

SpunOut 2024 Workshop Descriptions

Saturday Morning

Pilates and Play

Workshop Prop: Your Body

Skill Level: All Levels

Participant requirements: -

Workshop Description: Be free and powerful in your movement, discover a super saiyan core of your being, feel good.

This is how I roll

Workshop Prop: Dragon Staff

Skill Level: Beginner

Participant requirements:

Workshop Description: Starting with some basic techniques to get the dragon staff moving around our body, we will work our way up to covering at least a few of the practically countless chi rolls that dragon staff has to offer.

Poi - Butterfly and Other Basics

Workshop Prop: Poi

Skill Level: Beginner

Participant requirements: Courage

Workshop Description: Does poi give you butterflies? Good, please carry on. If it doesn't though this is the workshop for you!
We'll cover butterflies, various alterations to the trick, and other beginning poi techniques.

Intro to Puppyhammer

Workshop Prop: PuppyHammer

Skill Level: Beginner

Participant requirements: -

Workshop Description: It's a meteor! It's a rope dart! No, it's puppyhammer!
We'll be learning the very basics of puppyhammer, including trying out it's several "modes" as well as some tips on flow.

Contact Juggling basics

Workshop Prop: Contact Juggling Balls

Skill Level: All levels

Participant requirements: -

Workshop Description: Come learn to spin pretty balls like a pro, no matter what your skill level you should be able to leave with at least one trick under your belt and a good basis of understanding to carry it forward to more advanced moves.

Life is better upside down

Workshop Prop: Your Body

Skill Level: All Levels

Participant requirements: -

Workshop Description: Handstands are fun and everyone should do it

Learning to balance on your hands seems like a skill for people that don't care about their wrists. But with the right drills and basic guidance, handstands could be the perfect addition to your performing skills set.

Learn some great warm up drills to save your wrists and get your shoulders and core handstand ready.

The workshop will teach you how to get out of a handstand injury free and how to make the wall your best free training accessory. No fear makes it more fun for everyone.

Even if you are a pro hand balancer - come along for a play. Upside down is happy time

Beginner Fire Fans

Workshop Prop: Fire Fans

Skill Level: Beginner

Participant requirements: -

Workshop Description: Learn all the basics you need to get started on your fan journey!

Intro to Juggling

Workshop Prop: Juggling Balls

Skill Level: Beginner

Participant requirements: -

Workshop Description: What do you mean you don't know how to juggle? I thought you were a circus person? You'd best come along to this workshop then because that's just ridiculous. We'll get you juggling in no time - from 0 to 3 in 1 hour flat. If you can find a better juggling workshop, we'll beat it by 10%.

Intro to Burlesque

Workshop Prop: Your Body

Skill Level: All Levels

Participant requirements: -

Workshop Description: Join us for an Intro to Burlesque dance class, where we'll look at some fundamental burlesque moves as we add a vintage twist to a classic Britney Spears hit!

Henna application

Workshop Prop: Henna Tubes

Skill Level: All Levels

Participant requirements: -

Workshop Description: The art of henna has been practiced for 1000s of years. Learn to apply henna onto skin and create patterns. Wear clothes that are ok to get stained.

Using premade cones we will make temporary (will last less than a week) designs on ourselves.

Ribbon Dance

Workshop Prop: Gymnastic Ribbons

Skill Level: All Levels

Participant requirements: -

Workshop Description: Basic ribbon manipulation techniques. Spirals, waves, snakes, free style movement encouragement with simple choreography at the end.

Doubles Halved

Workshop Prop: Single Spin Staff

Skill Level: All Levels

Participant requirements: -

Workshop Description: I can't believe it's not doubles.
This is a learn how to use a staff workshop with some fundamentals of moving the staff around your body.
We'll cover body positioning & grips, look at staff lengths, and get into basics of 1 & 2 beat patterns (reels and figure 8's). This foundation opens up a world of possibilities in staff spinning.

