisite: headstand on the floor, flyer on feet.

Saturday: Variations of mounting into two – man- high and getting in standing on shoulders from starting on a pron lying base:

a) slowly, base via table top, kneeling and standing up,

b) with jumps (Jack),

other variations: flyer jumping from the front, flyer jumping from lying, via knee pit - lets see how far we come:-)

Prerequisite: standing on shoulders

**Lauren Hendry**

Beginning to look at transitions between moves, such as flag to standing on shoulders; front balance to shoulderstand on feet etc.

**Acrobalance Int L2**

**Forma Fortis**

Saturday: Hand to hand – handstand, base lying. Several ways to come into hand-to-hand handstand with the base lying on the floor in normal grip and reverse grip position.

Never done a hand-in-hand-handstand on a standing base? You will do so in this workshop!

Prerequisite: handstand on the floor for 10 seconds

Sunday: Chinese Waltz - feet in hand. Pre-exercises for bases and for flyers, balancing technique, finally Chinese Waltz including spotting technique

Prerequisite: stable standing feet-in-hand for 20 seconds

**Lauren Hendry**

Working towards Icarian Games and other dynamic Lbasing moves. We will look at tempos from sitting on feet, followed by some options of where to go: sit to front balance, and back again. Foot to foot to sit on feet, and possibly back again.

## **Acrobalance Advanced**

### **Forma Fortis**

Saturday: Reverse grip hand-to-hand on standing base. Different ways of getting in to reverse grip hand-to-hand handstand on standing base and different ways out including a small sequence

Prerequisite: 5 sec stable hand to hand handstand in normal grip on a standing base.

Sunday: Trio sequence on standing bases including getting into flame beau, one leg bridge on long arm on two bases, h2h handstand.

Prerequisite: stable h2h on standing base.

### **CircoPitanga**

In this workshop you'll get some tips how to improve your routine, with some work on the handstand, as basic posture for the flyer as for the base. We'll go through different ways of going up and down from two man high, feet to hands and hand to hand...

Prerequisite: Experience in Acrobalance, can do basic handstand, ideally come in couple

**\*\*This class will be structured to suit the level of intermediate or advanced students\*\***

### **Tuk & Sophie**

#### **Friday: Different ways into normal Hand-to-Hand**

Focus on cartwheeling up and various other ways.

Pre-requisites: A standing hand-to-hand you can hold for min. 10 seconds without moving.

**\*\* PARTNER REQUIRED \*\***

#### **Friday: Reverse Hand-to-Hand**

Discovering and understanding the standing reverse hand-to-hand and different ways into that position.

Pre-requisites: A standing normal hand-to-hand that you can hold for around 10 seconds without moving too much.

**\*\* PARTNER REQUIRED \*\***

#### **Saturday: Tempos (Learning to throw and catch)**

Focusing on the connection and timing between you and your partner, to develop your dynamic partner-acrobatics.

Pre-requisites: Stable standing foot to hand and reverse foot to hand

**\*\* PARTNER REQUIRED\*\***

#### **Saturday: Standing on heads**

Pre-requisites: Own partner that you have worked with before.

Getting to know and understand the fundamentals of having people on your head (Bases) and how stand/stay on somebody's head (Flyers)

#### **Sunday: Throwing half turns and pirouettes in foot-to-hand**

**\*\*PARTNER REQUIRED\*\***

Pre-requisites: Stable standing foot to hand and reverse foot to hand with no troubles in getting into either position.

Learning how to tackle training for pirouettes and half turns with your partner, how to get a good throw and how to feel safe in the air.

## **Tuyo Acrobats**

### **Saturday: "THE ADAGIO CLASS!"**

During this session we will be looking at challenging and beautiful balances that DON'T involve handstands. Splits, backbends, planches, foot stands for the flyer and moving up and down from the floor (and maybe some splits too!) for any brave bases. Come along with any ideas and ambitions for balances or ways in and out of shapes and we will try to help you realise them.

Prerequisite: PLEASE only experienced couples who work regularly together. Both bases and flyers need to be confident with overhead work

### **Sunday: "Hand to Hand Balance"**

Looking at different ways into and out of STANDING hand to hand balance. If you have any particular trick you need help with please let us know. There is the potential for release and catch work on the safety line.

Prerequisite: PLEASE only experienced couples who work regularly together. Both bases and flyers need to be confident and very stable with standing short arm hand to hand.

## **Acrobance Creative**

### **Acrobatic Adventures**

Creating choreography around already existing skills. Learning to link moves and create shapes and tricks from acrobance the students already have. It's about presentation, creativity and linking small sequences together. It will be beginners and intermediate levels so it's accessible too.

## **Acrobatic Hula Hoop**

### **Hobbit**

For people who have a grounding in EITHER hula hoop - minimum requirement; competent in foot and knee hooping or acrobatics- minimum requirement; competent in handstands and cartwheels. This is not a purely hula hoop or acrobatics class it is a fusion of the two. We will be learning: Handstand hoop entries and balance technique, cartwheel variations, rolls and balances.

