

# SpunOut 2024 Workshop Descriptions

## Sunday Morning

### **Silk Fan Flow - Get rapt**

<i>Workshop Prop:</i>	Silk Fans
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	Basic Fan Skills
<i>Workshop Description:</i>	<p>Learn the fundamentals of flowing with silk veil fans.</p> <p>Basics of Silk Fans - Holding the Fans and the best 5 Movements to learn as a beginner</p> <p>Choreography - learn a simple but effective routine using the basics learnt</p> <p>Improvisation and Flowtime with the fans.</p> <p>Stretching and Drills to help with sore muscles as a beginner</p>

### **Contact Staff**

<i>Workshop Prop:</i>	Contact Staff
<i>Skill Level:</i>	Beginner
<i>Participant requirements:</i>	-
<i>Workshop Description:</i>	We will cover some basic contact staff tricks to introduce you to the prop. Like: Handwrap, Neckwrap, Halo, pressure placement, pressure weave, Half Wings

### **Introduction to Lyra & Hammock**

<i>Workshop Prop:</i>	Lyra & Hammock
<i>Skill Level:</i>	Beginner
<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>

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.

## **Club Juggling**

*Workshop Prop:* Juggling Clubs

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Throws, catches, spin variations and other fun things to do with clubs

## **Yin-ish Yoga**

*Workshop Prop:* Your Body

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Drag your sore, tired, peaked-too-early, workshop-weary ass here for some of your love and attention.

### **Silk Dragon**

*Workshop Prop:* Silk Dragons

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Join us for an enchanting journey into the world of the Silk Dragon!

This workshop, designed for all skill levels, invites participants to explore the mesmerizing and graceful movements of dragon dance.

You will learn to manipulate long, flowing silk dragons to create stunning dragon-like movements. Discover techniques to synchronize your motions, creating the illusion of a majestic dragon soaring through the air.

Dragons are provided

### **Double hoop tech**

*Workshop Prop:* Hoops

*Skill Level:* Intermediate

*Participant requirements:* basic double hoop skills

*Workshop Description:* Focus is on isolating moves, tosses and waist wraps

### **Intermediate Hammock**

*Workshop Prop:* HAmmock

*Skill Level:* Intermediate

*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:***

Exploring Wraps and intermediate skills.

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

In this workshop, you'll learn a variety of intermediate Hammock 2 Points tricks, including wraps and techniques that require strength, flexibility, and coordination. You'll also focus on refining your technique and building your overall aerial skills.

We will provide personalized guidance and support, helping you to safely and confidently progress in your journey. Whether you're aiming to perform in a show or simply want to challenge yourself, this workshop is the perfect opportunity to elevate your aerial acrobatics.

**Rollerskating Lessons**

***Workshop Prop:***

Roller Skates

***Skill Level:***

All Levels

***Participant requirements:***

Must bring own skates (quads preferable)

***Workshop Description:***

Come along and learn things suited to your skill level. Enhance your basics and learn some new tricks!

Bring a pair of your own skates along and any protection gear you need.

Skills we will learn - scissors, balance, spiral, shoot the duck, spins and jumps.

**Watch me! Watch me!**

***Workshop Prop:***

Performance Skills

***Skill Level:***

All Levels

***Participant requirements:***

Bring along a prop and get ready to dance about

*Workshop Description:* Ever seen a stage performer and been unable to look away? Ever wanted to impress your friends with how cool you are? Ever wondered how it's done? Then you're gonna want to attend this art of performance workshop and hone your skills to kick butt in the limelight. Just bring along a prop to play with and we'll explore the ways a performer can be more exciting to watch. It'll be fun and the other workshops will feel jealous of how much fun we're having.

### **Stretching for flexibility**

*Workshop Prop:* Stretching

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Stretching to achieve splits, bend backs and forward bending

### **How to be Isolated and weird**

*Workshop Prop:* Dragon Staff

*Skill Level:* Intermediate

*Participant requirements:* -

*Workshop Description:* This workshop will deal with the concept of isolating the dragonstaff, covering the different types dragon staff movements and how they can be isolated. It will teach a way of thinking about isolations so that they can be applied to any part of any trick, and enhancing body movement as a result.

### **Partner poi**

*Workshop Prop:* Poi

*Skill Level:* Beginner

*Participant requirements:* -

*Workshop Description:* We will be doing an introduction to partner poi. That's two people doing tricks as a pair!

### **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.

### **Intro to whip cracking**

*Workshop Prop:* Whips

*Skill Level:* Beginner

*Participant requirements:* Long sleeves and pants, eye wear, cowboy hat optional

*Workshop Description:* Enter the ultimate whip-cracking experience with our electrifying beginner workshop. Master the art of the whip from a pro and learn to snap with precision, power, and style. By the end, you'll crack with confidence and command attention with every dramatic flick.

