

## PARTNERACRO IN BUDAPEST # CIRCE PROJECT

2-6 April 2018 in Inspiral Circus Center

by Hungarian Juggling Association and Educircation Network



### Profil of the group

Number of participant is max. 20 people.

Level of participants: they should be intermediate in acrobatics. Have physically prepared for 5 hours training a day and a knowledge of basic partneracro tricks. Once they are at higher level they have to consider that the point of the workshop is not to elevate their level, but to widen their repertoire and to discover new approaches and methods of teaching.

Be open to act both as flyer as base. They do not have to arrive as partners, but we prefer them to work openly with any member of the group.

### Elements of the workshop

The workshop provides 5 days learning experience where we aim to cover 3 aspects of partner acrobatics:

how to teach?

what to teach? and

how to apply it in groups with special needs?

The answers to these questions will be incorporated in experimental learning and discussions.

### Learning process

The way of learning is experimental learning and group discussions.

Experimental learning means **learning by doing** it, so learners participate in a class where they do exactly what and how they can teach it later on.

The **discussion** with the teacher serves to clear further questions about the applied methods and take the experience at a conscious level.

Other kind of **discussion** will be realized with the participants on the last day, which serves the **digestion** of what they learned during the week and an exchange of idea how they can put that into practice. This discussion is going to moderated but not led, as its objective is to realize the first step when they work autonomouse with what they learned.

### Combination of different approaches

With the help of three teachers we **combine three different approach** to partneracro. Same same but different.



- **Réka Hargitay**: will help us with manners usefully with groups with no or poor physical conditioning, focusing on partneracro as a physical interaction.
- **Tibor Kőműves** will show us proper ways for physical preparation, foundation and conditioning needed for acrobatics
- **Noel Spauwen** helps us to widen the repertoire of our partner acro tricks giving on his way of teaching.

Participants are supposed to have experience in teaching partner acro, so should not be a problem for them to face explanations which seem to be contradictions, since the subject is thought by different teachers and from different aspects, but they should be able to look at them as complimentary.

### **Number of hours**

22 hours of led sessions with the teachers and 7 hours of discussions. As it is a very physical subject, we have not more than 5 hours physical work which is always combined with intervals and have a conclusive discussion at the end.

### **Content of the sessions**

Three different kind of session with 3 teachers working separately, with different methods.

### **Session 1. foundation of acrobatics, gymnastics, physical preparation**

number of hours : 3x2 hours

objective: collection of preparative exercises and conditioning

#### **tutor of the session1:**

**Tibor Kőműves** is currently the teacher of the Hungarian National Circus School teaching acrobacy, especially hand-to hand. On the side he is the trainer of several sport clubs and competitors of taekwon do, horse riding acrobats, synchron swimmer, roller skaters - providing them further specific training in acrobatics.

His education:

Central Sport School (1972-1981) – gymnastics, rep player

Hungaria Circus Institute and Hungarian Ballet Institute (1981-1987) – professional training and artist diploma

Performer Operating Licence – professional qualification of the Hungarian Circus and Varieté Company(1988)

He worked contracted in European circuses, vaudevilles – theaters, gala programs and TV shows: Tivoli Copenhagen, Circus Barum, Circus Krone, Circus Grüss, Conelli Zürich – gala, Royal Pallas etc.

#### **Content of session 1:**



Focus is to provide basic preparative training of acrobatics, exercises which gives the background of the partner acrobatic tricks. Create a good foundation by gymnastic trainings as about muscles conditioning, body consciousness and body coordination.

A collection of basic exercises which should be repeated with any kind of group (not special need) in order to have a good base to build the acrobatic tricks later on.

He features a series of preparative exercises for handstand, headstand, cartwheel, rolls and saults which are all needed partly or as a whole to execute partner acrobatic and hand-to hand figures.

He is not teaching partner-acro tricks or figures but he teaches what those figures requires to be able to do and show what and how to strengthen in order to be able to execute.