**\*\*Max 10 students\*\***

## **Aerial Wall Running**

### **Wall Running Beginners**

#### **Chrissie Ardill**

Moving, running and leaping but all turned 90 degrees. Learning moves and exploring dancing in harness on the wall, as well as covering the basics of using the equipment.

**\*\*Please wear light soled trainers and extra layer for your hips!\*\***

Prerequisite: This class is essential for anyone who has never done wall running before.

## **Wall Running Intermediate**

**Chrissie Ardill**

Jumping, tumbling, running and dancing on the wall. Building up to dynamic movement sequences.

\*\*Please wear light soled trainers and extra layer for your hips

Prerequisite: A class for those with previous harness experience and you must be able to use an ascender and belay device such as a rig or gri gri.

## **Aerial Cube**

### **Cube Beginners**

**Cameron Good**

This is an introductory workshop for aerial cube open to beginners.

We will start with basic positions done on regular bar apparatus and discover how they translate to the cube. We will then put a series of moves together that have you move under, in and over this fabulous apparatus.

Prerequisites: No skill pre-reqs but it is helpful to have a little bar apparatus experience but not necessary!

Class size: 8 students max

**Juliette Hardy**

Students should have a basic level of static trapeze

**Scott Craig**

Is it a trapeze? A hoop? A torture device? It's all three! Learn how to move around on the rarely seen apparatus that inspired a horror movie.

Prerequisite: Some experience in trapeze or hoop will be an advantage but not necessary.

### **Cube Intermediate**

**Cameron Good**

This Cube workshop is open to students who have a solid double or single knee hang on bar apparatus as well as are either very close to having or solidly have a pullover. We will put a series of moves together in combination that tips and turns, brings us above, under and through this crazy apparatus. Class size: 8 students max

**Juliette Hardy**

Students should be capable of taking their own weight confidently in various positions/holds and should have some basic training in dynamic movement (beats & tempos). Maximum 8 students on 2 cubes.

**Scott Craig**

Now that you're "comfortable" on the devil's massage chair, it's time to take it up a notch with transitions, drops and other madness.

## Aerial Hoop (Lyra)

### Hoop Beginners

**Alex Hofgartner**

This class is open to complete beginners and those that have some understanding of hoop. In this class Alex will cover basic ways of getting on and off the hoop as well as moves using the bottom and mid section of the hoop.

**Angela Kirkpatrick**

Taking some beginners moves and looking at variations which can be created.

Prerequisite: No prior experience needed.

### Hoop Intermediate

**Chrissie Ardill**

A class to get you thinking about transitions and asymmetry. We'll work on a series of tasks to find new routes between familiar places.

Prerequisites: Participants should be comfortable and aware in hoop and be confident hanging from any limb.

### Hoop Int L1

**Alex Hofgartner**

This class is aimed at students who have mastered basic moves on the hoop and can confidently get onto the hoop without assistance. During this workshop Alex will cover balance moves (including front and back balances) that build into longer sequences.

\*\*\*Please consider that the hoops rigged at EAAC can be higher than those at dance studios.

**Chrissie Ardill**

A step further. Learning some different shapes and sequencing.

Prerequisites: Participants should be able to hang from arms or knees and get on the hoop unaided by tucking to pike or straddling.

**Hannah Cryle**

Focus on Toe Hangs, Heel Hangs, Planches, Mill Circles and Monkey Rolls.

**Stewart Watts**

Got the basics and want more? This workshop is aimed at stronger beginners students looking to hone their skills and expand their existing repertoire. We'll be working inside and out, above and below the hoop, and hopefully smoothing out the transitions in between!

Pre-requisites: Students should be able to get on and off an aerial hoop without assistance.

### Hoop Int L2

### **Alex Hofgartner**

This class is aimed at those who are comfortable getting onto the hoop with no assistance and can hold front and back balances and are comfortable with single leg hocks. Alex will cover a variety of sequences and individual moves that require good core strength. We will also be looking at technique for developing more dynamic moves.

\*\*\*Please consider that the hoops rigged at EAAC can be higher than those at dance studios.

### **Jess O'Connor**

Introduction to dynamic work, beats & rolls. Little bit of spinning work too (space permitting). In this class we will look into the beginnings of dynamic hoop work including beats both from your hands and hocks, beats through the hoop, barrel rolls and some basic spinning technique.

Prerequisite: You must be capable of getting on and off the hoop on your own and be confident doing a front balance (and ideally a back balance, although not necessary) on the hoop.

## **Hoop Advanced**

### **Alex Hofgartner**

This class is for those that already have a strong understanding of aerial hoop, (please no beginners).

During this class we will cover exercises to encourage strong and safe technique including working on more dynamic moves and combinations and long/straight arm work.

Prerequisite:

Must have good core strength and stability in shoulders (comfortable in skinning the cat exercises). Being able to do aerial straight leg lifts is also very helpful for this class.

\*\*\*Please consider that the hoops rigged at EAAC can be higher than those at dance studios.

