

SpunOut 2023 Workshop Descriptions

Friday - Night

Introduction to Fire

<i>Workshop Prop:</i>	Fire Eating Sticks
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Have you ever played with fire before? Touched it? Tasted it? Come to this workshop and experience fire up close! Perfect for those who haven't had any hands-on experience with fire and are new to the fire spinning community.

Flint & Steel Fire lighting

<i>Workshop Prop:</i>	Flint and Steel
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Learn how to use a flint and steel to light a fire. So old.

Gas Fire Bubbles

<i>Workshop Prop:</i>	Bubbles. Gas. Fire.
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	No sleeves. Bare arms only.
<i>Workshop Description:</i>	Bubbles! Fire! Flammable gas! Let's combine them all and play some fun group games! Like setting a new world record...

Advanced Fire Eating

<i>Workshop Prop:</i>	Fire Eating Torches
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	Solid understanding of fire eating technique and safety.
<i>Workshop Description:</i>	Advanced fire eating workshop, for all proficient fire eaters to expand on their skills and build new combinations.

Saturday - Morning

Ribbon Dance

Workshop Prop:

Gymnastic Ribbon Technique

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

All levels juggling jam. Starting with a ground up (then usually back to ground) introduction to juggling for those who've never tried. There will also be plenty for you if you've started learning and not sure of the next step, or at an intermediate level looking for new tricks to learn.

Begin to Spin Poi

Workshop Prop:

Poi

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

Never picked up poi before? Then start here! Learn the basic skills you'll need to take on 3 beat weaves and windmills.

Beginner Hammock

Workshop Prop:

Hammock

Skill Level:

Beginner

Participant Requirements:

Sign up at rego desk

Workshop Description:

Beginner Hammock session, aimed for participants with no experience level.

Juggling, or trying to anyway

Workshop Prop:

Juggling Balls

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Juggling! How do I start? How do I practice? How do I progress to more fun tricks? If you have any idea please come along and tell me. I'll be trying to teach those things regardless, including the basics for beginners and the next steps for those who can juggle and want more tricks to learn.

Beginner Contact Juggling

<i>Workshop Prop:</i>	Contact Juggling Ball
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Come along and learn the basics of contact juggling. We'll cover how to hold the ball, basic techniques, how to build up a library of moves and how to practise at home. There will be a limited number of balls provided but these workshops are often quite full so, if you have or can borrow a hard juggling ball of any kind, it's usually worth bringing it.

Learn to Unicycle

<i>Workshop Prop:</i>	Unicycles
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Learn to unicycle, no experience required. Don't fear falling; the unicycle does that, not you. Get the basics of how to mount and get going on a unicycle, with pointers and examples of how to start moving and stay upright

Russian fan basics and variations

<i>Workshop Prop:</i>	Large ring Fans
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	The foundational tricks for fans and some variations of them.

Advanced Dragonstaff

<i>Workshop Prop:</i>	Dragon Staff
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	In this workshop we will cover translations with dragonstaff as well as linking large moves and plane control.

Intro to Puppy-hammer

Workshop Prop:

Puppy Hammer

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

It's a meteor! It's a rope dart! No, it's puppy-hammer! We'll be learning the very basics of puppy-hammer, including trying out it's several "modes" as well as some tips on flow for anyone with prior experience.

Henna making and application

Workshop Prop:

Henna

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Making of henna and application! You can draw on yourself and your friends and have temporary tattoos for the weekend!

Iaido/Sword

Workshop Prop:

Sword

Skill Level:

Intermediate

Participant Requirements:

Bring your sword

Workshop Description:

How you draw and sheathe your sword is super important. Lets learn how!

Card Throwing

Workshop Prop:

Playing Cards

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Come learn how to throw cards like Gambit! Fun and casual workshop for all levels :)

Beginner Staff

Workshop Prop:

Staff

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

An introduction to staff spinning. I will break down all the things I think are needed to find your flow with spin staff.

Hooping Basics with Variations

<i>Workshop Prop:</i>	Hula Hoops
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Foundational hooping tricks and harder variations

Intermediate Hammock

<i>Workshop Prop:</i>	Hammock
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Sign up at Rego Desk
<i>Workshop Description:</i>	Intermediate hammock, for those with basic experience and wanting to further extend their skills and knowledge in hammock.

