

MAURIZIO ORLANDO

Juggling Workshop

MANIPULATION AND MOVEMENT INTO JUGGLING

In contrast to toss juggling, where time depends on gravity, the manipulation frame allows the juggler to dictate the juggling rhythm.

Object manipulation places the juggler in the spotlight and thus he will get the opportunity to express him-/herself throughout the movement of his/her body.

Therefore, it is important to understand how to move the body and how to let it interact with the environment and the objects, in order to find our own style.

The main contents of the workshop are:

- **Providing tools to explore manipulation**
- **Developing a method for creating movements**
- **Adding manipulation and movements to juggling**
- **Learning body positioning and how to involve the surrounding space**
- **Trying to identify a personal juggling style**
- **Creating a juggling sequence**

At the end of the class, the participants will apply the learnt principles of the workshop in order to create short juggling sequences.

Duration

2 days