



Workshops

**What is Race Horse Company all about?
What kind of training the boys like to do by themselves?
Experience a part of it - Race Horse Company offers various kind of physical circus technique workshops from beginners to professionals and for all age groups.**

The circus acrobatics training with the Race Horse boys includes a warm up, strength and flexibility training and balance and body coordination improvement sections. The company is specialized in big structures and flying disciplines as well as floor acrobatics in a broader sense, inspired by high-adrenaline sports, martial arts and painful mistakes. Take notice that bad humour will apply also outside the performance. Workshops should take place during daytime at the venue using the company's equipment, except for the floor acrobatics and gym balls which can be taken into local gym halls.

We strongly advice participants to take care of individual insurances - acrobatics training is never completely risk-free, and Race Horse Company does not hold responsibility for accidents occurring at the workshops.

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Available disciplines:

TRAMPOLINE (max. 8 participants - 60-120 min - no special equipment required - from beginners to professionals)

Race Horse Company possesses two high-quality trampolines and the members of the company are very experienced in wide variety of trampoline tricks and techniques. The lesson will include rotational jumps and twists to random direction, as well as using all possible body parts as support points on the trampoline bed. The workshop can be modified to suit complete beginners as well as professional athletes.

TEETERBOARD (max. 6 participants - 60-90 min - training shoes required - from intermediate to professionals)

Teeterboard training session will include jumps, shifts, exits and entering the board from and to various directions using the company's board and safety equipment. On the teeterboard everything happens very fast, so some experience in acrobatics will be required. Remember to bring your shoes.

WHEEL OF DEATH (max. 6 participants - 60-90 min - training shoes required - from intermediate to professionals)

Walking on this giant apparatus is not like a walking in a park, but with proper help and instruction you can get a hold of it. At the highest point of radius the walking surface, ie. "floor" of the apparatus is 8,0 meters high, so this discipline is not for the ones with vertigo. Some experience in acrobatics will be required. Remember to bring your shoes. Also a personal insurance is a must.

GYMNASTICS / SWISS BALLS (max 12 participants - 60-120 minutes - no special equipment required - from beginners to professional)

In Race Horse Company's performances the Swiss balls are used to perform acrobatic and artistic maneuvers like saltos, twists, handstands and rolls on top and out of the ball. The balls are an unstable surface, so be ready to crash a bit! Doing tricks on Swiss balls is a lot of fun and the workshop can be modified to suit complete beginners as well as professional athletes. We will use the company's Swiss balls.

FLOOR AEROBATICS (max 24 participants - 60-120 minutes - no special equipment required - from beginners to professionals)

In floor acrobatics workshop the participants will be presented to different skill vocabularies from martial arts to acrobatic dance to circus tricks. We can create single moves or more difficult combos to learn, depending the abilities of the participants. The workshop can be modified to suit complete beginners as well as professional athletes.

Before the workshop, please let us know:

- the sports or acrobatics background of participants, if any
- the average age of participants
- the number of participants
- the special interest of point of view in the discipline, if any

We are happy to answer any questions by request.