



Discovering Flying Trapeze

Alastair Pilgrim

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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'.

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