

# MAURIZIO ORLANDO

## Juggling Workshop

### **MOVEMENT, MANIPULATION & TECHNIQUE**

During this workshop, we will work on object manipulation, which will become the key to enhance the role of the juggler.

The objects will generate our expressivity, creativity and movements and ultimately help us to discover the space around us.

Thus, it becomes important to master the juggling technique in order to accelerate the learning process.

The contents of this workshop are:

- **Providing tools to explore manipulation**
- **Developing a method for creating movements**
- **Adding manipulation and movements into juggling**
- **Learning body positioning and how to involve the space around**
- **In-depth learning of juggling technique fundamentals: posture, crossing point, rhythm, body throws, asynchronous, synchronous and multiplex siteswaps**
- **Providing tools to develop own techniques**
- **Accelerating the juggling learning process**
- **Identifying and developing the own juggling style**

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

**Duration**

**5 days**