

SpunOut 2023 Workshop Descriptions

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. Abbi 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

| | |
|----------------------------------|---|
| <i>Workshop Prop:</i> | Axe |
| <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. |

Fire Performance Safety

| | |
|----------------------------------|--|
| <i>Workshop Prop:</i> | Your Mind |
| <i>Skill Level:</i> | All Levels |
| <i>Participant Requirements:</i> | None |
| <i>Workshop Description:</i> | 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

| | |
|----------------------------------|---|
| <i>Workshop Prop:</i> | Bring a prop or not |
| <i>Skill Level:</i> | All Levels |
| <i>Participant Requirements:</i> | None |
| <i>Workshop Description:</i> | 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.