



Co-funded by the  
Erasmus+ Programme  
of the European Union



## **CIRCE (Cooperative for Information and Research of Circus Education)**

**EDUCIRCATION: CIRCE Partnership project held at VZW CIRKUS IN BEWEGING**

**Workshop in “parkour and physical training” for all ages and groups**

**22-26 April 2019**

### **Introduction**

The parkour workshop was held in Hal 5 a new space that Cirkus in beweging has moved into and where they have created a parkour space all by themselves. Part of Hal 5 is shared with 5 other community organisations; there is a bar and some small restaurants



The essence of parkour is to try to move through the environment in a flexible, creative and controlled manner and this in all different ways.

Climbing, jumping, swinging, summersaulting and numerous other options.

Central in this free movement style are creativity and control. Your body is in a constant dialogue with the environment. This way you get to know the possibilities of your body in an environment that has a lot more to offer than you might think at first sight.

## **Program of the week:**

### **Monday 22/04:**

10.00-12:00 workshop parkour 1 (basic techniques and methodology)



12:00-13:00 lunch break

13:00-15:00 history, films, all about the parkour culture.

15:00-16:30 workshop parkour 2 (basic techniques and methodology)

20:30-22:00 free training parkour Hal 5 or acrobatic classes for adults in circus school.

**Tuesday 23/04:**

- 9:00-12:00 workshop parkour 3 (basic techniques and methodology)
- 12:00-13:00 lunch break
- 13:00-15:00 workshop parkour (how to use techniques differently)
- 15:00-16:00 How we teach parkour at Cirkus in Beweging (content)



- 18:00-20:00 observe advanced class parkour
- 20:00-22:00 follow parkour class for adults



**Wednesday 24/04:**

- 9:00-12:00 Mix of floor acrobatics and parkour
- 12:00-13:00 lunch break
- 13:00-14:30 Observe in class for 6-9-year-old children



- 14:30-16:00 Help teaching a class parkour of 9-12year old kids
- 19.00-21.00 option to participate in creation class by Toon van Gramberen in circusschool

### Thursday 25/04:

9:00-12:00 workshop parkour 5 outdoor!!



12:00-13:00 lunch break

13:00-15:00 workshop physical training by Jasper van den Oost

15:00-17:00 documentary parkour (roofculture)

**18.30-20.00 dinner all together in Hal 5**

20:00-22 00 option to participate in acrobatic balancing class in Hal 5 by Hanna Mampuys, Toon Van Gramberen and Katleen Ravoet

### Friday 26/04:

9:00-12:00 workshop parkour 6 by guest teacher Niels van Sante

12:00-13:00 lunch break

13:00-16:00 workshop open to suggestions and desires of the group.





Overall satisfaction after the 1week workshop training super hard, acquiring great teaching knowledge about parkour, meeting colleagues with similar interests from all over and then receiving a wonderful international certificate of participation !!!