### **Jess O'Connor**

Dynamic hoop work, beats, rolls, release and catch work.

Working on beats from hands and hocks, barrel rolls, Lion rolls, tombée, etc.

Prerequisite: You must feel confident getting on and off and also in a hoop. Capable of doing a front balance and back balance on a hoop. \*\*

## **Hoop Creative Intermediate**

### **Alex Hofgartner**

This class is open to those who are comfortable with sequence of moves on aerial hoop that you are comfortable repeating. It's preferred that you come with your own sequence in which you want to develop. Through experimental exercises with various movement qualities and speeds guided by Alex you will learn to develop a new way of approaching aerial hoop. A great opportunity to 'play' again.

## **Hoop Creative Int L2/Advanced**

**Alex Hofgartner**

A class for the more experienced and comfortable with the unknown! In this workshop students are encouraged to take what they know in their training, throw it into a mixing bowl with some exercises with voice, shape and form, throw it all around and watch the result unfold!

Please be prepared to push yourself out of your comfort zone.

## **Banquine**

### **Banquine Open Level**

**Tuyo Acrobats**

Learn the basics of Banquine where two bases make a platform with their hands to throw and catch a flyer. A very exciting act. Learn correct basing position, how to catch and how to stand on the platform. Practise timing for jumps and somersaults. Previous experience in acro, trampoline or dance would be helpful but is not essential. Flyers will work on a safety line.

Everyone welcome. we would encourage all participants to try basing and flying

## **Bungee Harness**

### **Bungee Harness Open Level**

**Chrissie Ardill**

A taste of the magic of harness with the extra lift and rebound of bungee. We'll learn new ways to fly with dynamic leaps, turns and dives.

Prerequisites: None

**\*\*Wearing thick tracksuit bottoms is recommended to pad the hips\*\***

## **Bungee Trapeze**

### **Open Level**

**Jamie-Lee McNaughton**

Bungee Trapeze involves throwing yourself off a 10-metre high trapeze bar with bungee chords attached to a harness you'll be wearing around your waist and thighs. You will get one shot each in the air, lasting about 7 minutes. Within this time, you'll be shown how to do combinations of back and forward somersaults and how to return to the bar in order to throw yourself off again. You'll also be given the chance to do some forward and backward rotations in mid air without the bouncing.

This is an open level class, suitable for those who've done bungee trapeze before and those trying it for the first time.

Pre-requisites: Participants MUST be able to get themselves up to sitting on the trapeze bar from hanging under it ON YOUR OWN - you'll be 10 metres up, no-one will be able to come up to help you.

\*\*Please note our harness sizes are 20.5 - 42 inches (52 - 106 cm) round the waist. If you aren't sure this will fit you, you are welcome to come and try a harness on before the warm up or at the end of the day's classes. Just ask the instructor for assistance \*\*

## **Chinese Pole**

### **Chinese Pole Beginners**

**Michelle Ross**

We will work on basic climbs, resting positions and movements around the pole.

\*\* Recommend wearing long johns or leggings under an old pair of jeans (pole may cause jeans to rip) and you may want to bring a belt, soft soled shoes or feiyues on the feet and bring a base layer top as well as a long sleeved top \*\*

### **Chinese Pole Int L1**

**Michelle Ross**

We will warm up with the basic climbs and shapes and then move on to some more specialized skills incl. attitude changes, more complex climbs up & down, dynamic movements around the bottom of the pole and a short sequence.

Prerequisite: Some confidence in climbing the pole and a solid attitude on both sides.

\*\* Recommend wearing long johns or leggings under an old pair of jeans (pole may cause jeans to rip) and you may want to bring a belt, soft soled shoes or feiyues on the feet and bring a base layer top as well as a long sleeved top \*\*

### **Chinese Pole Int L2**

**Michelle Ross**

We will warm up with basic climbs and attitude changes and then move on to some movements down the pole (different sequences based on the experience of the participants), we will then work on some slightly more dynamic skills both on the pole and around the bottom of the pole, some strength training and preps for harder tricks and a short sequence.

Prerequisite: Confidence in climbing the pole, are able to attitude change (or similar) and are comfortable moving around the pole and being upside down.

\*\* Recommend wearing long johns or leggings under an old pair of jeans (pole may cause jeans to rip) and you may want to bring a belt, soft soled shoes or feiyues on the feet and bring a base layer top as well as a long sleeved top \*\*

## **Doubles Chinese Pole**

### **Doubles Chinese Pole Beginners**

**Suzie Q & Toby J**

Base and flyer skills on the Chinese pole! Learn some unique duo pole skills from former Australian Duo Pole Champions Suzie Q and Toby J.

## **Contortion**

### **Open Level**

#### **Alexander Vantournhout**

In the creation ANECKXANDER (2015), I focused on creating contortion, flexibility through the investigation of my (dys-) proportions. What seems more natural to me. Where can I easily enlarge the range? Where does the spine twist the easiest?