His lesson will be composed of parts like

1. warm-up of 40-50 minutes which includes individual playful acro movements and basically gymnastics to use and strengthen proper muscles and reach a good coordination.
2. 20minutes of preparative exercises for rolls, headstand, handstand, cartwheel. Also work in pairs finding the common rhythm, and tempo, doing pair exercises
3. lifting, foundation of throwing, exercises in longes
4. stretching, calm down

Same kind of session will be repeated three times in order to imprint it also because this training could be repeated as the core preparation of an acro lesson.

In the last part of his session he is there to explain why and what certain exercises serve. Also to answer for the questions.

## **Session 2- acroyoga for success and enjoy and for physical contact**

number of hours : 3x3 hours

objective: partneracro with beginners, with special need group, with non sportive approach

### **tutor of the session2:**

**Reka Hargitay** dedicated her professional career to spread internationally ideas and practices she feels passionate about. Her yoga journey started 1999 with Hatha Yoga, and soon she discovered many other yoga styles. She stucked mostly to Vinyasa Flow, Hot Yoga styles and Ashtanga Vinyasa Yoga in her own practice.

Since 2008 AcroYoga keeps elevating her yoga and sharing practice in a whole new dimension: Trust, Balance & Joy - a playful celebration of caring human connection.

Creating a safe and supportive environment in her classes, she offers progressive steps for each persons individual needs and current abilities to build up on: establishing contact, succeeding in acrobatic bodyshapes with ease, shifting perspectives and letting go in the therapeutic practice becomes a game!

Certifications and degrees:

Reka is internationally certified in Flow-Nuad, Hatha Yoga, Agni Jóga, Ashtanga Vinyasa Yoga (2 certificates), AcroYoga International, AcroFIT, Permaculture design, Lomi-lomi hawaiian massage,



Wúo Tai – Osteodance, Aromatherapy and has a Magistrate degree in communication sciences (focus on health communication - special focus on communication towards complementary healing methods).

## **Content of the session 2:**

In order to establish connection and sensitivity we work in a circle as symbol for community, equality and integration of members. We work towards the awareness of self as the part of a whole, a higher level of body consciousness, precise the direction of focus and towards connecting awareness of breath and motion.

The sessions will combine partneryoga elements, games, flying (L-basing) among other exercises and finish with therapeutic practice at the end.

**Partneryoga** encourages interaction, establishing physical connection, creating mutual benefits by synchronized movement patterns (static or dynamic), finding agreement in nonverbal communication “codes”, giving feedback by asking for ones needs and for being receptive.

**Games** are the playful way to build trust and to train several further skills: reaction and focus, interacting with playfulness, effective and empathic communication, awareness of space, embodiment of body positions, gradual weight shifting, increase in spontaneity and creativity, and to sense community in laughter and joy.

Building foundation will be realized through pyramids and counterbalances so to experience and deepen: dealing with weight, laws of gravity, finding ones center of weight, understanding bonestacking, assisting others to achieve their goals, first approach to spotting / safety techniques, experiencing potential of community.

**Flight or flying** refer to different L-basing positions. Layering the content in progressive steps and learning to break down content into further micro-steps, will enable students to adjust the content to their participants actual needs and if desired, to take a step back in order to make learning an experience of success.

Discovering the benefits of working in teams of 3 or more will allow to understand the importance of prioritizing safety in any situation. This work invites accurate self-assessment of the practitioners and the courage of communicating of ones needs and desired adjustments. The students of the training will learn to consider their participants body/mental/emotional or energy-level conditions and existing skill-sets while designing the class and splitting the groups into smaller teams. Addressing the emotional body, encouraging self expression of individual experience and celebrating success in community offers space for liberation of self-limiting beliefs and personal growth to happen.

**Cool down and massage** will be an important part of the session. This is for learning about selfcare and care for others. Giving and receiving healing touch allows to understand and communicate ones own needs, to understand and accept the needs of others, to open up for listening on several levels, to be sensitive and to make individual adjustments when needed.

