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# Discovering Flying Trapeze



## Synopsis

Flying Trapeze has exploded in popularity as a recreational activity in recent years with over 200 schools, clubs and resorts now open on six continents. Whether you are a complete beginner or a regular flyer, this book will accompany you from your very first swing, through a series of skill progressions (including over 50 different tricks and catches), right up to advanced somersaulting tricks and flying out-of-lines. The book is illustrated with hundreds of clear and simple step-by-step diagrams explaining basic concepts, fundamental techniques, useful training tips and common problems. You'll learn everything you need to know as you arrive for your class, right from learning your trick on the practice bar, to climbing the ladder, leaving the board and making a catch. You'll also discover the roles of the instructors you will meet and learn how to use the safety equipment such as the safety net and the safety lines. The book also covers a variety of topics that will become relevant as you start to practice more regularly and at a more advanced level, such as helping out on the platform, performing in Flying Trapeze shows, using hand grips and understanding catch timings. Written by Alastair Pilgrim, the founder of flying-trapeze.com, and including contributions from Tim Cayrol, an experienced performing-arts physiotherapist, this book is an invaluable tool for the recreational trapeze artist. This book is most suitable for beginner and intermediate level flying trapeze enthusiasts. For a more advanced book, check out 'The Fundamentals of Flying Trapeze'.

## Book Information

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## Customer Reviews

Great book for anyone starting out on the flying trapeze. Obviously, you won't learn to fly from a book but it's a good way to learn the mechanics and get some tips for conditioning and form.

Great text and illustrations. Well organized.

Easy to understand. Great tips. Clear illustrations. All I need is the talent.

The best book of flying trapeze in every details!

This is the most comprehensive book about the flying trapeze I've ever read. I highly recommend it.

It is great to see a new book from Alastair. As anyone who has met him will know, Alastair is a true flying trapeze guru; he owns his own trapeze rig, runs the definitive flying trapeze website and has produced the 'bible' of flying trapeze tricks (Fundamentals of flying trapeze). In this book he goes further, bringing the wealth of his knowledge as a flyer, catcher and instructor to the public, spilling the beans on how to do those tricks that he and the professionals make look so effortless and beautiful. He outlines a logical trick progression and starts the journey from your very first nervous visit to a flying class, through learning your first position catches, all the way to performing in a show! The enthusiasm is both obvious and infectious. He (and his co author Tim) advise you how to prepare mentally and physically, with sections on what to wear, what to take with you and even how to behave at classes. He then presents a progression of trick skills that you can follow as your prowess improves, at each step explaining the challenges to overcome and what mistakes are common and offers training tips and exercises (on the ground, in the air and on related equipment) Importantly he doesn't just say how to do it, he says why it should be done! The book is full of clear diagrams, and it is easy to imagine the 'models' used in the pictures becoming your friends and the words in the book becoming a second opinion to your own instructor. It is definitely one book that should accompany you on every visit to the rig.

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