

SpunOut 2023 Workshop Descriptions

Saturday - Morning

Ribbon Dance

<i>Workshop Prop:</i>	Gymnastic Ribbon Technique
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	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

<i>Workshop Prop:</i>	Poi
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	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

<i>Workshop Prop:</i>	Hammock
<i>Skill Level:</i>	Beginner
<i>Participant Requirements:</i>	Sign up at rego desk
<i>Workshop Description:</i>	Beginner Hammock session, aimed for participants with no experience level.

Juggling, or trying to anyway

<i>Workshop Prop:</i>	Juggling Balls
<i>Skill Level:</i>	All Levels
<i>Participant Requirements:</i>	None
<i>Workshop Description:</i>	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 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!