



# The Fundamentals of Flying Trapeze

*Alastair Pilgrim*

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## **The Fundamentals of Flying Trapeze** Alastair Pilgrim

Flying Trapeze has exploded in popularity as a recreational activity in recent years with over 200 schools, clubs and resorts now open on six continents.

From the founder of flying-trapeze.com, this book illustrates the fundamental principles, techniques and equipment of Flying Trapeze. With hundreds of clear and simple diagrams illustrating tricks gathered from trapeze artists around the world, this is an invaluable reference guide for the recreational trapeze artist.

The book is divided into three sections:

The Fundamental Techniques section covers basic principles of flying trapeze, from the different ways to hold the bar to catch timings and a list of the most common body positions that make up trapeze tricks.

The Equipment section explains the layout and parts of a flying trapeze rig and showcases a number of common variations.

The Tricks section features over 300 tricks gathered from trapeze schools around the world with clear diagrams explaining every trick step-by-step.

Supported by flying-trapeze.com where videos are available of many of the tricks featured in this book.

This book is most suitable for Intermediate to Advanced Flying Trapeze enthusiasts.

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