

Aerial Teacher Training

Version 1.2

2024 Feb

Included in the course:

- Video downloads of basic moves
- Course Handbook
- Teaching practice class

Five days course fee:

- €695 incl inclusive 21% btw (€575 Excl. BTW)
- Monday – Friday 10:00 – 17:00
- 1 hour for lunch (lunch not included, we provide: coffee, thee, water soda & fruits)

Some teachers are fantastic aerial performers but struggle to communicate how the movements work to less capable practitioners. This course gives an overview to the art of teaching four core aerial skills:

- trapeze
- hoop
- silks
- rope

Focusing on:

- correct body alignment and movement
- injury prevention
- spotting techniques
- class creation and management
- basic rigging concepts
- business discussion



This training week is aimed at existing teachers who may want to build on their skills and aerialists or performers who want to acquire the skills necessary to pass on their hard-earned knowledge.

There will be a sample teaching session, providing an opportunity for the teacher trainees to create a sample curriculum and to work with “real” students.

Your Teacher Amanda Miles Robins is a very experienced international teacher with many years of experience as studio owner, teacher and performer. All workshops take place at Tall Tales Studio, the Circus Hub of Rotterdam, a circus breeding ground with an open training space and weekly lessons and workshops aimed at both recreational and professional circus artists.

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Course details

This in-depth and holistic approach to teaching is appropriate for new teachers as well as those with teaching experience, and for those who work with children, young people or adults in a variety of educational environments including circus schools, gymnastic programmes, summer camps, fitness studios and more. There will be a sample teaching session providing an opportunity for the teacher trainees to create a sample curriculum and to work with “real” students.

- Body alignment and injury prevention – correct shoulder position and technique.
- Developing the correct musculature to prevent injury and maximize performance.
- Aerial vocabulary and skills building – what the essential moves are, how to do them and how to describe and explain aerial movement effectively for different learning skills.
- Repertoire – on all equipment.
- Class structure and creation – how to create an interesting and achievable class.
- Class management – how to work with different levels and ages that may have to work together.
- Ways of learning and communicating – with different types of people.
- Building good practice – in your school, studio and for participants’ personal practice.
- Your studio and your clients – who you are and what you do.
- Being creative – how to keep the interest going.
- Being practical – support for you and your studio.
- Working with children and students with special needs.

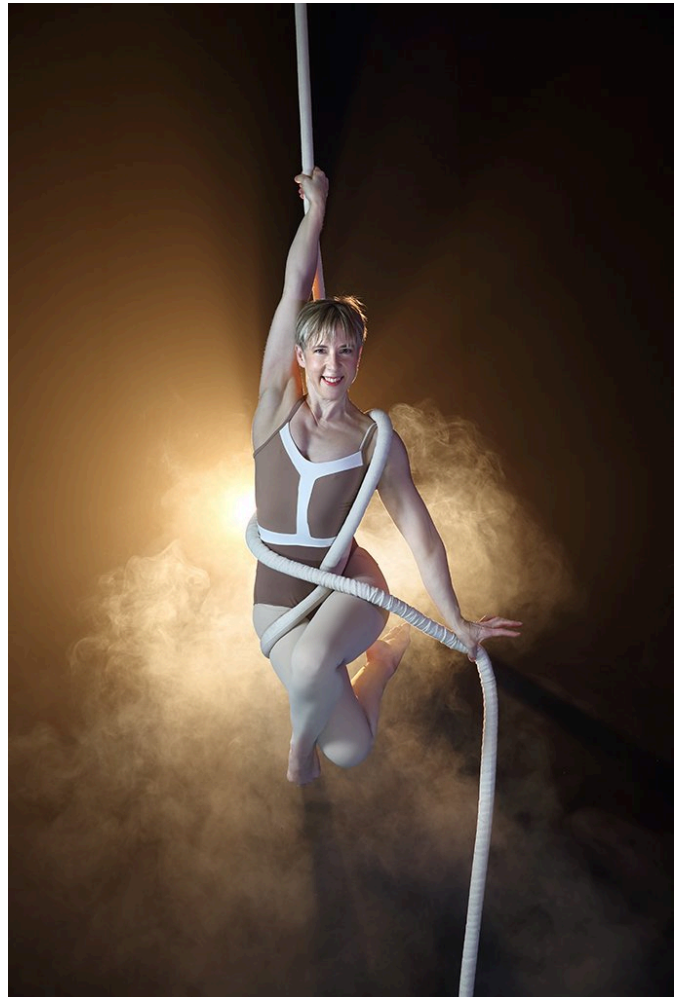
Pre-Requisites

All students are expected to be able to climb and invert on silks or rope and be capable of mounting aerial equipment unaided. Trapeze experience is not necessary but an advantage

Course leader

Amanda Miles Robins is the founder of My Aerial Home and Air Dance. Trained as a professional dancer at the Arts Educational Schools, she danced professionally before becoming an agent for commercial dancers, models, and choreographers. Amanda then moved into theatre and television production and for 20 years worked as a freelance television producer for all the major broadcasters and was talent executive at Disney Channel. She co-founded Comedy Rep, pioneering comedy at the Soho Theatre. Amanda took up aerial training as a hobby, training in the adult program at The Circus Space (now the National Centre for Circus Arts) in static trapeze and rope, and found it complemented her dancing skills.