In this workshop we will do strength and flexibility in the same posture, static, balancing contortion exercises, all anatomically investigated.

## **Cyr Wheel**

### **Open Level**

#### **Edu Martinez**

This workshop is aimed to anyone who wants to learn Cyr Wheel techniques. It is not a requisite that you tried Cyr Wheel before, we will start from the very beginning, adapting the objectives regarding the students necessities.

The workshop will be based on these objectives:

- Learning the theories about spinning
- Safety on the training
- Manipulations and transitions

Prerequisite: None

### **Intermediate**

#### **Edu Martinez**

This workshop is aimed for all people who are already able to spin or waltz (even if it's for a very short time).

We will work towards:

- Stabilising the waltz
- First tricks (one hand off; one foot off, turn)
- Introduction to inversions
- Intermediate manipulations

## **Dance Acrobatics**

### **Open Level**

#### **Mele Forbes-Broomes**

Physically we will develop an understanding how one gains strength from perceived subtle movements, explore risks within inverted balances, create fluidity and personal style merging the two form and experiment with the extremities of our movement creating something that innovates.

#### **Alexander Vantournhout**

This class will start with some improvisations and puzzles using your whole body. Then 'basic' acrobatics like cartwheels Macao, swheels, creel, moamam, Mexican, rainbows.... These (rather new) elements are all about coordination, rather than virtuosity, strength or flexibility

## **Doubles Trapeze**

### **Doubles Trapeze Intermediate**

#### **Jono Ayres**

Class will begin looking at dynamic and tempo based movements and tricks as well as some new shapes to add to your vocabulary.

Preferably students should be comfortable basing up onto the equipment

#### **CircoPitanga**

This workshop will introduce you to the basics of dynamic work in the air whether on trapeze or silk or rope(s). Come and learn some new sequences -or improve one-! We'll also show you some work on the element for your personal routine.

Prerequisite: Aerialists with experience in duo work, ideally come as partners who work together

**\*\*This class will be structured to suit the level of intermediate or advanced students\*\***

### **Doubles Trapeze Int L2**

#### **Hannah Cryle**

Non-release drop moves (various roll downs etc), tempos and basic swing technique.

### **Doubles Trapeze Advanced**

#### **Hannah Cryle**

Focus on release moves, rotating and twisting.

Prerequisite: Catcher must be a minimum 10kg heavier than the flyer. Ideally both partners can do 10 chin ups.

#### **Jono Ayres**

Class will focus on dynamic and tempo based tricks and sequences. Some experience of this type of work is necessary.

#### **CircoPitanga**

This workshop will introduce you to the basics of dynamic work in the air whether on trapeze or silk or rope(s). Come and learn some new sequences -or improve one-! We'll also show you some work on the element for your personal routine.

Prerequisite: Aerialists with experience in duo work, ideally come as partners who work together

**\*\*This class will be structured to suit the level of intermediate or advanced students\*\***

## **Flexibility**

### **Open Level**

**Aedin Walsh**

This class draws on both my experience with yoga as a part of my training, and as a masseuse, working with providing information on healthy stretching- when and how to stretch, for what etc. We will work with stretching both dynamically and passively.

### **Handstands**

#### **Handstands Beginners**

**Ross Taylor**

We will look at what is important in learning a free standing handstand, understanding what balance is in a handstand and looking at how it works. We will also look at the exercises that will build your free standing handstand as well as understanding shape.

#### **Handstands Intermediate**

**Ross Taylor**

We will look at press handstands, the different methods, how they work and how to build them, we will also look at working towards transitioning to one arm work and the complexities that involves and how to start that journey.

Prerequisite: Consistent 10-30 second handstand

#### **Handstands Mixed Level**

**Hobbit**

This workshop will focus on the core understandings of hand balancing: Core strength, alignment and balance technique. We will explore a variety of postures and transitions depending on ability.

Prerequisites: Must be able to hold weight, on hands (against a wall) for 10 seconds.

#### **Handstands Open Level**

**Forma Fortis**

Learn to practice your technique, strength and flexibility

Prerequisites: None

## **Hoop Diving: Open Level**

**Scott Craig**

The Chinese great-grandmother of parkour - come learn how to Jackie Chan your way through tiny spaces with the sleekness of a cat and the quantum mechanical wizardry of an octopus.

**\*\*No tumbling experience necessary!\*\***

## **Icarian Games**

## Open Level

### **Hazel Lam**

A general level class in Icarian Games. We will start with simple mount and dismount and then move on to some throwing and catching. The class will finish with passing the flyer from one base to another. Please bring a cushion or a thick jumper in case you need support for your back.

**\*\*This class will be tailored to the level of the students\*\***

## Korean Cradle



Korean cradle is a type of aerial circus act in which has the catcher standing on the apparatus, secured by a safety belt.

The catcher then swings, tosses, and catches another flyer. The flyer usually starts and ends standing on the frame above the catcher. The flyer swings holding on to the catcher's hands, performs releases at the top of the swing, and is re-caught in mid-air.

