

CIRCUS ACROBAT

WHAT IS A CIRCUS ACROBAT?

A circus acrobat is an artist who uses their strength, agility, balance and flexibility to pull off amazing stunts!

WHAT DO THEY DO?

Acrobats can perform a number of skills. They can balance on each other to make human towers (called acrobalance), they can perform on apparatus such as a trapeze, silks, hoop or rope, or they can balance up high on a wire, called a tightrope.

HOW DO THEY DO THIS?

Acrobats typically train their bodies in a gym so that they are very strong and flexible. They will then practise individual skills and routine that they will perform, over and over and over again so they are perfect for an audience.

What acrobatic moves can you do?

WHAT DOES A CIRCUS ACROBAT COSTUME LOOK LIKE?

Generally, circus acrobatic costumes can be anything you like, so long as you can move around in the costume, and it won't get caught in your equipment, or caught on other people. Costumes therefore are usually tight and made of stretchy material. They can be bright and colourful, sparkly or plain. It depends on the theme of the act!

Face paint can be natural, or it can be very magical to fit into a theme.

WATCH ACROBATIC TRAINING ON YOUTUBE (click the big image below)