### **My First Card Flourish**

*Workshop Prop:* Playing Cards

*Skill Level:* All Levels

*Participant requirements:* Preferably attended the foundations workshop

*Workshop Description:* In this workshop we'll be learning a cardistry flourish (a chain of cardistry moves that flow together). The flourish will be taught from the ground up, so even if you missed out on the foundations workshop you'll still be able to follow along.

### **Feel the flow**

*Workshop Prop:* Any/All

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Please use your prop of choice :)

We listen to a piece of music and break down the instruments. We discuss what the sounds might "feel" like allowing us to explore movement. We will break down the movement into 4 sections of the body and play with "emotions".

We will incorporate your prop into the flow with option to perform!

### **Poop**

*Workshop Prop:* Hoop

*Skill Level:* Intermediate

*Participant requirements:* -

*Workshop Description:* Hoop! But like Poi. Poi Hoop. Poop. We'll be pooping together!

We'll explore poi flowers but with hoop, along with other hybrid patterns to expand on what is possible with poi hoop.

## **Staff Spinning**

*Workshop Prop:* Single Staff

*Skill Level:* Intermediate

*Participant requirements:* Preferably able to do the figure-8 / weaves

*Workshop Description:* A whole bunch of little tips and tricks to learn how to spin your staff with style! Between the legs, kickups, wraps, horizontal spinning, extra beats everywhere and finger-twirling just to name a few.

## **Mind Melting Weaves**

*Workshop Prop:* fans

*Skill Level:* Advanced

*Participant requirements:* 3 beat weave, 2 beat weave

*Workshop Description:* Challenge your mind with technical weave patterns, foot patterns, and more - all while still finding flow between them.

## **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\*

# SpunOut 2024 Workshop Descriptions

## Sunday Afternoon

### **A Little More Acro**

<i>Workshop Prop:</i>	Your Body
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	Some prior Acro or related experience (including our workshop Acro Yoga 101)
<i>Workshop Description:</i>	Already have an Acro practice? Came to our first workshop and want to learn more? Well this is the workshop for you! We will build on what we taught in the first class, and offer extra skills and challenges based on what you already know. Come along, we'll teach you new things!

### **Making shapes with Quads (4 Hoops!)**

<i>Workshop Prop:</i>	Hula Hoops
<i>Skill Level:</i>	Beginner
<i>Participant requirements:</i>	-
<i>Workshop Description:</i>	Ever wondered how you make a hoop globe? How you can arm hoop with 4 hoops? How to make a hoop flower? This workshop with focus on 4 quad shapes and tricks, each one with a beginner and intermediate version (including transitions for intermediate level).

### **Rope Dart**

<i>Workshop Prop:</i>	Rope Dart
<i>Skill Level:</i>	Intermediate
<i>Participant requirements:</i>	-
<i>Workshop Description:</i>	In this workshop we'll explore basics, and play with some wraps and shoots!

### **Screen Printing**

<i>Workshop Prop:</i>	This box isn't big enough to review the text you've written.
<i>Skill Level:</i>	All Levels



*Participant requirements:* This box isn't big enough either.

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

### **Miniature origami**

*Workshop Prop:* Smol paper

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Join us for a fun and easy mini origami workshop! Learn how to fold tiny paper creations and discover the art of crafting charming little shapes. Perfect for creatives or just any one who wants to relax after lunch ;)

### **Flow with Fans**

*Workshop Prop:* Tech Fans

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Let's flow with fans, creating a combo with fan technique, footwork, and transitions. Dance and discover your flow from any point in your fan journey.

### **Poi: Thows**

*Workshop Prop:* Poi

*Skill Level:* Advanced

*Participant requirements:* Intermediate poi skills

*Workshop Description:* Pick up your poi. Throw them away. And repeat.  
An introduction to poi throws and some suggestions on how they can be used.

### **Vertical contact**

*Workshop Prop:* Contact Staff

*Skill Level:* Intermediate

*Participant requirements:*

*Workshop Description:* We will work through a bunch of tricks in vertical plane with contact staff, this may include angel roll variation and a framework.

## **How To Not Cheat On Your Dragon**

*Workshop Prop:* Dragon Staff

*Skill Level:* Intermediate

*Participant requirements:*

*Workshop Description:* This workshop is for people who find themselves compulsively repeating the same tricks, and how to break out of that habit.

The main trick I want to cover is a Cheating Death, by offering transitions to alternative moves at different stages of the entry to a CD.

I'd also leave it open to offer different transitions to other moves that the participants ask about.

## **finding flow**

*Workshop Prop:* Any/All

*Skill Level:* All Levels

*Participant requirements:* -

*Workshop Description:* Unlock new methods of discovering new movement and creative pathways