## Parkour

### Open Level

#### **Parkour Scotland**

The workshops at EAAC will consist of 3 Groupings; Move Smoother, Jump Farther and Stay Stronger.

You'll all remember Paul's bright coloured hair and joggers, this year he'll be there with more hair, joggers, laughs and smiles! Trainers are recommended, bring comfortable clothing (Loose is recommended for dramatic effect) and plenty of water (especially at the "Stay Stronger" classes!).

## Pilates

### Open Level

## **Juliette Hardy**

All levels and experiences welcome. Maximum 15 students. Please bring a towel or small cushion with you.

## **Rope (Corde Lisse)**

### **Rope Beginners**

#### **Aedin Walsh**

Come as you are, with motivation, passion, and a smile... oh, and close fitting clothing (preferably not synthetic ;-)

### **Rope Int L1**

#### **Aedin Walsh**

In this class we'll look at the level of technique that you have, what you need. We'll look at energy-saving techniques, and injury prevention through training and prep training. And there'll be a nice drop of some description or two or more, depending on how we go :-)

This is a guide, and depending on what you bring to the class, it can change :-)

Prerequisite: Comfortable with footlock (Silks especially important), be able to get in and out of either catchers (short arm) OR hiplock (with or without beat) without stress. Comfortable with at least 1 style of climbing.

#### **Hamish Tjoeng**

For those comfortable with Climbing, foot and hip lock. We will work on Climbs, wrapped shapes and inversions.

### **Rope Int L2**

#### **Aedin Walsh**

In this class we'll look at the level of technique that you have, what you need. We'll look at energy-saving techniques, and injury prevention through training and prep training. And there'll be a nice drop of some description or two or more, depending on how we go :-)

This is a guide, and depending on what you bring to the class, it can change :-)

Prerequisite: Confident with footlock. Be able to get in and out of catchers (short arm) AND hiplock (with or without beat) without stress.

Comfortable with at least 2/3 styles of climbing.

#### **Hamish Tjoeng**

For those who are comfortable ascending, descending and shimmying in between. We will climb, wrap and fall (gracefully).

\*\*Please ensure you have adequate waist protection ie. full leotard, unitard, super high waisted track suite bottoms or similar.\*\*

### **Rope Advanced**

## **Aedin Walsh**

We'll also be looking specifically at legs, and how to make them more active on rope, different holds, descents, drops, relying mainly on legs. We will also look at handstands and ways in/out. This is a guide, and depending on what you bring to the class, it can change :-)

In this class we'll look at the level of technique that you have, what you need.

We'll look at energy-saving techniques, and injury prevention through training and prep training.

Prerequisite: Catchers (long arm either static or with a beat), Hiplock (lifting in through meathook Or using a beat- long arm).

Comfortable with at least 5 styles of climbing.

## **Hamish Tjoeng**

Dynamic action, Tempos, knots and hangs will be the order of the day.

## **Rope Creative**

### **Aedin Walsh**

Follow relevant level requirements if listed in workshop title.

In this class we will look at what you want to create on the rope, if you don't know, then don't worry you will find and make something here!

In this class I'll be using techniques from my own practice as a maker to guide you and give you ideas, everyone will make something that is their own. Be prepared to not be prepared. :-)

### **Hamish Tjoeng**

We will focus on exploration and play on the Rope, creating transitions in between tricks and discovering original material.

**\*\*Bring your favourite sequence of ticks to explore, a trick you loath, a prop (high heels/ hat/ hand bag/ sunglasses/ fruit/ cigarette etc...) and a short anecdote.\*\***

## **Russian Bar**



The Russian bar is a circus act which combines the gymnastic skills of the balance beam, the rebound tempo skills of trampoline and the swing handstands skills of the uneven bars and the parallel bars. The bar (or barre) itself is a flexible vaulting pole around 4 meters long, typically made of fibreglass.

Two bases, one at each end of the Russian bar, control the bar and the movements of the flyer, guiding him or her into tempo swings and transitional aerial moves. The flyer will prepare for the bar's catapult when the porters give a "ready" signal.

## **Beginners Russian Bar**

### **Scott Craig**

Trampolines are expensive - why not use a stick instead? Learn the basics of balancing, jumping and the most terrifying skill of all - trusting other people.

### **Tuyo Acrobats**

An introduction to this beautiful circus act. Learn how to stand and jump on the springy bar as a flyer and how to catch and balance your flyer as a base. Depending on experience and the relative sizes of flyers and bases we will aim to progress onto different mounts, shapes in the air and somersaults. All flyers will be on a safety line at all times.

Prerequisite: Previous experience as an acrobatic flyer/base, tumbling or trampoline will help but is not essential.

We would like all participants to try flying and basing.