Beginner Hula Hoop

Workshop Prop: Hula Hoop

Skill Level: Beginner

Participant requirements: Can Shake Booty

Workshop Description: What's this weird ring thing and how to they magically get it to keep spinning around without using their hands??
Shake that groove thing and learn the basics of Hoop Dancing. We will teach basic waist hooping, as well as some beginner tricks to get your hoop journey started.

Partner Juggling

Workshop Prop: Juggling Balls

Skill Level: All Levels

Participant requirements: Juggling 3 balls is nice but not required

Workshop Description: Who's teaching partner juggling? Hugh Savage and James Hyneman. Between them, more than 30 years of juggling experience. They don't just teach the tricks; they put them to the test. On this episode: juggling games, partner tricks and stealing from your friends - something fun for all levels!

Axe Throwing

Workshop Prop: Axe/Hatchet

Skill Level: All Levels

Participant requirements: Ages 10+ Enclosed shoes. Sobriety

Workshop Description: Do you like doing things your parents always told you not to do? Us too! Come and learn how to fling steel with Perth's 3 x seasonal axe throwing champ Ben 'Pyro' McGrath and add another skill to your ever growing bag of tricks.
Open to all skill levels from complete beginner just having a go, up to fine tuning technique of the semi-pros.

Sobriety and enclosed shoes required

German Wheel

Workshop Prop: German Wheel
Skill Level: All Levels
Participant requirements: enclosed shoes
Workshop Description: Learn how to walk and rock on the German wheel.

The chi inside

Workshop Prop: Dragon Staff
Skill Level: Intermediate
Participant requirements: -
Workshop Description: We will cover some tricks that occur between the arm and body in a caged space.

Petal Power

Workshop Prop: Double Staff
Skill Level: Intermediate
Participant requirements: -
Workshop Description: This is a flowers workshop!
We'll be using 1 & 2 beat patterns (reels and figure 8's) to build double staff flowers from different timings and directions of spinning. We'll cover 4, 6 & 8 petal flowers.
The concepts in this workshop can apply to any double spinning prop.

So you want fight shadow ninjas...

Workshop Prop: Rope Dart
Skill Level: Beginner
Participant requirements: -
Workshop Description: Rope dart 101. Covering the basics - spinning directions, footwork, length control, simple shots and recoveries, elbow wraps.

Stilt Walking

Workshop Prop:

Stilts

Skill Level:

Beginner

Participant requirements:

Enclosed shoes, Max weight 90kg. Signup required.

Workshop Description:

Are you a short person? Not for much longer! Come get high with some friends!

On-body Twin Hoop

Workshop Prop:

Two Hoops

Skill Level:

All Levels

Participant requirements:

iso's, waisting hooping and good control of hoop

Workshop Description:

Join Jaxx for a fun hour of different on body hooping tricks and various flourishes. But of course, it wouldn't be a Spunout if "the goddess machine" wasn't taught again ;)

SpunOut 2024 Workshop Descriptions

Saturday Afternoon

Acro Yoga 101

Workshop Prop: Your Body

Skill Level: Beginner

Participant requirements: Bring your hands and feet

Workshop Description: Come practice your balance and play with fun shapes, working with your own wonderful body and others. No partner, experience, or ability to touch your toes required. Just join in for some human-balancing fun!

Poi: Windmills

Workshop Prop: Poi

Skill Level: Intermediate

Participant requirements: 3 beat weaves

Workshop Description: We will walk you through the Windmill trick and variations on it. Great for people who have already got a handle on three beat weave and butterfly but want to move onto something new.

All tied up - wraps & knots

Workshop Prop: Rope Dart

Skill Level: All Levels

Participant requirements: -

Workshop Description: Learning a variety of wraps and releases, how to turn these wraps into empty knots, and how to create empty knots of your own.

Introduction to Lyra & Hammock

Workshop Prop: Lyra & Hammock

Skill Level: Beginner

Participant requirements: No Jewelry: Please remove all jewelry, including rings, bracelets, and necklaces, before participating in the workshop.
No Loose Clothing: Avoid wearing loose or baggy clothing that could get caught in the apparatus.
Bare Feet or Non-Slip Socks: It's recommended to participate in the

workshop barefoot or wearing non-slip socks to ensure a secure grip on the apparatus.