Throws, Drops, Slides & Glides

<i>Workshop Prop:</i>	Fire Fans
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Abbie will guide you through the different types of throws and spins that you can use to create beautiful patterns in the air. This class will introduce the tech fan grid and good baseline for expanding your way of thinking how to manipulate your fan and add a little flair to your spinning. Don't be afraid to throw caution to the wind and try something new!

Axe Throwing

<i>Workshop Prop:</i>	Axes
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	Sign Up at Rego Desk
<i>Workshop Description:</i>	Learn how to fling steel in a fun, safe and impressive way.

Introducing wheel

Workshop Prop:

Gym/German Wheel

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Have you tried German Wheel? Join us for a casual introduction to the wheel. Learn to rock and roll. You may even get to go upside down! Beginner skills are suitable for anyone. You will learn basics that work for your body type, fitness and daredevil rating. Any questions go to www.perthwheel.com

Train Your Dragon

Workshop Prop:

Dragon Staff

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

Fundamental moves that every beginner should start with. The workshop focuses understanding terminology, framework and moves such as Superman's, chi rolls, and triquetras as well as fun beginner and entry moves. Come and learn how to "Dragon Train" for the fire jam!

Double Contact Staff

Workshop Prop:

Double Contact Staff

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

I have a suite of double contact to share. There are typically few enough people attending that I can split the class and have something for everyone.

Twin hoop Basics

Workshop Prop:

Hula Hoops x2

Skill Level:

Intermediate

Participant Requirements:

Bring your hoops

Workshop Description:

Learn about the basics of twin hooping including weaves, on and off body hooping, one hand two hoops. Also we cant forget the ever loved and favourite move "the goddess machine".

The Art of Performance

Workshop Prop:

Your Mind

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Exhilarating for some, terrifying for others – performing is all about captivating your audience while telling a story. In this workshop we'll be exploring techniques to help you improve your stage presence, bolster confidence, and establish your own style (bring your favourite prop if you have one but not essential). Dennis has been performing on stage for an embarrassingly long time and is eager to share his knowledge with you. Let's make the hard look easy, and the easy, look beautiful.

Saturday - Afternoon

Poi: extended cut

<i>Workshop Prop:</i>	Poi
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Need to be proficient with the basics of poi
<i>Workshop Description:</i>	Have you mastered the basics of poi but are wondering "how can I get even more dizzy?" Welcome to the wonderful world of poi extensions. This class will be focused on learning a combination of intermediate moves and on learning the basics of poi extensions.

Beginner Contact Staff

<i>Workshop Prop:</i>	Contact Staff
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	This workshop covers beginner-level contact staff tricks. These include: Neck-wraps, hand wraps, Halo, Wings, Pressure placements, pressure weaves, Stalls.

Chi variations and rotors

<i>Workshop Prop:</i>	Dragon Staff
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Chi rolls variations such as isolations and backwards chi. Rotors and making the staff do fun loopdy loops!

Screen Printing (Dining Hall)

<i>Workshop Prop:</i>	Paints and screens
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	Bring your own, new, cotton t-shirt
<i>Workshop Description:</i>	You will learn how to create a screen print of the SpunOut logo on your very own t-shirt.

Cats-cradle string figures

<i>Workshop Prop:</i>	String
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Learn string games and simple shapes that can be made with a loop of string. For those who know the basics, Clare will challenge you with harder shapes. Sharing string games with all your friends is totally encouraged.

Air Steps!

<i>Workshop Prop:</i>	Your Body
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	In the swing dance world we have plenty of moves that fly through the air. We call these air steps. These aerials are dynamic and use momentum and technique to create acrobatic movements that leave the ground, spin and flip and land again in the blink of of an eye. For this workshop I will choose a range of moves suitable for beginners, intermediate and advanced peeps.

Dragon 9000

<i>Workshop Prop:</i>	Dragon Staff
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Basic skills with a dragon staff
<i>Workshop Description:</i>	Let's enter the Matrix! This workshop will focus on how to tame the dragon. Lesson includes, traps, entillators, matrices & palm spins all to help condition you to being able to have control of the dragon with one arm at a time.

Patterns and transitions

<i>Workshop Prop:</i>	Poi
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	Caps/basic flowers
<i>Workshop Description:</i>	Looking to do a bit of a deep dive into some more advanced poi patterns and transitions between them and to show some of the more abstract patterns you might not have come across in your flow journey.

