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CIRCE (Cooperative for Information and Research of Circus Education)

EDUCIRCATION: CIRCE Partnership project held at CABUWAZI
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Balancing Berlin



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Introduction

CABUWAZI celebrates 25 years in 2019. At their five venues around 8000 children and juveniles are in training throughout the year. The workshop Balance Berlin was held at CABUWAZI Kreuzberg. The goal of all the different workshops over the five days was to learn how to balance and how to teach balance. We had four different teachers covering 4 different aspects of balance. Two handstand teachers showed their approach to handstanding. One teacher covered rola-bola, and one globe walking. The sessions, except handstands, were not linked. On the last day we created performances with the skills of rola-bola, globe and handstands, which the participants showed each other.

Workshops and workshop leader



Handstand

Marta and Krischan start from the very basics and increase the difficulty. They will focus on how to train to be tight, how to train it by yourself and also how to make a small routine with handstands – even if you are at a beginner level. They can adapt to needs for press handstands and dynamic routines. Marta started with an ABC of handstands and a session of her experience as a teacher. The following days Krischan continued the sessions and added his experience in acrobatics and presenting.

Marta Witecka

Marta has always been passionate about movement and its interesting forms. She is a law graduate but the legal path has never felt as exciting as her greatest passions– yoga, handstands and acro yoga. She has been practicing handstands for 6 years and it became her great passion from the moment she put her body upside down. She practices partner acrobatics and yoga and loves to include handstands in both of them. She is interested both in learning for herself and teaching, when she can share with others what she knows about this beautiful practice.

Krischan Meder

After discovering artistic street performing in New Zealand, Krischan attended the "Etage - School for the Performing Arts" in Berlin and graduated in 2006 as a state-certified stage artist in acrobatics and contact juggling. He performed at many city festivals, gala and variety stages as a contact juggler, partner acrobat and fire artist. Through his teaching activities in various children's circus projects, he became an acrobatics teacher at the Circus Academy Berlin in 2015, where he has been teaching aspiring circus teachers ever since.

Tightwire



During this day participants learned how to walk on a wire, do tricks, and explore different heights.

Sarah Lindermayer

Sarah graduated the Staatliche Artistenschule Berlin (State Circus School Berlin) in 2011 with her first discipline as tightwire. Her background is also in youth circus. Ever since, she has been touring through national theatres like the GOP-Variety theatre. She also worked internationally in countries like Spain, Morocco and the Caribbean.

Globe walking & rola bola

During the workshops Flo started from the very basics, increasing to a higher level and finished by creating a small routine at the end with globes and rola-bola. He used different stations to learn to balance on the globe or rola-bola. He learned it as an adult and trains children and offered many valuable insights into the learning and teaching process.

Flo Bögner graduated recently from the circus academy in Berlin and teaches social and youth circus at Cabuwazi, so he knows how it is to begin circus teaching. He coordinates the Educircation network for Cabuwazi, and his background is in juggling and capoeira. As an autodidact he loves the process of learning.



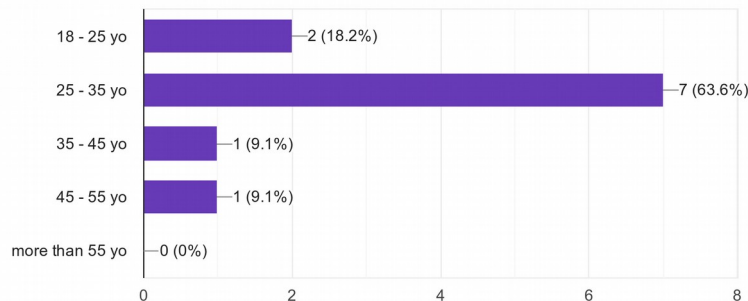
Evaluation of week

The participants filled in a questionnaire before the week and another questionnaire after the week. The results are presented. They were fourteen participants.

Participants

What's your age?

11 responses



Preknowledge about balance

The basics, but not so much advanced.

Basic knowledge in funambulism, rola-bola and vertical of three supports.