Amanda has taught and choreographed for many companies including Carnival Cruises and P&O; creating work for Naughty Boy at the MOBO Awards; working with Cirque Bijou for their Extraordinary Bodies show; pioneering trapeze for those suffering from depression with Status Employment; and working with numerous performers creating new acts and developing their aerial skills through our professional short course programmes



Course schedule

Monday					
1000	1100	1300 - 1400	1400 - 1630		
Introduction Presentation: Welcome to the course. Physical Presentation: Shoulders	Practical: Warmup & Trapeze Basics	Lunch	Practical: Trapeze basics continued Practical: The importance of cool down		
Tuesday					
1000	1100	1300 - 1400	1400 - 1630		
Presentation: Spinal articulation	Practical: Hoop Basics	Lunch	Practical Hoop Basics continued Presentation: Teaching Styles & Ways of Learning		
Wednesday					
1000	1100	1300 - 1400	1400 - 1630		
Presentation: Glutes /Hip flexors	Practical: Rope Basics	Lunch	Practical: Silks Basics		
Thursday					
1000	1130	1300 - 1400	1400 - 1630		
Presentation: Working with Children	Practical: Working with Children	Lunch	Practical: Working with Children Continued Presentation: Rigging and Studio Management		
Friday					
1100	1200 - 1300	1300 - 1400	1400 - 1530	Time TBC	Time TBC
Final Presentation Q & A	Practical: questions on the equipment	Lunch	Prep for class	Trial Class	Debrief

Tall Tales Studio has a kitchen with a sink, water cooker, coffee maker, microwave oven and a refrigerator. All those may be used. There is thee, coffee and water. Fresh groceries can be obtained from the shopping mall nearby. You can bring your own lunch.

Course feedback

"I genuinely learned lots about why we do certain things that had not occurred to me before"

Daisy

"...The course covered a lot of information but was all broken down and explained really well"

Laura

"The amount of classroom discussion and practical workshops were very suitable to aid my understanding of aerial theory...I really enjoyed the teaching atmosphere and the way Amanda passed on her knowledge"

Haneen

"The course was set up brilliantly. The mix of theory and practical made it manageable. Everyone was helpful to each other. I learnt so much! "

Sian

"Brilliant course, a really great addition to my skillset as I have just qualified as fitness instructor. Amanda's expertise and insight is invaluable".

Emma

"The course folder is incredibly useful; I feel like I have a resource to look up and discover things for myself over time. I have the core knowledge that I can apply to teach safely."

Dee

Course venue

Tall Tales Studio – The Circus studio Rotterdam is the only circus incubator in the Netherlands with an open training room for professionals and weekly classes for adult recreational circus practitioners of all levels. The circus hub of Rotterdam! In addition to the circus community, Rotterdammers who practice circus can also use the studio.

The studio was founded in 2017 by the Rotterdam circus company Tall Tales Company, of artistic directors Harm van der Laan and Maartje Bonarius. It grew into a true circus breeding ground.

Movement is the core of Tall Tales Studio: moving to get people moving. And it works two ways: Tall Tales itself is also constantly on the move. Every time we take a new path, the destination is never known in advance.



The studio is situated in Schiemond - Delfshaven, a suburb in Rotterdam.

Location

Tall Tales Studio
Schiemond 22
3024 EE Rotterdam

The studio is situated in “De Kroon”, this is a business building in Rotterdam that house offices, multiple sheds, studios, a campsite, music studios and a large outdoor space. As a cross-section of Rotterdam, full of makers, thinkers and doers who do things their own way. And in that, the Kroon gives them space. The studio has its own entrance, you need to walk to the back of the building to enter it.



Getting to studio by car or bike

The studio is very easily accessible by car or bike, and there are parking facilities in front of the building. The park zone is 580 and the tariffs can be found on

<https://www.rotterdamparkeeren.nl/delfshaven/parkeerzone-580>.

Bikes can be parked for free in front of the building.



Getting to the studio by public transport

If you travel from outside the Netherlands, the studio can be reached from:

- Rotterdam the Hague airport in 20 minutes by rental car or taxi to the studio.
- Schiphol Airport in 25 minutes by train to Rotterdam CS, then 20 minutes to the studio.
- Cruise Terminal Rotterdam in 10 minutes to the studio via Watertaxi.

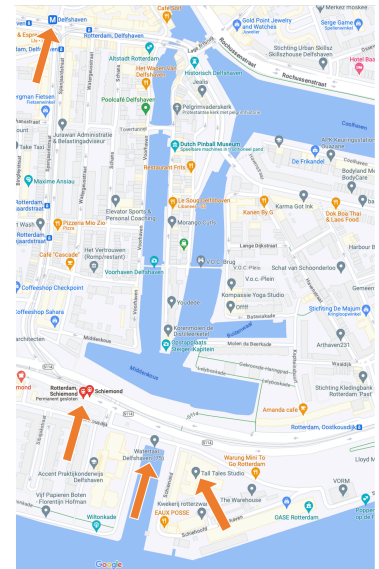
From Rotterdam Central Station it is a 20 minutes travel via Tram or Metro:

- Metro Delfshaven, 10 minute walk (Line A,B,C).
- Tram Schiemond, 2 minute walk (Line 8).
- Watertaxi stop 75 Delfshaven 1 minute walk. (Stop 75)

You can plan your travel via:

the www.ns.nl (train) or www.ret.nl (metro/tram) or www.watertaxirotterdam.nl (watertaxi).

The following Map shows the closest Metro, Tram and water taxi stops.



Booking and questions

You can book the course via:

<https://talltales.nl/en/studio/>

Or send us a mail if you have questions:

circusstudio@talltales.nl