Bold Basics for Pole

Workshop Prop:

Pole

Skill Level:

Beginner

Participant Requirements:

Sign Up at Rego Desk

Workshop Description:

This workshop will teach basic pole moves culminating in a combo, and discuss techniques to perform your basics confidently.

Cardistry Foundations

Workshop Prop:

Playing Cards

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

Have you ever wanted to shuffle cards in a more impressive and less efficient way? We'll be learning all about the fundamentals of card flourishing and a few flashy moves to keep your hands busy.

Choreography and musicality

Workshop Prop:

Your body

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

After 10 years of performing and competing in the Swing Dancing work, and even longer performing in fire and circus arts, I have a few tips and tricks that I use when I want to produce an act that captivates an audience. In this workshop I'll share plenty of personal stories about audiences, performers, choreography, musicality and storytelling as well as asking for input from any other performers in the session about what has worked well (and what as not). If you want to produce a memorable performance, act, show or even just want to add something extra into your jamming and flow play, this workshop is for you.

Sword Flow

<i>Workshop Prop:</i>	Sword
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	How to move with your sword. It's not an axe.

Beginner Double Staff

<i>Workshop Prop:</i>	Staff x2
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Building base knowledge on double staff movements and tricks. We will be covering plane control, spin direction, different timings and create a sequence to sync up both hands. You do not need to know how to spin single staff to join this class.

Inverting for Pole

<i>Workshop Prop:</i>	Pole
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Understanding of pole basics
<i>Workshop Description:</i>	This workshop is for high beginner to low intermediate polers looking for ways to strengthen their inverts and explore alternative techniques for inverting up the pole. Students will preferably have a basic understanding and proficiency with climbs and jamilla.

Adv Fire – Be the best Safety

Workshop Prop:

You

Skill Level:

Advanced

Participant Requirements:

Have attend the General Safety Workshop twice previously

Workshop Description:

Lighting something on fire? You should have a safety. This is a deep dive into what makes a good fire safety. It's more than being able to smother a fire prop. It involves experience, attention to detail, being proactive, ability to handle fire, crowd control, managing hot props, vapour control, fuel management, communication skills, SAVP, fuelling procedures, different requirements at different venues/amount of fire performers, risk assessment (hierarchy of controls - elimination, substitution, engineering, administrative, PPE), making sure performers are being safe.
Also, what NOT to do.

Saturday - Night

Beginner Fire Eating

Workshop Prop:

Fire Eating Wands

Skill Level:

Beginner

Participant Requirements:

Have attended Intro to Fire Previously

Workshop Description:

Introduction to fire eating starting at the most basic level getting you familiar with the feeling of the heat and flame expanding on the introduction to fire workshop.

Virgin Burn Space

Workshop Prop:

Whatever you want to use for the first time

Skill Level:

Beginner

Participant Requirements:

Have attended "Intro to Fire" and "Fire Safety" previously

Do you want to use fire, but aren't quite sure if you're ready? Come have a spin with us, and you'll get 1-on-1 supervision while you light up for the first time!

Sunday starts on the next page.

Sunday - Morning

Beginner Angel Wings

<i>Workshop Prop:</i>	Angel Wings
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	New Workshop: never seen at Spun out before! Learn how to flow with beautiful angel wings! We will be learning the foundations of wing movements and technique (Waves, weaves, tracers, turns, etc). Also, how to coordinate leg and body movement with your wings so you look amazing while flowing with them.

Intro to Rope Dart

<i>Workshop Prop:</i>	Rope Dart
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	The fundamentals of dart. Building from how to tie it to you the terminology I will use and going from there. We will cover planes different types of shots and finish off with a few fancy shots. This will lead into intermediate dart.

My Favourite Staff Combos

<i>Workshop Prop:</i>	Staff
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Participants must be comfortable spinning a staff and have some basic flow.
<i>Workshop Description:</i>	If you want to challenge your spinning skills, have a go at learning some of these intermediate staff skills! Then level up by flowing them all together into these epic combinations that I love :D Learning someone else's sequences is a fantastic way to break out of your own habits. *There will be a combination of flow, tech, throws and contact moves.

Beginner Lyra

Workshop Prop:

Lyra

Skill Level:

Beginner

Participant Requirements:

Sign Up at Rego Desk

Workshop Description:

Beginner aerial hoop - come learn how to get your feet off the ground and upside down in the world of aerial hoop.

