



Circus Techniques: Juggling, Equilibristics and Vaulting

Hovey Burgess

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Circus Techniques is a comprehensive and varied manual for the novice and experienced alike. With almost 300 photographs it explains and teaches: balancing, contortion, devil sticks, diabolo, falls, foot juggling, hand balancing, headstands, human columns, juggling, rola-bola (single and double), rolling globe, Roman rings, rope jumping, rope spinning, rope-walking, springboard, stilt-walking, trapeze (fixed and flying), tumbling, unicycle (low and high), unsupported ladder, voltige and a great many other specific skills. While the human element prevails in the explanation of these techniques, the skills of animals and even machines are also included. The materials is correlated with the physical comedy of such actors as Charlie Chaplin, W.C. Fields, Buster Keaton and Leonid Yengibarov; the historical achievements of performers such as Jules Leotard, Enrico Rastelli, Richard Risely and Will Rogers; and the theoretical discoveries of scientists such as Aristotle, Christian Doppler, Jean Foucault, Galileo and Isaac Newton.

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