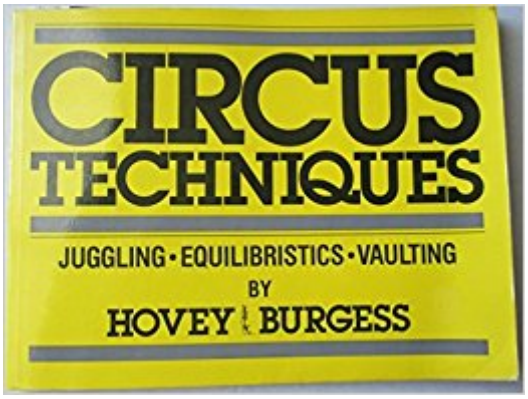
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Circus Techniques: Juggling, Equilibristics, Vaulting



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Synopsis

Book by Burgess, Hovey

Book Information

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Customer Reviews

Book by Burgess, Hovey

Great book!! Covers so much!

at least I got my money’s worth. juggling, balancing, vaulting, trapeze, unicycles, and much more is all covered. all looks good to me, but I’m only a beginner, so I can’t give you a serious evaluation.

I read the reviews and the book is awesome. nice progressions, i really enjoyed his thought process on how to improve and why.

This book covers a wide variety of techniques and is very logically arranged. The sections on advanced techniques all have very good safety tips. The section on how to construct your own eqiupment was especially good.

I had to order this book for a circus performance class, and although I had to drop the class because I was taking too many credits, I decided to keep the book because it had so much good information in it. As a gymnast I found the sections on equilibristics to be very interesting, and

pertinent to my sport. Overall this is a very good book on body mechanics and the application of physics.

I got the bug to learn how to wire walk. Okay, so I'm not going to do it from very high, but I've been using a Rolla-bolla board to improve my balance and this is a next step. This book covers all kinds of circus acts and gives you a step by step program toward learning how to do them. You still have to develop the physical skills, but this does a great job of getting you there without personal training. I love it!

this book is geared for circus stunts, mostly acrobatics, and none of it is directed towards vaulters who do gymnastics on moving horses. howvever, if this book is carefully read, one can find all sorts of tips on the simplest things, such as handstands, to more intricate lifts. our vaulting club has found it to be a very good resource.

One of the most sought after books on circus style tricks and stunts. Various techniques and tactics for inverted physical stunts (including bending), vaulting, juggling, stack equilibristics, tumble applications, gyroscopics, rigging, catapulting and other circus techniques are covered.

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