## **Intermediate Russian Bar**

### **Scott Craig**

Learn how to exit the car crash at the gift shop and turn those ratty twists and flips into elegant and safe acts of gravitational defiance

## **Silks**

### **Silks Beginners**

#### **Aedin Walsh**

Come as you are, with motivation, passion, and a smile... oh, and close fitting clothing (preferably not synthetic ;-)

#### **Alex Hofgartner**

This class is open to complete beginners and those that have some understanding of silks. In this class Alex will cover basic climbs and basic foundation moves that can lead onto short sequences. These will include footlocks and hiplocks.

#### **Hannah Cryle**

Basic climbs, Footlocks, Hip locks and shapes.

#### **Jono Ayres**

Students will work on the fundamentals of beginners silks. Looking at commonly used climbs, inverting, and practicing foot locks and shapes that can be made from them.

#### **Stewart Watts**

In these workshops, we will look at basic beginners techniques including climbing, inverting, and different wraps, as well as beginners moves and transitions from these foundation positions. The class is suitable for first timers as well as those with a little experience wishing to progress further or build confidence.

**\*\*What to wear - longer, close fitting clothing is best, ensuring that the backs of the legs and arms are covered to avoid friction burns.\*\***

**\*\*Bare feet is best for climbing. No jewellery and long hair tied up.\*\***

### **Silks Int L1**

#### **Aedin Walsh**

In this class we'll look at the level of technique that you have, what you need. We'll look at energy-saving techniques, and injury prevention through training and prep training. And there'll be a nice drop of some description or two or more, depending on how we go :-)

This is a guide, and depending on what you bring to the class, it can change :-)

Prerequisite: Comfortable with footlock (Silks especially important), be able to get in and out of either catchers (short arm) OR hiplock (with or without beat) without stress.

Comfortable with at least 1 style of climbing.

#### **Alex Hofgartner**

A class aimed at those that are familiar and comfortable with footlocks and hiplocks. We will look at a variety of climbs as well as exploring some longer sequences, some involving straddling in the air and various footlocks.

#### **Jill Maio**

In this workshop we will build on your existing knowledge of aerial fabric/silks/tissu, enlarging your repertoire of climbs, wraps, holds, transitions and drops.

For students who have learned basic climbs on fabric or rope, and are familiar with straddle inversions and hip keys.

#### **Hazel Lam**

An intermediate class for people with good understanding of different locks and comfortable staying up in the air at different height. This workshop will be working on different way of ascending and descending the silks as extensions of the limbs.

#### **Hamish Tjoeng**

For those comfortable with Climbing, foot and hip lock. We will work on Climbs, wrapped shapes and inversions.

### **Silks Int L2**

#### **Aedin Walsh**

In this class we'll look at the level of technique that you have, what you need. We'll look at energy-saving techniques, and injury prevention through training and prep training. And there'll be a nice drop of some description or two or more, depending on how we go :-)

This is a guide, and depending on what you bring to the class, it can change :-)

Prerequisite: Confident with footlock. Be able to get in and out of catchers (short arm) AND hiplock (with or without beat) without stress.

Comfortable with at least 2/3 styles of climbing.

#### **Jamie-Lee McNaughton**

*'Climbs and Drops'*

Learning or improving technique for upright/ inverted climbs.

Learning drops e.g. drop to hocks, Candy Cane from cross-catchers, single open roll down.

Prerequisites:

You should be comfortable with climbing and inverting at height. You should also be familiar with hiplock, catchers (and/ or cross-catchers) and coming out of back balance safely (you don't need to hold back balance).

### **Jill Maio**

This workshop is for students who are comfortable with drops on aerial fabric/silks/tissu and can invert cleanly in the air throughout the hour-long class. We will build on your existing practice, and increase your repertoire of climbs, wraps, holds, transitions and drops.

### **Stewart Watts**

Pre-requisites: Students must be able to climb, invert from hanging, and be comfortable getting into and out of at least one inverted position e.g. catchers, cross-back straddle, double crochet.

### **Hamish Tjoeng**

For those who are comfortable ascending, descending and shimmying in between. You will learn exciting new tricks and further refine your technique.

**\*\*Please ensure you have adequate waist protection ie. full leotard, unitard, super high waisted track suit bottoms or similar.\*\***

## **Silks Advanced**

### **Jamie-Lee McNaughton**

*'Ways in and out of drops - Linking drops'*

E.g. Single open roll down, Candy Cane, drop to hocks, Saltos, Star rolls

Prerequisites: You should be comfortable with a version of at least 2 of the drops mentioned. You will ideally have a strong hiplock and back balance.

### **Kelsey Bell**

**Friday: 4.50pm** "Ankle drops"

Focusing on a variety of ankle drops.

Prerequisite: Must be comfortable in double and single ankle hangs and working from the top of the silks.

**Saturday: 11.30am & Sunday 11.50am** "Split silk choreography"

Prerequisite: Must be comfortable sequencing moves (i.e. stamina for 3-4 move combos). We will be working towards angel roll ups within this choreography.

**Saturday: 2.40pm & Sunday:** "Drops Drops Drops"

We will be working on cleaning familiar drops and adding to them.

Prerequisite: comfortable doing a double star (curly wirly), a salto, and ankle drops. This means working with a lot of height.

