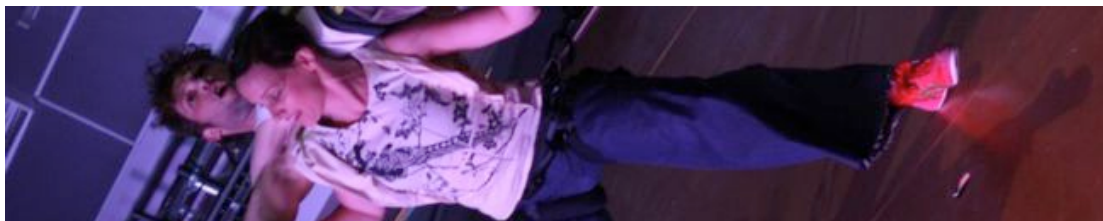


Photo: Alejandro Rolandi. Performers: Gavin Clarke and LeeAnne Litton

Legs on the Wall is offering one week of intensive training at the Red Box in Lilyfield, Sydney for professional physical theatre artists, tertiary movement students and anyone with prior physical training.

The 2010 intensive is a fantastic opportunity to tailor your skills in a particular area or enjoy a variety of different classes throughout the week.



INTENSIVE SESSIONS

Beginners Wall

Your chance to get on the wall, with Senior Head Rigger Jon Blake and Legs performers LeeAnne Litton and Kirk Page. Get basic wall techniques such as walking on the wall, running, jumping, leaping and spinning using different apparatus including 'long and short track ropes', pendulum rope and pendulum counterweight rope.

Intermediate and Advanced Wall - Tinkerbell

Have some experience but really want to fly? This is the course for you. Over five days, move from the basics of live counterweight techniques to using and operating Leg's three dimensional "Tinkerbell" wall system as part of a team. Participants will learn the basics of each part of the system and in turn experience "air" time to explore and adapt movement vocabulary on the wall. Each day builds upon the one before, so all sessions are mandatory.

Tumbling & Sports Acro with Ben Moroney

Ben's classes cater for all skill levels from basic to advanced. Basic tumbling lays solid foundational skills and drills in acrobatics. Intermediate/advanced tumbling will allow the more experienced students to extend their skills in a safe and supported environment. Sports acrobatics includes learning partnering techniques in lifting, weight bearing and counterbalance. In this class, students will learn to perform duo movement sequences and balances.

Tricks and Tidbits with Donna Carstens

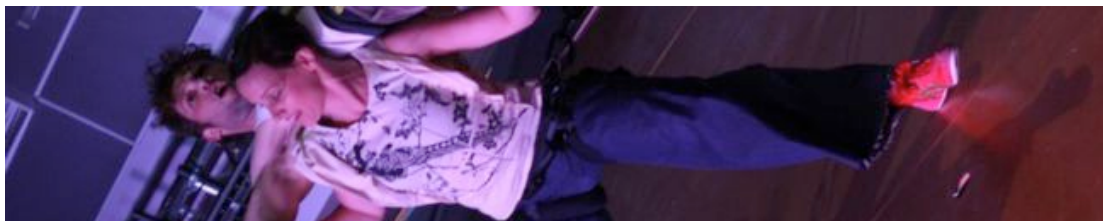
During these classes Donna will be sharing her skills in whip cracking, juggling, diablo, plate spinning, acro and for a bit of fun balloon animal making.

Hula hooping and rope skills with Heidi Hillier

Worn out after a day on the mat or up the wall? Here's the perfect solution - a Hula Hoop session! Learn to control and separate hoops with training drills, make up your own tricks, sequences and transitions. Learn to spin a lasso, catch a cow, flourish a rope, quick tie and release and even a few magic tricks.

Handstands, Pole and Adagio with Nat Kell

Take a challenging handstand class of equilibrium in inversion in all its marvellous forms; learn the ancient art of Chinese pole with some contemporary European flavour; and finally - Adagio: the delicate and dynamic art of balance between two people, working together to defy gravity.



MASTERCLASSES

In addition to the intensive sessions, two Masterclasses are available – both of which require a commitment to attend all five days.

Please note: Masterclass places are strictly limited.

