

**Collection of the Trainer - Guidelines for the Train- the – Trainer – Workshops at
Babawatoto Centre, June, 2014**

Top 1

Basic educational methods for the local trainer-team

Det, Kati and Saliou are following the same guidelines for french acrobatic teachers. They are published in a french book It would be good to find an english version:

Top 1.1

Main basic guidelines for physical training:

- no mental overextension
- create a harmonic working situation in the beginning of a lesson
- physical and mental concentration should not be stressed more than 45 Min. A short break of 15 Minutes will refresh all participants
- continue with coordinating exercises to get mind and body together (Yoga – Session?)
- to repeat the same movements every day enables the body remember and to integrate them in an instinctive way

Top 1.2

Basic guidelines for the trapeze training

- putting up, preparing the working space
- warm ups and stretching exercises from the bottom to the top (on the floor)
- warm ups and exercises for the strenght of the body (on the trapeze)
- swinging exercises to experience body control
- exercises to improve the posture (example: to balance diabolos on the head)
- exercises to improve the structure of movements
- learn to dessociate and to move different body parts
- learn to breath while doing the exercises
- learn to distinguish between physically right and wrong
- rehearse and improve learned figures
- learn new figures
- every once in a while: the students should propose to show something of their choice (creative work)
- relaxing exercises (on the floor)
- after the lesson: cleaning up and putting everything back in order

Note: It is more important to improve the figures and exercises, instead of trying to find something new every day.

Top 1.3

Basic guidelines for jugglers and acrobats

- putting up, preparing the working space
- warm ups and stretching exercises from the bottom to the top
- exercises to strengthen the wrists
- technical exercises to avoid injuries
- exercises to improve the posture
- exercises to improve the breathing technics
- exercises to improve the structure of movements
- technical training to build human pyramids

Top 1.4.

Main basic guidelines for the Samba Reggae Workshop

- create a harmonic working situation in the beginning of a lesson
- no mental and physical overextension
- moving feet and learn to count basic in 4/4
- learning about beat and off-beat through handclap exercises
- technical exercises to use the sticks, consumes less physical energy
- Counting – exercises in different tempi
- Changing focus on left and right hand playing
- Rythm Pyramides 4tel/8tel/16tel/32tel notes
- Rythm – lessons