### **Susanne Preissler**

**Friday: 12.50pm & Saturday 10.40am** "Rock & Roll"

We will focus on "power moves" that require a lot of strength as well as little flips and rolls to mix it up a bit and give our hard working muscles a break.

Prerequisite: This is a workshop for advanced aerialists. You should be able to switch from meathook right to meathook left (windscreen wipers) and pull up from an extended "skin the cat".

**Friday: 3.40pm & Saturday: 1.30pm** "Conditioning for Sequencing"

Obviously we all include conditioning in our training but have you ever used your conditioning moves as transitions between tricks in order to build sequences? Let's find out how far we can take this and learn each others conditioning exercises while we're at it.

## **Static Cloud**

### **Cloud Beginners**

**Caitlin Murphy**

Participants need to have attended aerial circus classes previously and be able to get on a trapeze/ static cloud without little to no assistance.

Don't worry if you've been before, Caitlin has plenty of new tricks up her sleeve!

### **Cloud Intermediate**

**Caitlin Murphy**

Participants should be able to climb a rope and feel comfortable inverting and being in the air.

**\*\*We will be twisting and turning so make sure you bring sleeves!\*\***

Prerequisite: Cloud experience is preferable but not necessary.

## **Spanish Web**

### **Open Level**

**Jono Ayres**

Students will have the opportunity to spin and be spun by each other while looking at some basic shapes and sequences to make while spinning.

**\*\*Hand loops can be sore, so something to cover wrists is advised.\*\***

## **Straps**

### **Straps Beginners**

**Ross Taylor**

We will look at understanding foundational strength and positions that will build up a strong base for straps skill development. We will also look at spinning and explore effective methods to build momentum and work towards flairs.

**Hamish Tjoeng**

Straps are two thin lengths of material that are wrapped around the wrists (similar to Gymnastic Rings). This beginner class will introduce you to the basic techniques. A

decent amount of strength and flexibility is required and experience in other aerial disciplines is preferred.

**\*\*Please bring some wrist protection eg. tuby grip or thick cotton bandage.\*\***

### **Straps Int L1**

**Hamish Tjoeng**

Intermediate 1 Straps will build further on technique & conditioning for specific tricks on the Straps. Prerequisite: Only for those with previous Straps experience

### **Strength Training (A different kind)**

#### **Open Level**

**Alexander Vantournhout**

This class will be focused on neuromuscular efficiency in strength training. I will introduce familiar exercise like a pull-up, or push-up with an adjustment that will challenge the coordination, sharpen the muscles... In the end, it is more about coordination of the muscle in a 'difficult action/position' rather than about strength training.

Furthermore, 10-12 repetitions of every exercise is out dated. We will also redefine strength? Speed-strength, strength endurance, strength speed... and adapt to what is needed to every individual.

## **Stretch**

#### **Open Level**

**Aedin Walsh**

This class draws on both my experience with yoga as a part of my training, and as a masseuse, working with providing information on healthy stretching- when and how to stretch, for what etc. We will work with stretching both dynamically and passively.

## **Teeterboard**

#### **Teeterboard Beginners**

**Dannick Chollet**

Teeterboard is an extremely fun but extremely rare class to come across, and unless you're in a circus degree course, this may be your only chance to have a play on this unique bit of kit.

How it works:

A Teeterboard is a flexible see-saw. A flyer stands on one end, claps their legs and waits for two pushers to run and jump on the other end. Much like a trampoline, the resulting jump gives you lots of height to play with. You will learn different shapes and/or somersaults in the air before landing on a mat behind you.

Safety and who can try:

Safety lines will be used at all times, allowing you to experience what it's like to be a crazy flyer without any danger. We have been running beginner classes in Teeterboard for just over 10yrs and are very good at keeping even the most nervous beginner safe, so you can relax and just have fun. As a result this class is open to everybody, irrespective of your acrobatic experience.

**\*\*You will need to bring shoes that are not too big and bulky (ones that you'd be okay jumping on trampoline in). \*\***

### **Tuyo Acrobats**

Learn the basics of Springboard Acrobatics. Correct technique and timing for jumps and somersaults from the teeterboard.

Teeterboard is a group act and we would like everyone to try all the different roles involved. Previous experience as an acrobatic flyer/base, tumbling or trampoline will help but is not essential.

Prerequisite: Everyone welcome!

### **Teeterboard Intermediate**

#### **Dannick Chollet**

For students who have had previous teeterboard experience

## **Trampoline**

### **Beginners**

#### **Simon Chick**

Jumping/stopping

Shape, twisting and landing skills

Linking and twisting landing and shape skills

Additional circus development

Somersault preparation and execution.

#### **Joel Leon Benitez**

Starting from the absolute beginning. Getting comfortable with the bounce, working on correct jumping style and shapes in the air. Basic turns and moves.

Prerequisite: If you've never or rarely been on a trampoline before, this is the class for you!