Balance at first is a way of dealing with gravity. Then it's a way of clearing your mind, feel the connection of your inner self with your outer self and the space in which you act every time. In this way you controll your energy and guide it to paths you give priority to. And it's a way to communicate with people in a more true and human way.

I know just the basic approach to teach kugel and drahtseil

I have been trying handstand for many years... I still can't stand myself.

Balance is everywhere and a major part of everyday life (physical, emotinal, psychological, ...). The question is to broad :-).

Stilts

i have very little experiance in rola-bolla,monocycle

Balance involve two or more actors working together to make positions.

I can do basic slackline/tightrope walking, unicycle, globe, rolla bolla... i enjoy inversions and can hold a basic headstand, forearm stand, and handstand. I do some partner acrobatics, h2h and f2h.

Finding the middle in instability

What do think are the benefits of balance?

It helps you to make your body more straight

I'm just beginning, but for me is very good for keep yourself calm and concentrated. It helps to control your body and mind.

Concentration, clear mind, normal breathing, feel your whole body working. And having balance in other sections of your every day life, your job, relationships, entertainment...

Balance is a deep way to discover your body, open your possibilities, work on yourself, overcome your limits and fears. Physic balance can help to develop the inner balance body and mind self-consciousness

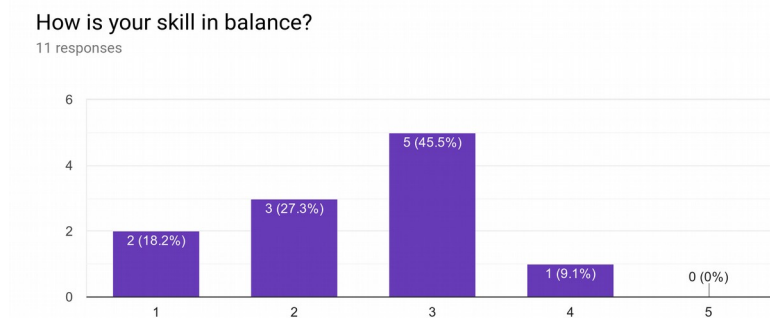
An improved physical core stability and agility. Leg, knee and foot stability, sensibility and proprioception improves. A stronger positive self image.

Concentration,physical condition, consentration

It is a complement skills for my knowledge in acrobatics.And a perfect combination with what I am doing (acrobatics):Team task,equilibre.

Core strength, improved mental health, concentration, insurance in old age against accidents, sharpening sensorimotor skills
Great for focus and to be just in the moment...playing with fear of inbalance

Level of balance skill



Description of skill level

Unicycle and handstand I'm quite confident, but Kugel and Rola Bola I know basic tricks.

I do some slackline, I can start from sitting and get up, walk a little bit and do some yoga figures. This year tried rola-bola for the first time, I can hold on for a minute or something, but I really like it. I am also starting in verticals of three supports, two hands and head.

Practise at tightwire balance, one wheel and rolla bolla

I know the basic approach to kugel and drahtseil

tightwire - I tried and I liked it, globe - I tried just two times, rola bola - I tried many times and I can balance it.

Having a broad basis of skills in nearly all balance disciplines, I would say that I'm intermediate for globe walking and rola bola and more advanced in all of the rope walking disciplines (slack rope, slackline, tight wire and funambule).

I'm doing stilts, juggling and circus training from last October. It's been already 9 months and I'm hoping to learn much more.

I have a very little experience in balance and the last days I'm practising in monocycling.

I am at intermediate level at balance, I dedicate some moment from my acrobatics class just to help my student to discover and starting learning about balance.