Aerial Masterclass with Olga Sidorova

Former Cirque du Soleil star aerialist Olga Sidorova is the founder of Dancing in the Air™, a total-creative-approach company that gives artists the tools to create their own unique performances. As she says, “too often students of aerial arts spend years learning tricks but never learn how to tell a story”. In this masterclass Olga will show participants “how to express yourself in space, building on the skills you have and reaching for your potential. You will learn how to go beyond thinking of aerial as a series of unrelated movements and tricks, and understand that you can tell stories in the air!”



Olga Sidorova was born in Siberia and graduated from the Moscow Circus School, where she specialised in solo swinging trapeze, developing tricks with her coach, Genady Totouhov, that had never been performed before. She toured with the Moscow State Circus and Cirque du Soleil and coached at the National Institute of Circus Arts in Melbourne, Australia. Now settled in Sydney, she is the founder and director of Dancing in the Air™, an advanced training and creation program which seeks to push the boundaries of aerial performance.

Clown Masterclass with Ira Seidenstein

Classic Clown Becomes Contemporary Clown

For this master clown workshop, Ira will use several classic routines. He will assist each participant to transform these treasure chests into contemporary expression. Ira uses a physical approach to clown based on each person's attributes. He will also introduce several of his unique exercises for training and for clown.



Ira Seidenstein began professional clown training after training in method acting. His clown apprenticeship was with former Boss Clown of Ringling Circus, Danny Chapman. Ira trained in mime and commedia dell'arte at the Dell'Arte School with its founder Carlo Mazzone-Clementi, the first partner of Marcel Marceau and partner of Jacques Lecoq. He helped establish the Bell Shakespeare Company as the resident teacher & choreographer, and acted in four productions including Richard III, co-directed with John Bell.

Our Tutors

Jon Blake



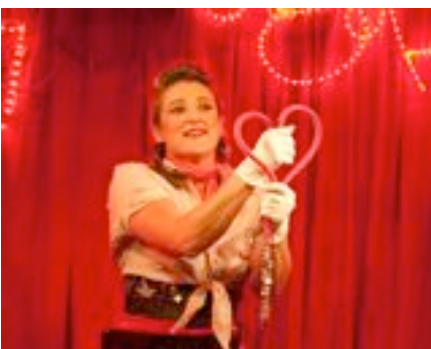
Bringing together over 15 years of experience in rigging and industrial rope access in the building and entertainment industries, Jon has wide knowledge of access machinery and rigging equipment and a detailed knowledge of the latest equipment and industry regulations. He has worked for such companies as Pollard Productions, Tripoint Rigging, Circus Oz, Cirque Du Soliel, Sydney Theatre Company, Sydney Dance Company, Sydney Opera House, Sydney Opera Company and Sydney Festival. Jon has his own company SpiderMonkey Constructions and is Senior Head Rigger and Operations Manager at Legs on the Wall.

Donna Casterns



Donna has worked in the circus industry for the last 15 years and for the last 12 has been the co-director of a Brisbane based community circus arts company Circus Minimus. She has worked and performed for companies such as Circus Oz, Vulcana, flip side and Circa. Recently she was ringmaster for "Flying", the showcase performance at Heads Up, the first ever indigenous social circus arts conference, held at Carriageworks in Sydney.

Heidi Hillier



Heidi Hillier is a creative circus artist and has a bunch of crazy characters including a Two Headed Hula Hooper, a One Woman Rodeo and a love torn sailor. She has performed at festivals including Catapult, Port Fairy, Sydney Children's and Tassie Circus Fests. Heidi regularly performs around Sydney, and has been artist in residence at Bundanon Estate and IPAC. She has worked with Circus Monoxide, Circus Arts Australia, Legs and Circa.

Nat Kell



Nat Kell has been a circus performer for 15 years, specialising in tumbling, Chinese pole, hoop diving, adagio, handstands and inappropriate humour in poor taste. Having performed first with community circus in West Australia at age 12, Nat has been performing ever since, touring through Europe, the UK and Australia. Nat graduated from NICA in 2004 and is currently working with Stalker in their premier show *Shanghai Lady Killer*.

