

HAND TO HAND & GROUP ACROBATICS

DESCRIPTION

"Hand to hand" or acrobatic portés is a circus discipline performed in pairs, trios, or quartets, where each member has a specific role:

- The base: provides stability, balance, safety, and serves as the engine of the movements.
- The flyer: performs acrobatic movements on the base.

This discipline combines strength, coordination, flexibility, and mutual trust, fostering cooperation and teamwork.

METODOLOGY

The methodology focuses on progressive learning through:

- General and specific warm-up: mobility, strength, and joint preparation exercises to prevent injuries.
- Basic floor exercises: balance techniques and weight transfers to build confidence.
- Work on figures at height: progressions of static and dynamic movements with support from safety systems (mats, partners, and safety line).

OBJECTIVE

- Improve balance and body alignment in pairs.
- Build strength and coordination for static and dynamic moves.
- Boost trust and communication between base and flyer.
- Achieve smooth flows with controlled lifts, descents, and turns.
- Create a shared physical and verbal language between flyer and base.

WHAT WILL WE WORK ON?

Basic technique (base on the ground):

- Hand with foot, hand with hand.
- Balances and weight transfers.
- Climbing and Korean lifts.
- Icarian games.

Intermediate technique (raised base):

- Second height and movements in space.
- Turns, timing, and catches, rock and roll.
- Figures like "Scot", hand-to-hand, and "staff drills".

Advanced technique:

- Spins, lift, "cascade", "coubette", "dove".
- Extensions on foot and hand-to-hand.
- Dynamic exercises like flips and "pacheska".
- Banquine tosses.