Clubs! Picking up and throwing them

Workshop Prop:

Clubs

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

You'll spend plenty of time picking them up so let's make that interesting. Then spin control and spin variations, which won't be interesting. We'll cover things for both beginner club jugglers and those looking for a next step.

Floor-work (Octopus legs: Your inner cephalopod)

Workshop Prop:

Body

Skill Level:

Beginner

Participant Requirements:

None

Workshop Description:

Coming to SpunOut 2023 by...demand, the class explores some of the wavier, slinkier elements of floor-work.

Stilt Walking

Workshop Prop:

Stilts

Skill Level:

Intermediate

Participant Requirements:

Must not be afraid of heights

Workshop Description:

Intermediate: So, you can balance on stilts... but can you make it look good? Includes instruction on correct falling technique.

Partner Poi

Workshop Prop:

Poi

Skill Level:

All Levels

Participant Requirements:

Basic level poi skills

Workshop Description:

We will cover a few introductory interlocking tricks rather than shared patterns / tunnelling.

Unlock Antispin Tech

Workshop Prop:

Fire Fans

Skill Level:

Beginner

Participant Requirements:

Basic Fan Skills

Workshop Description:

This workshop seamlessly blends footwork with mesmerising flower pattern combinations, opening up an exciting realm for your fan flow. Abii will guide you through the artistry of wall plane anti-spin three-point flowers and demonstrate how to effortlessly integrate them with easy hybrid patterns. These dynamic combinations are guaranteed to elevate your spinning prowess, offering boundless opportunities for crafting mesmerising patterns.

Double Time

Workshop Prop:

Double Staff

Skill Level:

Intermediate

Participant Requirements:

None

Workshop Description:

While expanding the fundamentals of beginner spinning concepts, Kraken will refresh you with her preferred way to hold a set of doubles. Quickly moving on to anti-spins & hybrid patterns after learning the framework of the double staff grid. You better know how to reach that arm to the other side of your hip because she'll teach you a BTB (behind the back) pattern that's simple but effective. Finishing off with pentagrams, throws & pirouettes Kraken will take you from tech tree, to flowing free.

Fan Choreography

Workshop Prop:

Fire Fans

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Learn a fan choreography for a fire performance in the Renegade show! We've had some great performances over the last few years – It's always an upbeat, awesome and fun time!

Confident Contact Staff

Workshop Prop:

Contact Staff

Skill Level:

Intermediate

Participant Requirements:

None

Workshop Description:

Different pinch points and movements to help contact staffers keep their prop connected to their body with better ease. Explore ways to be confident while flowing with a staff that doesn't involve your hands (particular shoulder/neck pinches, on the back & back of the neck and pathways in & out of those movements)

Poi Throws: Just chuck 'em

Workshop Prop:

Poi

Skill Level:

Intermediate

Participant Requirements:

Intermediate poi skills, your own poi with grip handles if you have them (limited number will be provided)

Workshop Description:

Many of my friends say the best thing you can do with poi is throwing them away, and I agree! In this workshop you'll learn several simple throws and how to use some in a combination.

Intermediate Lyra

Workshop Prop:

Lyra

Skill Level:

Intermediate

Participant Requirements:

Sign Up at Rego Desk

Workshop Description:

Intermediate aerial hoop, those with basic experience wanting to expand on new skills and knowledge. Must be able to mount the hoop without jumping/assistance

Axe Throwing

Workshop Prop:

Axe

Skill Level:

All Levels

Participant Requirements:

Sign Up at Rego Desk

Workshop Description:

Learn how to fling steel in a fun, safe and impressive way.

Fire Performance Safety

Workshop Prop:

Your Mind

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

You played with fire in the fire circle, right? But are you prepared for stage time? There are a few things you should know before the show. It's important because we want to make sure that individuals who have established careers in the industry don't face any setbacks. It's okay if you're new or experienced, Kraken will cover topics such as trade secrets, costuming, hair & makeup, all specifically related to fire performances. This workshop will also cover how to perform with fire in small spaces, audience management, and understanding venues and their indoor and outdoor limitations. It's crucial that you can explain all of these aspects to both your fire safety personnel and clients. Therefore, it's recommended that you carry a notepad to ensure that you can present yourself in the best possible light to your consumers.

Creative Movement Practices

Workshop Prop:

Bring a prop or not

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

This workshop is for anyone who's interested in ideas and explorations that will help unlock new movement pathways that can, but don't necessarily have to relate to your flow arts practice.