LeeAnne Litton



LeeAnne has nine years training in Rhythmic Gymnastics, and in 1994 became National Champion and was selected to train in the squad for the 1996 Atlanta Olympics. Since 2005, she has been training intensively in contact improvisation. She is a trained aerialist, specialising in tissu, loop, aerial hoop and bungee. LeeAnne has performed with *Legs on the Wall* and is a co-founder of *Strings Attached Physical Theatre Company*.

Ben Moroney



The legendary Ben Moroney trains acrobats and gymnasts, from beginner level to elite athletes. He has worked at Gladesville RSL Gymnastics for over 20 years. In 2005, Ben was honoured by Gymnastics Australia as being named National Coach of the Year. Ben recently purchased Eden Area Gym in Pambula where he continues to coach gymnastics, tumbling and acro.

Kirk Page



Kirk Page trained at NAISDA (National Aboriginal & Islander Skills Development Association), and has toured nationally and internationally as a dancer, singer, actor, director and teacher. He has performed with *Bangarra Dance Theatre*, *Opera Australia*, and *Legs on the Wall*, *Sydney Theatre Company*, *Black Swan Theatre Company*, *Belvoir St Theatre*, and lead dance and physical theatre workshops with *ATYP*, *Legs*, *NIDA* and *NAISDA*.



TIMETABLE

	WARMUP from 9am	10am - 11	11am - 12	12pm - 1	LUNCH 1-2pm	2pm - 3	3pm - 4	4-5pm
TUES 5	SESSION 1		TRICKS & TIDBITS	TRICKS & TIDBITS				
	SESSION 2	POLE	ADAGIO - Beg/int	HANDSTANDS	SESSION 1	WALL - beginners	WALL Int/Adv	
	SESSION 3	TUMBLING - Basic	TUMBLING - Int/Adv	SPORTS ACRO Int	SESSION 2		HULA	ROPE SKILLS
	MASTERCLASS	AERIAL MASTERCLASS			MASTERCLASS	CLOWN MASTERCLASS		
WED 6	SESSION 1		TRICKS & TIDBITS	TRICKS & TIDBITS				
	SESSION 2	POLE	ADAGIO - Beg/int	HANDSTANDS	SESSION 1	WALL - beginners	WALL Int/Adv	
	SESSION 3	TUMBLING - Basic	TUMBLING - Int/Adv	SPORTS ACRO Int	SESSION 2		HULA	ROPE SKILLS
	MASTERCLASS	AERIAL MASTERCLASS			MASTERCLASS	CLOWN MASTERCLASS		
THURS 7	SESSION 1		TRICKS & TIDBITS	TRICKS & TIDBITS				
	SESSION 2	POLE	ADAGIO - Beg/int	HANDSTANDS	SESSION 1	WALL - beginners	WALL Int/Adv	
	SESSION 3	TUMBLING - Basic	TUMBLING - Int/Adv	SPORTS ACRO Int	SESSION 2		HULA	ROPE SKILLS
	MASTERCLASS	AERIAL MASTERCLASS			MASTERCLASS	CLOWN MASTERCLASS		
FRI 8	SESSION 1		TRICKS & TIDBITS	TRICKS & TIDBITS				
	SESSION 2	POLE	ADAGIO - Beg/int	HANDSTANDS	SESSION 1	WALL - beginners	WALL Int/Adv	
	SESSION 3	TUMBLING - Basic	TUMBLING - Int/Adv	SPORTS ACRO Int	SESSION 2		HULA	ROPE SKILLS
	MASTERCLASS	AERIAL MASTERCLASS			MASTERCLASS	CLOWN MASTERCLASS		
SAT 9	SESSION 1		TRICKS & TIDBITS	TRICKS & TIDBITS				
	SESSION 2	POLE	ADAGIO - Beg/int	HANDSTANDS	SESSION 1	WALL - beginners	WALL Int/Adv	
	SESSION 3	TUMBLING - Basic	TUMBLING - Int/Adv	SPORTS ACRO Int	SESSION 2		HULA	ROPE SKILLS
	MASTERCLASS	AERIAL MASTERCLASS			MASTERCLASS	CLOWN MASTERCLASS		