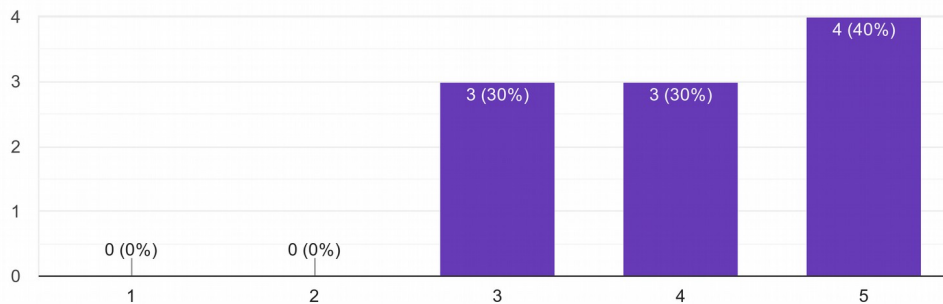
See above for my skills. I think I am at a "good enough" level in all balance areas, not an expert in any I would like to learn stilts and more on the rollabolla as well as unicycle tricks (I just basically know how to ride and nothing much else.)

Allright middle

What is your skill level now in balance?

How have you improved your knowledge by participating in this workshop?

10 responses



Description of skill level

bigginer - middle advanced

Are still Basic in the performance, but I improve my teaching skills and I get a lot of nice input to work with

Better than before!

Many new impulses to keep on with it

Basic level

I enjoy slackline and tightwire, balance poses in yoga and acrobatics, and hand balancing

High in certain areas

Better than before

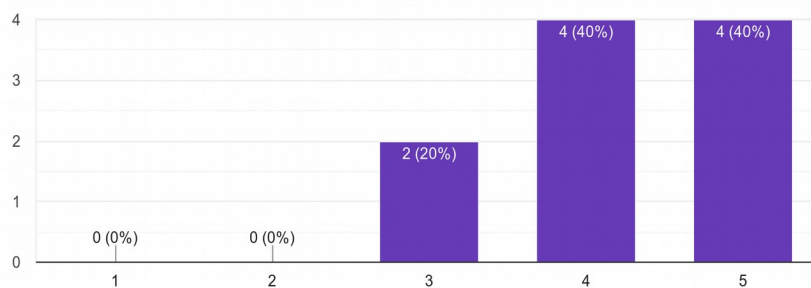
Intermediate advanced

Medium to high

Use of balance in profession?

Do you think you will use balance in your profession?

10 responses



I can add the balance techniques in my performance. I will teach children rola-bola and the globe-walking in the project Circus Paciento. I will use the skills in my lessons with the students of JAMU.

With Cabuwazi for sure (mostly Kugel and Drahtseil). But also in other fields, like art workshop for children, I think that some phisic exercises or games will be usefull to connect the group and work the Connection between body and mind

I will use balance on my performances, my music lessons to children, my practise, so to be focus on what i do each time.

The worship gave me many new impulses

I am attending to a proffesional circus course, so is important to know how to use the balance.

I teach uoga and circus and i got a lot of new teaching material from this workshop, so yes! I will and I do!

The workshop provided a basis is a variety of skills that can be useful and transfered across a whole range of disipline and used in many different areas.

I will use as many things as possible, because balance keeps you active and it will help me in theater.

As a acrobat trainer, I am fond of balance training, acropartner...I train once a week with my student and since Berlin, my class has been improved: technicaly, I have more idea and information:game, how to start and end a session.

I both teach and perform handstands and acrobalance.

General remarks

What do you think have been the main benefits of this workshop?

Skills, creative inspiration, friendships

Learn different ways of teaching

Being with people of all skill levels and sharing any kind of knowledje, sporting, laughing. Also people of sircus are so interesting and funny and beautiful! At last those that we met! :) so 1.knowledje 2.friends

3.inner ways to focus 3.alignment

Having the clear task to try out balancing stuff

It was so nice. The teachers taught techniques that allow you to practice alone, and for me this is the best, they give you the technic and the you take it with you wherever you go. The schedule was very well distributed, also taking time to put into practice what was learned.

Renewing my interest in balance and giving myself some challenges as well as nee teaching ideas. And meeting other great people!

