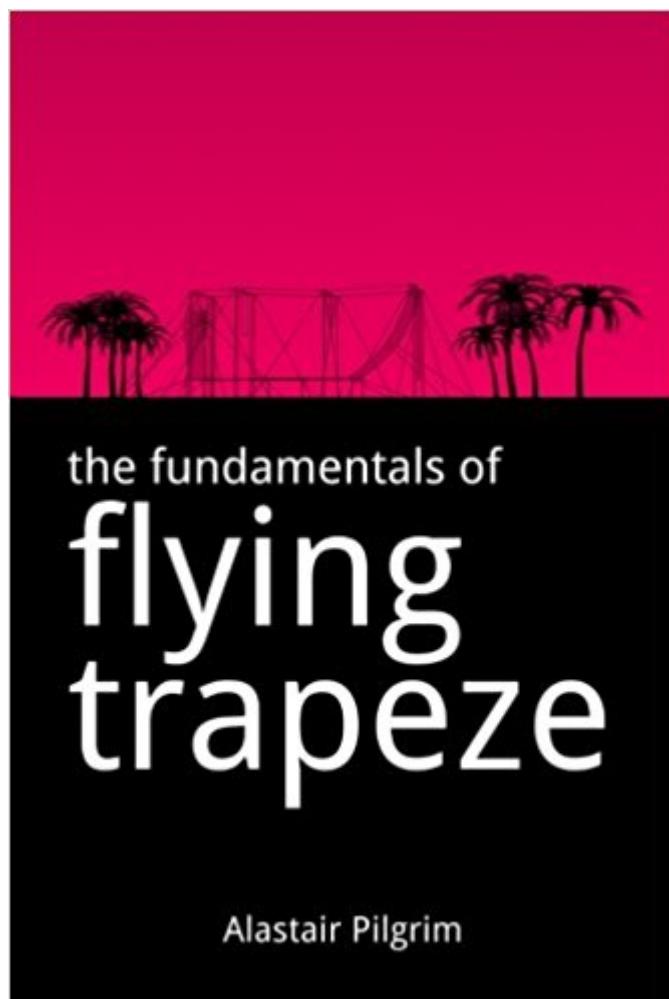


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# The Fundamentals Of Flying Trapeze



## Synopsis

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.

## Book Information

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## Customer Reviews

You'd have to be nuts to try flying trapeze without a trained coach, so it's a given that this book is no substitute. But the book contains plenty of information about trapeze rigs/equipment as well as diagrams showing all of the tricks you can find online in the flying-trapeze.com tricks database. As a novice who recently started taking trap class just for fun, I enjoy seeing a trick illustrated before giving it a try up in the air! Afterward I jot down notes in the book (such as "hips forward") to make it

easier to remember what my coach has said.

An invaluable resource if you are at all serious about learning flying trapeze. Walks you through tricks position by position. As a visual learner, it helped me understand how I was supposed to be positioned before I even took my first swing, thus saving time and frustration. Highly recommended.

Great book for my daughter who is planning on a career doing this!!!

not bad.

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