

BANQUINE – SAFETY AND BASIC PRINCIPLES

BY ARCE AND ELINE

1. Introduction

We chose to give this workshop because of our own experiences with doing and teaching banquine. It is a fun technique with a lot of possibilities but it is also a dangerous technique if you're not aware of the risks. We both had personal situations with accidents happening during our circus practice so we wanted to share our experiences about safety in circus.

2. Safety

Possible hazards

- Environment: the space around us (inside, outside, gym, who is around us, other workshops taking place, photographers, public)
- Physical: internal causes inside the body could be nutrition, old injuries, health, sleeping, emotional state
- Materials and equipment: it is important to use the right materials for the activity and that the materials and equipment are in a good state. They should be checked by an official instance.

Some of those hazards are unpredictable, we have to be aware that they can happen and be prepared as much as we can to react when they appear.

Others are predictable, those we can prevent in different ways. Using the right equipment, specific for banquine you work with mats, you can also use the longe and you can work with spotters.

For this workshop we will work with spotters for the banquine. To spot the body you have three strong points, the shoulders, the hips and just above the knees.

Exercise: 1 person stands on a steady object (height of banquine) and makes a stick. The rest of the group stands around the person who leans in different directions and spot just above the knees and the hips.

3. Technique

For banquine it is important to feel each other and breathe together because the tempo needs to be perfectly together.

Fish exercise: one person breaths in, when he breaths out he leans in a direction and walks. Then another person can follow and another so you are moving together in a trio in the same direction. If the trio works you can try to do it with the whole group.

Warming up: for the warming up it is important that you do the exercises for the bases and flyers all together so both are aware of what the other is doing.

Position and grip for the base: the base takes his own wrist and with your free hand you take the other's base wrist. Relax your shoulders and arms and push the wrist up to make a strong square for the banquine. You can choose to put your thumb on or around the wrist. Open your chest, lean in a

bit forward to each other so the weight is on the front part of your feet. Put your centre in the ground with a straight lower back.

Exercises:

Move the banquine without losing the good positions

Crab: walk/run sideways with the banquine in squat position push and move against each other but try to keep the banquine position

Position for the flyer: stick, feet together, shelf/spoon position.

Exercise: tempo on the ground: up, down, jump. Like a resor (veer):

1 breathe in

2 breathe out and bend the knees slowly

3 release and jump.

Good warming up for flyers is do the jumps in the maxi trampoline.

Go on the banquine:

1. Bases go really low so the flyer can step up
2. Flyer puts one foot on the leg of the base and puts the hands on the shoulders or head
3. Flyer jumps directly pushing hand on the head/shoulder

Important to push down for the flyer. The base should keep the neck strong; tip: put your tongue against the up roof of your mouth.

Exercise: balance the flyer on the banquine: flyer leans for/backwards or side ways, base follows by going under.

Tempo: first the flyer does the tempo, bases just stays in position, then the bases do the tempo while the flyer stays on top like a stick, then flyer and bases do the tempo together.

TIPS

- ⇒ These are just the basics that we worked on in our session of 45minutes. If you want more information or exercises, feel free to get in touch with us! We will like that (we were in a hippie mode while writing this down).
- ⇒ We advice you NOT to do all of this with kids younger than 14. Banquine is heavy and the body should be ready to carry it. Although it is nice thing to do in a parent-kids circus class. Just to be clear, we think its a good idea that the parents are the flyers, we like that but remember, we are not responsible (as you know, we are still in hippie mode writing this down)
- ⇒ Please don't do this at home, if your home is as messy as ours, read: lots of stuff and furniture around (remember the safety rules about the environment)
- ⇒ ONE LOVE
- ⇒ SAFE THE WHALES, they are good bases!