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## Aerial Hoop

**the aerial hoop manual volume 1 - aerial dancing** - when practicing aerial hoop, always perform warm up exercises before attempting any individual exercises. also, when practicing aerial hoop, always do so in the presence of a trained professional, with load-tested aerial equipment hanging from load-tested rigging, which has been set-up and inspected frequently by rigging professionals, **international pole sports federation** - use an ipspf endorsed aerial hoop with two rigging points. with regards to the diameter, height and other characteristics of the aerial hoop, see rules and regulations and apparatus norms. for definitions of various terms, please see the glossary. **divisions amateur professional elite categories novice (mixed) junior (mixed) a step-by-step reference guide for teachers and students ...** - when practicing aerial hoop, always do so in the presence of a trained professional, with load-tested hoop hanging from load-tested rigging, which has been set-up and inspected frequently by rigging professionals, along with crash pads underneath the hoop. **aerial hoop study guide - canadianpolefitnessassociation** - part viii: aerial hoop training • when deciding whether a skill is appropriate for a beginner, what aspects of the skill and student should be taken into consideration? • what is functional training for aerial hoop? • define the benefits and drawbacks of on-apparatus strength conditioning part ix: warmups and ground-based training **to whom it may concern, - aerialrevolution** - aerial hoop ("lyra" or "cerceaux") this multi-dimensionally moving apparatus is one of the more versatile acts. not necessary to have a high ceiling, many aerialists who perform lyra prefer to spin from the ground up and back down again. lyra can be very high energy, or it can be absolutely dramatic and graceful. **pole sports & arts world federation aerial elements** - warning! \* each participant must select elements in his discipline and put the element number on the card. example group a aerial hoop ah/0202 the number of items in each category: **a condensed history of aerial arts - ohio sports academy** - aerial hoop, and it's sister apparatus lyra, have a muddy and poorly documented history, with the idea of a metal hoop being a fairly popular child's toy in the late 1700s, and the single recorded instance of a suspended hoop before the 2000s being used in an advertisement in 1893. while it existed **2019 canadian pole and aerial hoop championship ...** - event featuring the best pole and aerial hoop performers from across canada. this is a highly anticipated event as our audience is limitless as the convention itself draws tens of thousands of attendees over the weekend. with 14 divisions, two shows we anticipate this year to draw an even larger crowd. **dan lisowski, chair assistant professor - tech design ...** - dan lisowski, chair . assistant professor - tech design, head of theatre technology program . april 2014. measuring the forces involved in single point aerial dance trapeze . by . james e. vogel . a thesis submitted in partial fulfillment of the requirements for the degree of. **instruction manual aerial - fedec** - the aerial straps' chapter is the result of a pooling of expertise and knowledge from different teachers on the basis of a predefined framework. this common framework is intended as a tool to ensure that different chapters have a homogeneous structure, while taking into account the specific aspects of each subject. ... **circus fact welcome to the fourth aerial acrobatic arts ...** - aerial hoop - lyra kate winston college park, maryland kate is an aerial performer and teacher based in maryland. she has performed across the country, including at the nashville fringe festival, the 2013 aerial acrobatic arts festival in denver, and the baltimore alley aerial festival. **aerial dance: under the sea - digitalfsp** - single-point trapeze, aerial hoop, and aerial silk. in the final performance, the aerial hoop used had two points instead of the one pictured above. also in the final performance was an aerial sling act, which is not pictured above. an aerial sling is shaped like an aerial **certification application - aerial arts america** - in consideration of the services of american aerial arts institute dba aerial arts america, the ruby karen project, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their **adedance aerial - term 2 timetable (april 8 - june 2)** - adedance aerial - term 2 timetable (april 8 - june 2) monday tuesday wednesday thursday friday saturday sunday adedance studio adedance studio adedance studio adedance studio adedance studio kovan adedance studio adedance studio

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