

## **Introduction to juggling, equilibristics and other circus techniques**

**Federico Menini**

### **COURSE DESCRIPTION:**

The students will learn the necessary skills and techniques to master some elements of juggling and equilibristics and acquire coordination and individual and group creativity by learning and perfecting the different juggling and equilibristics techniques (to be implemented later according to the interests of each student: leisure, theatre, dance, mime, physical education, teaching, etc.)

### **OBJECTIVES:**

Teaching the students the necessary skills and techniques to master some elements of juggling and equilibristics. Acquiring coordination and individual and group creativity by learning and perfecting the different juggling and equilibristics techniques (to be implemented later according to the interests of each student: leisure, theatre, dance, mime, physical education, teaching, etc.)

### **CONTENTS:**

Circus techniques (which comprise the art of juggling, equilibristics and balloon twisting) can be classified according to content:

- Specific warm-up and stretches for juggling
- Coordination and dissociation games
- Manufacture of juggling elements
- Introduction to the use of balls, juggling clubs, hoops, discus, devil sticks, plate spinning, bouncing balls and all the other elements of juggling
- Initiation to contact, juggling with objects, manipulation with everyday objects (pens, spoons, toothbrushes, pillows, trays)
- Equibristics: use of equilibrium balls; physical basics on tightrope walking, stilts, rola bola, unicycle, freestanding ladder, etc.
- Introduction to balloon twisting (making figures with balloons) and how to apply it to juggling.
- Creation of routines and small circus numbers based on a music piece of their choice (for the last session).

Contents are open, new proposals depending on the students' preferences and motivations will be taken into account. The sessions consist of a technical introduction part first, followed by video screenings (when necessary), practical explanations and students' practice.

### **ADDRESSED TO:**

**Anyone interested in learning the basics of circus techniques.**

## HOUR BREAKDOWN

- From 02 to 25 March 2017
- Thursdays from 5 to 7 p.m.
- 10 sessions (20 hours)
- 20 ESI hours

É March: 2, 9, 16, 23 and 30

É April: 6

É May: 4, 11, 18 and 25

VENUE: UA Sports Centre (tatami room)

### PLEASE NOTE

IN ORDER TO OBTAIN THE COURSE CERTIFICATE, STUDENTS  
MUST:

\*ATTEND AT LEAST 80% OF TOTAL COURSE HOURS

\*HAVE PAID FOR COURSE FEES

\*COMPLETE COURSE SATISFACTION SURVEY