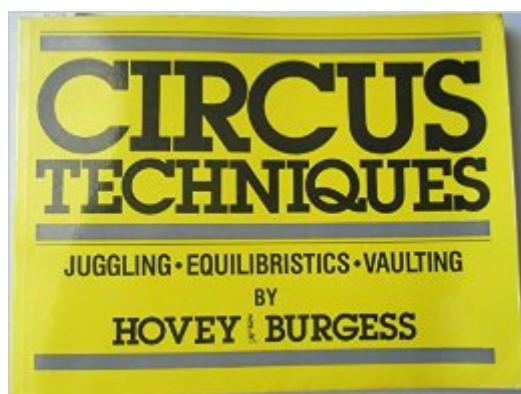


The book was found

Circus Techniques: Juggling, Equilibristics, Vaulting



Synopsis

Book by Burgess, Hovey

Book Information

Paperback: 176 pages

Publisher: Brian Dube; Revised edition (January 1990)

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Product Dimensions: 0.5 x 8.2 x 10.8 inches

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

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Customer Reviews

this book is geared for circus stunts, mostly acrobatics, and none of it is directed towards vaulters who do gymnastics on moving horses. however, if this book is carefully read, one can find all sorts of tips on the simplest things, such as handstands, to more intricate lifts. our vaulting club has found it to be a very good resource.

One of the most sought after books on circus style tricks and stunts. Various techniques and tactics for inverted physical stunts (including bending), vaulting, juggling, stack equilibristics, tumble applications, gyroscopics, rigging, catapulting and other circus techniques are covered.

This book covers a wide variety of techniques and is very logically arranged. The sections on advanced techniques all have very good safety tips. The section on how to construct your own equipment was especially good.

at least I got my money's worth. juggling, balancing, vaulting, trapeze, unicycles, and much more is all covered. all looks good to me, but I'm only a beginner, so I can't give you a serious evaluation.

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