Age Restrictions: Minimum age is 7 years old.

Pregnancy: Pregnant women are advised not to participate in aerial acrobatics.

Motion Sickness: If you are prone to motion sickness, aerial acrobatics may not be suitable for you.

Fear of Heights: If you have a fear of heights, it's important to consider your comfort level before participating.

Medical Conditions: If you have any medical conditions, such as heart conditions or recent injuries, consult with your doctor before participating.

Weight Restrictions: Please speak with our coaches before the workshop to discuss any weight restrictions.

Pre-Workshop Warm-up: Encourage participants to arrive a few minutes early for a brief warm-up.

Please note that these are general guidelines, and it's always recommended to consult with your doctor before starting a new physical activity.

Workshop Description:

Join us for this exciting introductory workshop to aerial acrobatics, where you'll learn the basics of Lyra and Hammock with 2 Points. No previous experience necessary!

In this fun and interactive workshop, you'll discover the thrill of aerial movement as you learn a variety of fundamental skills, entries, tricks, and exits for both Lyra and Hammock. We will guide you step-by-step, ensuring a safe and enjoyable learning experience.

Lyra: also known as the aerial hoop, is a circular apparatus suspended from the ceiling. In this workshop, you'll learn basic Lyra movements such as climbs, hangs, inversions, and a variety of entries and exits. We'll also explore some simple tricks and combinations.

Hammock 2 Points: A suspended fabric hammock that is attached at two points. In this workshop, you'll learn fundamental movements like climbing, hanging, inversions, and a variety of entries and exits. We'll also explore some simple tricks and combinations.

Remember, every beginner is different, and your capabilities may vary depending on your current fitness level. This workshop is designed to let anyone try these apparatuses, regardless of their physical fitness.

Screen Printing

Workshop Prop:

Your Shirt

Skill Level:

All Levels

Participant requirements:

Bring a cotton shirt and screen print the spunout logo on your very own top!

Workshop Description:

I'm going to copy and paste last years when you send me this to put on the website.

Reels & Hybrids

<i>Workshop Prop:</i>	Fans
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	-
<i>Workshop Description:</i>	Learn how to combine different types of fan technique in this workshop on hybrids, focusing on hip reel combinations and how to flow between them.

Stalling for Time

<i>Workshop Prop:</i>	Poi
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	-
<i>Workshop Description:</i>	<p>Poi Stalls!</p> <p>We'll cover the technical theory on stalls then move into how to stall. You'll get some good techniques and practices for learning each type of stall.</p> <p>We will learn 24 stalls with one hand in one plane.</p> <p>You'll become a wizard with your ability to stall anything.</p>

Intermediate Lyra

<i>Workshop Prop:</i>	Lyra
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	<p>No Jewelry: Please remove all jewelry, including rings, bracelets, and necklaces, before participating in the workshop.</p> <p>No Loose Clothing: Avoid wearing loose or baggy clothing that could get caught in the apparatus.</p> <p>Bare Feet or Non-Slip Socks: It's recommended to participate in the workshop barefoot or wearing non-slip socks to ensure a secure grip on the apparatus.</p> <p>Age Restrictions: Minimum age is 7 years old.</p> <p>Pregnancy: Pregnant women are advised not to participate in aerial acrobatics.</p> <p>Motion Sickness: If you are prone to motion sickness, aerial acrobatics may not be suitable for you.</p> <p>Fear of Heights: If you have a fear of heights, it's important to consider your comfort level before participating.</p> <p>Medical Conditions: If you have any medical conditions, such as heart conditions or recent injuries, consult with your doctor before participating.</p> <p>Weight Restrictions: Please speak with our coaches before the workshop to discuss any weight restrictions.</p> <p>Pre-Workshop Warm-up: Encourage participants to arrive a few minutes early for a brief warm-up.</p> <p>Please note that these are general guidelines, and it's always recommended to consult with your doctor before starting a new physical activity.</p>

Workshop Description: Mastering New Sequences and Partner Skills

This intermediate workshop is designed for those who have a solid foundation in Lyra basics and are eager to explore more challenging techniques.