Breaks, Paddles & Escalators

<i>Workshop Prop:</i>	Hula Hoop
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	Solid single hoop skills
<i>Workshop Description:</i>	Learn break and paddle variations and different forms of escalators.

Advanced Fire Fan Fountains

<i>Workshop Prop:</i>	Fire Fans
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	Foundations of hip reels and hand spins an advantage
<i>Workshop Description:</i>	Calling all fans of fire fans! This workshop promises to be a fan-tastic experience where you can learn some stunning fountain patterns. Challenge yourself and bring your fan skill to the next level! All the foundation moves will be taught from the beginning, so there will be something to learn for everyone.

All locked up

<i>Workshop Prop:</i>	Contact Staff
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	An introduction to pressure weaves, locks and stalls.

Beginner Whip Workshop

<i>Workshop Prop:</i>	Whips
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	Thick clothing is recommended, and if you have glasses/eye protection please bring with you.
<i>Workshop Description:</i>	Learn how to crack whips so you can add emphasis to anything you say.

Sunday – Afternoon

Beginner Handstands

<i>Workshop Prop:</i>	Hands
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	It has been said that there are two skills every circus artist should train. Juggling and handstands! As well as being a great skill to have it also improves your spacial awareness (incredibly important in things like partner acro and aerials) and conditioning (who doesn't want abs?). This workshop will start with absolute beginner technique and skills to start you off. Then we will have some fun and go through a few drills and conditioning games to finish off the session.

Intermediate Whip

Workshop

<i>Workshop Prop:</i>	Whips
<i>Skill Level:</i>	Intermediate
<i>Participant Requirements:</i>	Thick clothing is recommended, and if you have glasses/eye protection please bring with you.
<i>Workshop Description:</i>	Whip combo's and flow

Isolation variations

<i>Workshop Prop:</i>	Hoop
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Join us to expand on your hoop isolation knowledge. In the workshop we will cover moves like ghosting, iso pops, cats eyes, flowers plus more!

Screen Printing (Dining Hall)

<i>Workshop Prop:</i>	Paints and screens
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	Bring your own, new, cotton t-shirt
<i>Workshop Description:</i>	You will learn how to create a screen print of the SpunOut logo on your very own t-shirt.

Contact Juggling: Making it pretty

<i>Workshop Prop:</i>	Contact Juggling Ball
<i>Skill Level:</i>	Beginner/Intermediate
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	This workshop will build on the skills we learned in the beginner workshop. We'll take what we've learned and refine it and look at ways of improving form, look, feel and making it all pretty. This workshop is appropriate for beginners or Intermediate practitioners looking to improve the look of their CJ. There will be a limited number of balls provided but these workshops are often quite full so, if you have or can borrow a hard juggling ball of any kind, it's usually worth bringing it.

Partner Acrobatics Fun

<i>Workshop Prop:</i>	Your Body
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	Come learn to fly and lift up your friends! Find your balance, get into your flow, and surprise yourself with what you can do. No partner or previous experience required, just come as you are to share in the fun!

Advanced Contact Staff

<i>Workshop Prop:</i>	Contact Staff
<i>Skill Level:</i>	Advanced
<i>Participant Requirements:</i>	Have solid understanding of contact staff
<i>Workshop Description:</i>	I'll definitely go over Devil's rolls and linking angel rolls. There will also be other... advanced... stuff.

Hoop-ography: Hoop Dance

Workshop Prop:

Hoop

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

Let's hoop dance together!

This art form promotes a sense of mindfulness, self-expression, and joy in movement. Abbie will focus on a number of tricks combined with choreography for a single hula hoop. Join Abbie Allora for a dynamic hoop routine to one of her Dua Lipa Favourites – hair flicks may be encouraged. There might also be a renegade possibility...

Rope Dart Knots

Workshop Prop:

Rope Dart

Skill Level:

Intermediate

Participant Requirements:

Have attended the beginner workshop

Workshop Description:

We will be expanding on the basics of rope dart. Looking at dragon and scorpion wraps plus overlord and a few ways to utilise them.

The Shape of Cardistry

Workshop Prop:

Playing Cards

Skill Level:

All Levels

Participant Requirements:

None

Workshop Description:

In this workshop we'll learn several flourishes (chains of cardistry moves that flow well together) which will each focus on different shape displays. If you've attended the foundations workshop you'll have an easier time, but each flourish will be taught from the ground up so you should be able to follow along regardless.