

Flexibility:

1. Professional flexibility basic (splits)

the basic workshop is a must-have for all dancers who want to improve their leg flexibility. We are working on our front-splits and straddle –splits. Therefore we use fundamental techniques, which allow every healthy human being to learn a perfect front-split und to improve the opening of your straddle intensively. Thanks to the flexyplates training-



tools the risk of injury is clearly eliminated. Dangerous stresses and strains of single joints such as the knee in a straddle split will completely be eliminated. The training is going to be in pairs, but every exercise can also be practised alone. In addition we will give you theoretical insight into the anatomy and functionality of your muscles and joints. To understand your own body means to train even more effective.



2. Professional flexibility basic (backbend)

The basic workshop is a must-have for all dancers who start to train their back flexibility. We are working on our back flexibility in all parts: the hips, lower back, upper back, shoulders, arms and neck. The shown exercises will make it possible for every participant to improve the back flexibility slowly and precisely on a healthy way. The workshop gives an answer to the important question whether you keep an extra talent for back flexibility and how far you are able to develop and strengthen your back. The theory includes breath control, breath panic, anatomy and prevention from dangerous back exercises for your back. The training is going to happen in pairs but it is also possible to do the exercises alone.



3. Professional flexibility advanced (splits and back)



This workshop addresses all dancers who have already worked on the basics concerning splits and backbends. We will work on your splits and oversplits, including front – and straddle splits. Our goal is to achieve a perfect straight line of 180 degrees in all variations especially for the „Gravity-Splits“. That means that the legs are opened in a straight line by their own weight at the pole. Our target in backbending is the cheststand. Here we learn exercises about how to breath correctly, how to hold the position without panic as long as possible and how to gradually lead your feet on the ground in front of your head. At the end you will be able to control the techniques we learned and to safely try new and challenging backbends.



Frederick's world of flexibility: Workshop Offerings 2015

4. Contortion basic and advanced (splits and back)



The workshop is produced for 2 to 6 persons (semi-private). It implies perfect splits and/or an above-average back flexibility. We acquire acrobatic oversplits, full and over straddle splits, cheststands, high bridges and positions at student's option.



Acrobatics:

5. Handstand Basics:



Handstands are getting more and more important on the floorwork. Unfortunately the training takes a long period of time until one controls a perfect handstand. All the more it is necessary to work with the right techniques and additives for a perfect training. We will develop all basic elements we require for all overhead positions: headstand, forearmstand and handstand. We learn variations of mounts into the positions, how to find the right balance point and to tighten your body to finally experience a free standing handstand. You will receive devices, support and helpful tips for your training. The theory part includes basic knowledge about anatomy, musculature, finding balance, the cooperation of hands, shoulders and hips.



6. Handstands Advanced:



You are right in this workshop if you already control forearmstands/headstands and you want to improve your stability in handstands. We will learn different types of mounts into handstands and simple combinations of balance moves. In addition we will upgrade your strength with a special workout for the demanded body parts.



Frederick & La Jana: Workshop Offerings 2015:

7. Flexible Floorwork:



Handstand and Contortion Element Combinations. Many dancers fear the moment to loose the pole when the floorwork begins. This is no reason

to panic: The one's who trained flexibility and basics in balance elements will get to love the floorwork after this workshop. Here we work on figure combinations including flexibility and contortion elements depending on your level, forearmstands/handstands with and without the pole. At the end we will be able to do a choreography for an harmonical acrobatic floorwork.



8. Aerial Hoop Basic:



Come and learn together with La Jana, one of the best aerial artists in Germany, the basics in aerial hoop acrobatics. Though we learn grip savety and orientation, standard mounts and nice figures and positions in the hoop. We will try free hangig positions. At the end you will be able to perform a little choreography to music, like you were on stage. Besides the practicse there are lots of theoretical basics you will learn as well as advices for your own savety during your hoop training.



9. Aerial Hoop Advanced:



You are already fascinated by training hoop and you are curious to learn more mounts and challenging positions? La Jana, one oft he best German aerial hoop artists will show you tips and tricks you need to know to learn her best moves and figures and overall to make a good attitude in a hoop. We will show you how to train complex and challengig positions with and without assistance effectively. Finally we will combine all elements to a nice choreography so that we are able to do a small perfomance at the end of class. We will tell you more about how to find the right music for aerial hoop acts and to build up a performance which is suitable for stage. As always we won't lack savety advices.