### **Intermediate**

#### **Simon Chick**

Linking Somersaults

Transfers

Wall walking

Aerial twist development for somersaulting

Pairs and group exercises (people juggling/Kipping/catching etc.)

#### **Joel Leon Benitez**

During the workshop we will aim to improve somersault technique, look at different

somersault shapes and basic twisting moves in and out of back drop and seat drop.  
Prerequisite: Participants should be able to perform a tuck back somersault on trampoline unaided and with a set and be confident with front and back drops

### **Intermediate Level 2/Advanced**

**Simon Chick**

Transfer development

Multiple twisting Somersaults

Double somersault preparation

Linking the above

Circus additions (hula/handstands/wall walking variations & performance development)

## **Trapeze**

### **Trapeze Beginners**

**Hannah Cryle**

Focusing on tricks with 3 (or more) points of contact on the trapeze.

**Chiara Zubiani**

This class is specific for students who are at the first steps with trapeze; either completely beginners or people who have recently approached to the discipline.

**Angela Kirkpatrick**

Friday: Working on alternative and fun ways to get on and off the trapeze.

Prerequisite: No prior experience needed.

Saturday: Front balance, working on ways into front balance and moves from front balance.

Prerequisite: Ideally comfortable getting on and off a trapeze already.

Sunday: Gazelles, working on different ways into gazelle and moves from gazelle.

Prerequisite: No prior experience needed.

### **Trapeze Int L1**

**Chiara Zubiani**

This class is addressed to students who would like to learn more moves and improve their technical level on trapeze.

Prerequisite: A good knowledge of beginners' trapeze moves and positions is required to join this class.

### **Trapeze Int L2**

**Hannah Cryle**

Focus on Toe Hangs, Heel hangs, Planches as well as drops (sit to clicks, back balance to knees, standing to single knee)

**Jono Ayres**

This class will be looking at static positions like toe hangs, heel hangs, ankle hangs, etc and also dynamic movements around the bar.

### **Chiara Zubiani**

This class is addressed to students who have a good knowledge of trapeze moves and would like to progress on an higher level.

### **Trapeze Creative Intermediate**

#### **Chiara Zubiani**

In this class we will be approaching creation both from a conceptual and a technical point of view. The class is addressed to both people who already have an idea in process or people who would like to start creating material on the equipment. Prerequisite: An intermediate trapeze level is required to join this class.

### **Trapeze Advanced**

#### **Hannah Cryle**

Focus on dynamic moves. Tombes, roll downs, hip circles etc.

#### **Jono Ayres**

Friday: Class will look at dynamic, static, and advanced sequences on the trapeze. Students should be comfortable with beats, ankles, heels and toe hangs.

**\*\*Gaitors/trapeze boots advised\*\***

Saturday: Class will look at dynamic catch and release tricks. Working with hanging beats and hocks beats.

#### **Juliette Hardy**

Students should have a good understanding of dynamics as well as good and confident level of static trapeze.

**\*\*6 students max**

#### **Chiara Zubiani**

This class is addressed to advanced students who already have a good technical level and are looking to improve their technique and / or learn more high level trapeze tricks.

#### **Scott Craig**

An adventure in biomechanics, we'll be exploring the impossible and unnecessary with an emphasis on twisting and flipping. Bring a spare pair of undies.

#### **Tuyo**

This class will work release and catch tricks on the safety line and look at ways of training the tricks off the line in your own practise space. Please come along with any tricks you are working on otherwise we have several ideas!

PLEASE experienced trapeze artists only. You must be able to pull over to front support at will and take the legs overhead from sitting on the bar with ease plus you should be very comfortable with ankle drops

### **Trapeze Creative Advanced**

#### **Chiara Zubiani**

This class is specific for people who already have a routine / act in progress or who would like to create one.

Prerequisite: An advanced trapeze level is required to join this class.

### **Doubles Trapeze Beginners**

#### **Hang Aerial**

Doubles moves that don't rely on the tradition of strong base lifting light flyer but explore counter weight and swapping the roles of base/flyer

**\*\*Come on your own or with a partner\*\***

Prerequisite: No doubles experience needed but good level of singles experience because you will be responsible for someone else's weight/safety as well as your own

## **Tumbling**

### **Tumbling Beginners**

#### **Lauren Hendry**

Rolls, cartwheels and handstands- and developing links between them

#### **Joel Leon Benitez**

Starting with basic jumps and rolls and progressing onto cartwheels, linking basic tumbling movements together. How to progress onto dive rolls, handsprings and somersaults.

Prerequisite: Absolute beginners welcome!

### **Tumbling Intermediate**

#### **Joel Leon Benitez**

The workshop will focus on checking/correcting basic technique, linking tumbling moves and work on back flics and somersaults.

Prerequisite: Experience is essential. Participants should be confident performing a handspring unsupported or with a very light support.

## **Yoga**

### **Open Level**

#### **Suzie Q**

Get your body prepared for a full day of aerial and acro by starting the day with a yoga class to mobilise your joints, loosen your muscles and clear your mind (mini foot rub included!)