Making new contacts and learning new skills

Knowledge and way of thinking

I have discover new things: like rola bola and firetigh workshop

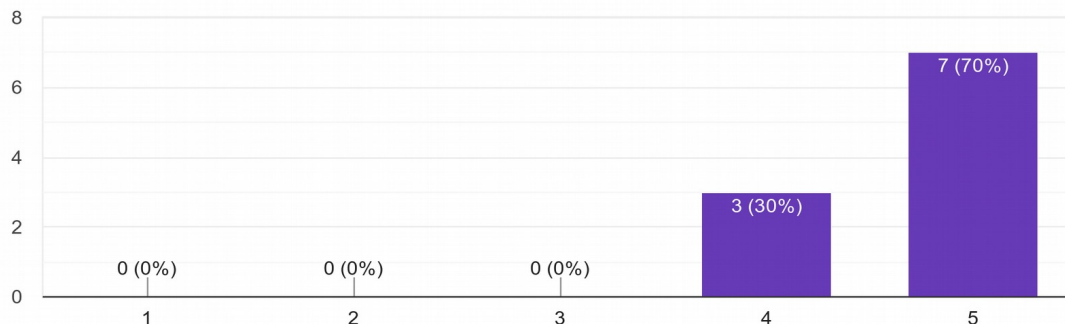
Meet new people, learn other views and techniques.



Quality of teaching and didactics

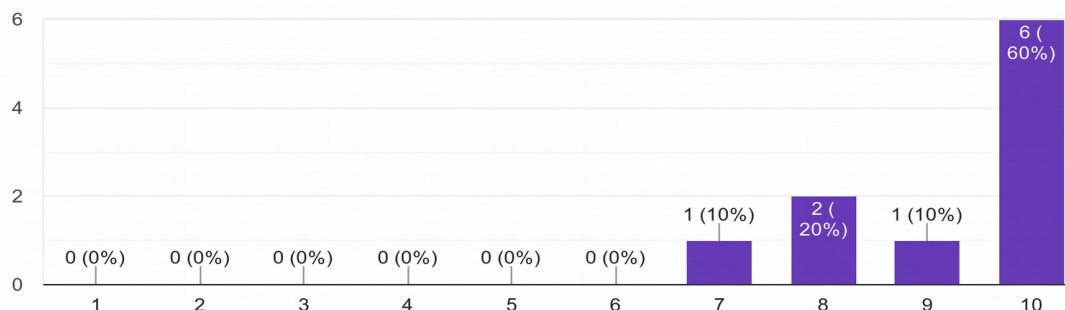
What was the quality of teaching?

10 responses



The workshop material was presented in a clear and organised manner?

10 responses



How was the logistics of the workshops (venue, accomodation, food, information)?

OK

Everything clear and weel organized

Good choice the closest hostel, because of the less distance. On the other hand, cold water only. One Hot bath sometimes it was needed. Food, a lot of not so good asian, Pizza which was also not that good.

Cerials, Juice, fruits and salads by the supermarket whas the Best choice for me, for my body to deal with the practise in the workshop.

Berlin living so was Great

AMAZING, THANKS!

Great

Venue, accommodation and information we're great! However the food budget was minimal without the option of a kitchen to use.

Cold showerrrr!!! Generally everything was great and especially hospitality

Satisfaction 100%, we were also guided by a local volonteer who were realy nice and show us the most beautiful area around berlin.

I was very happy, we had a great time and I always felt very looked after.

What do you think would have improved the workshop?

longer middle-break and possibility to train in the afternoons; one culture event - a performance, a concert, ...

Even was a really intense week, I think that would be nice and usefull yo Javé more hour of training I dont know.

A Little more concept for oranisation after the workshop

Honestly I would not change anything. It was great. The only thing is that by not being punctual some people were very hard to start, but this is a separate thing.

It was really well organized. The hostel was nothing special but it is super close so i understand the reason for using it. I cant think of anything else...

A show and tell (cabaret evening) for the participants to be able to show either their new skills or their personal disaplines

I don't know! Everything was great

Everything went well, according to me we all learnt about how to improve the teaching skills, how to satisfied beginners, how to deal with student without selfconfidence, so i don't have something to add, it was useful and i received many tools.

Nothing comes to mind, I very much enjoyed them