Massage techniques also serve to create passive traction of articulations and elongation of the spine as healthy counteract for compression and strengthening in acrobatics. It is the ultimate way of grounding by calming the nervous system.



## Session 3 – widening repertoire of positions and moves and mastering techniques of partneracro

hours: 3x3 hours

objective : learn a series of acrobatic forms and movements and the way of teaching them

### tutor: Noël Spauwen

He has been teaching acrobatics for more than 30 years in various settings and levels of weekly groups, festivals and special groups. In more than 15 countries in Europe, in the USA and in Israël.

He started his acrobatic career in the dutch "Como-Brother-School" and passed their exams in the eighties. Many other teachers had their influence too. During 1985-1995 he performed with the trio "Drie Hoog Achter" in streets and festivals in western Europe and 1996 2012 with "de Tuymelaeren van Mahou" and in various other duo's and groups and in his "acro-talk-show".

In the long history of teaching and performing a lot of new movements and technical details emerged, that are more and more spread in the world of partner acrobatics. And they appeared in 2012 in his book : "Noël's acrobatic elements and connections" ( [www.acronoel.wordpress.com](http://www.acronoel.wordpress.com) ).

He has done quite some training for trainers in acrobatic and other social skills. He studied social and organisational psychology with focus on how people learn in groups. Always searching for the steering spirit that grows in and guides groups.

„The seventies, when I studied at the university, was the decade of sensitivity- and interaction-training with biodynamics, drama and gestalt techniques to grow, meditation and other spiritual help to find the own way in life. I took it with me in my work as communication-trainer and process-mentor in profit- and nonprofit-companies and in my acrobatic lessons as well”

In Mikofalva ( Hungary) he has a place since 2004 where he annually organizes acro-building holidays and conventions. ( [www.acrofalva.wordpress.com](http://www.acrofalva.wordpress.com) )

### Content of session 3

Because of his varied background the concern in the lessons is not only the technique but also the way of working together and the fluent connection between parts. The first workshop is the most important for teaching and learning. The second for the exploring of doable trio's and the third for helping to think creative in what your body can do in coöperation with another..

#### 3/1 Forms and movements in pairs

In this workshop we discover a series of forms and movements of partner acro, basic figures and their variations. These you can teach in beginner or intermediate level classes. The focus is on how to develop a group of figures modifying the basic one. On this way we can look on different families of figures. We will go in four steps from absolute beginner to advanced level on main acro-techniques.



### **3/2 Trio intermediate:**

In this workshop we do the basic play with the three possibilities of trio: one base with two flyers, one base with one middle and one flyer, two bases and one flyer. A wide variety of positions and movements, carefully and safely build up to let you experience the complexity and joy of two others to be in contact with. Learning to feel and "read" your partner through the body of the third. You can join if you have only done the first partner-acrobatic-techniques. You are very welcome if you have more acro-experience but did not do much trio-work. especially because it is always possible to do techniques on different levels. It is not a powergame, but contact, coordination, timing, full concentration and taking care of your partners.

### **3/3 Different Dynamics**

We will do surprising movements in which unusual and often subtle movements can enhance speed, height or direction. When you do acrobatics for a year or two, you learned lifts and accelerations to make easy movements to go to standing on shoulders etc. In this workshop we will extend this range of dynamics with techniques that are pretty unusual and often funny and unexpected. Both with L-base and standing. Meanwhile we will refine the techniques and principles that are underlying lifts etc.

## **Other professional programs during the week**

### **'Meet and Greet' events during the week**

These meetings give an opportunity for participants to get in contact with the wider Hungarian circus community.

We organised two different events:

- On the evening of arrival, 1st April there is the Birthday of the Inspiral Circus Space which is reunion with all members, the crew and our circus partners.
- On Thursday there is usually the Acro Jam meeting in Inspiral, which this time is going to be dedicated for making acro-friendships. The first hours 6pm-7pm is especially for that, but of course the whole evening until 10pm is free for practise.