In this workshop, you'll learn a variety of intermediate Lyra tricks, including small sequences and more demanding movements. You'll also have the opportunity to explore partner skills, working collaboratively with other participants to create dynamic and engaging routines.

Mini Hoops for Mental Health

Workshop Prop: Mini Hula Hoops

Skill Level: Beginner

Participant requirements: Children will need adult support person

Workshop Description: This workshop promotes movement meditation and community through hula hoops. With a little look into the benefits of dance for child attachment and the elements of play found in hula hooping. Group discussions, activities, space to connect with others and of course a lesson on mini hoops!

Cardistry Foundations

Workshop Prop: Playing Cards

Skill Level: Beginner

Participant requirements: -

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.

Get Silky with fans

Workshop Prop: Silk Veil Fans

Skill Level: Beginner

Participant requirements: BYO Fans if you have them

Workshop Description: Learn the fundamentals of flowing with silk veil fans.

Basics of Silk Fans - Holding the Fans and the best 5 Movements to learn as a beginner

Choreography - learn a simple but effective routine using the basics learnt

Improvisation and Flowtime with the fans.

Stretching and Drills to help with sore muscles as a beginner

Off-Body Hooping Illusion and more

Workshop Prop: hoop

Skill Level: All Levels

Participant requirements: -

Workshop Description: Can't get the damn thing to stay up?! Never fear, Jaxx is here! Join me to learn different techniques for illusionary off-body flow, and even how to pick a hoop up with your foot when you've dropped it. We will cover iso's, throws, flourishes, some sexy foot work and knowing me i'll throw in 5 more moves just cos ;)

Staff on Staff Contact

Workshop Prop: Double contact staffs

Skill Level: Intermediate

Participant requirements: Some contact staff experience

Workshop Description: Some drills, tricks and ideas for those who'd like to introduce staff on staff elements to their double contact staff

Poi on Paper

Workshop Prop: Poi

Skill Level: All Levels

Participant requirements: -

Workshop Description: I'd like to do a workshop on tech poi theory, with a focus on explaining fundamental concepts in poi (extension, in/antispin, isolations, #of beats and flowers), with less of a practical aspect and more explaining with a whiteboard

Axe Throwing

Workshop Prop: Axe/Hatchet

Skill Level: All Levels

Participant requirements: Ages 10+ Enclosed shoes. Sobriety

Workshop Description: Do you like doing things your parents always told you not to do? Us too! Come and learn how to fling steel with Perth's 3 x seasonal axe throwing champ Ben 'Pyro' McGrath and add another skill to your ever growing bag of tricks.
Open to all skill levels from complete beginner just having a go, up to fine tuning technique of the semi-pros.

Sobriety and enclosed shoes required

Working with fire and Fire Safety

Workshop Prop: Yourself

Skill Level: Beginner

Participant requirements: Everyone must attend this workshop if you haven't attend this at least twice in past years.

Workshop Description: Tonight we will have a fire jam. Come learn how to jump in the fire circle safely! What to wear, how to fuel your props, how to put them out, and much more!

Advanced Fire Safety

Workshop Prop: Yourself

Skill Level: Intermediate-Advanced

Participant requirements: Everyone who has taken the beginner fire safety workshop at least twice

Workshop Description: Better fuelling techniques, danger times during the burn, first aid, and a Q&A session!

Beginner Fire Eating

Workshop Prop: Fire Eating Wands

Skill Level: Beginner

Participant requirements: Fire safe clothing, have completed intro to fire or previous fire spinning experience and are comfortable with fire.

Workshop Description: Covering the basics of fire eating and fleshing, students will learn a few ways to transfer flame from one torch to another using their bodies and the principles behind extinguishing a flame with their mouth.

Virgin Burn Space

Workshop Prop: Your Choice

Skill Level: Beginner

Participant requirements: Have attended “Intro to fire and fire safety” workshop.

Workshop Description: 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!