

# JUGGLING LAB

CREATING JUGGLING

**INAC**  
Instituto Nacional de Artes do Circo

COMPANY  
**OB**  
&

**C**huma  
ia  
[www.cia-huma.com](http://www.cia-huma.com)

## LABORATORY FOR STUDIES OF OBJECTS AND MOVEMENT IN SPACE

On this course we will focus on the movement of objects in space, we will use movement as a point of departure in order to create and develop material. By working with many art forms such as: architecture, painting, theatre and Juggling, we will be able to draw more creative material from the world that surround us and therefore develop a richer vocabulary and ability to structure our own juggling language. Our goal is to develop a direct dialogue between the various stage disciplines and juggling, with the aim to search for new forms of expression in the world of performing arts.

### COURSE OUTCOMES

You will gain a deeper understanding of the art of performing and the fundamentals principles of juggling such as: siteswap, compositions methods and other aspects of creating juggling. This course will end with a Public presentation in a major festival in Portugal and the possibility of touring the work generated in this laboratory. Possibility of forming a working company in order to tour the work created in the end of the course.

### COURSE OVERVIEW

- Physical theatre
- Movement studies : ballet, contemporary dance, mime (Lecoq technique)
- Movement analyses
- Styles of juggling
- Composition methods
- Composition in duos, trios and chorus
- Creating juggling scores
- Creating characters
- The creation of acts
- The relationship between music and juggling
- Architecture /painting/ animals/ elements
- Site swap - Preshac
- Object manipulation
- Passing techniques
- Contact ball, Clubs, Rings, Balls, Bouncing Balls, Hats
- Developing an artistic signature



## DURATION OF THE COURSE

02 February - 30 July  
(in which of the 3 weeks are of 4 hours per day x 5 days)  
+3 weeks of Rehershal and public presentation

**Timetable:** every Monday, Wednesday and Friday 18.00 pm till 21.00 pm

## WHO SHOULD ATTEND

Whether you are a beginner or a more advanced juggler looking to develop your skills in the performing world, this course will help you to develop your skills and confidence in an open and supportive environment. It would suit you if you're looking to build up a strong performance skill.

## COURSE LEVEL

All levels welcome

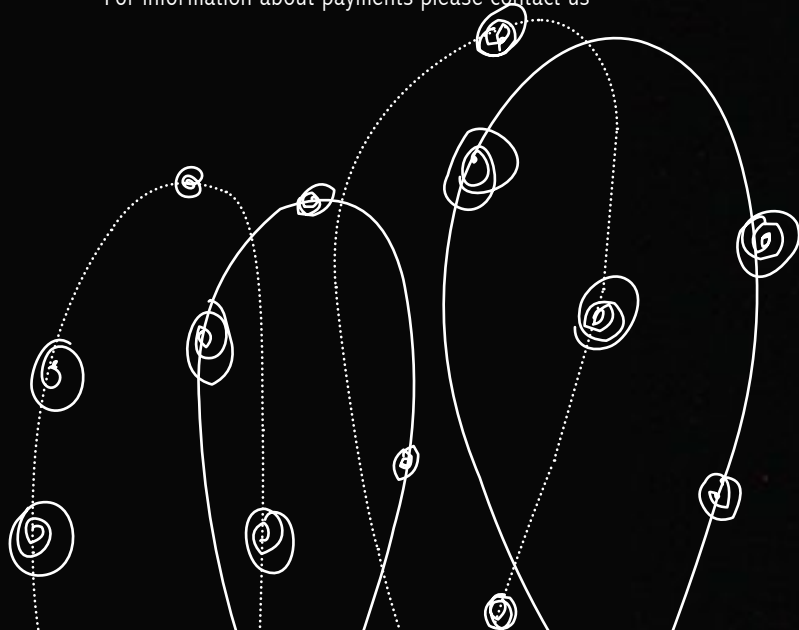
We accept all levels from basics to more advanced jugglers, but you must have a high interest and be committed to the Art of juggling.

## VALUE FOR THE COURSE

**950 EUROS** for the full course.

**180 Euros** for the registration fee, insurance and one year of full access to the training space at INAC.

For information about payments please contact us





## **PEDAGOGICAL TEAM**

### **HUGO OLIVEIRA** Pedagogical Director and Course Director

(Physical theatre, Movement and juggling)

Graduated from LISPA with a distinction for his final project, Hugo also studied at Circomedia and two months at International School of Corporeal Mime and became a member of the ACDC program at the Circus Space. He pursued his studies in clown, acrobatics, dance and music. He studied and worked with: Norman Taylor, Amit Lahav, Wendy Houston, Firenza Guidi, Alex Navarro, Gabriel Chame Buendia, Vini De Carvalho, Titanic Theatre Company, Debra Batton, Terry O'Connor, Rob Tanion, Walk the Plank, Les Petit Travers, Vince de Laverne, Dennis Paumier, Ville Valo, Rod Laver, Gandini, Stephan Sing, Joao Paulo dos Santos, Armelle Devignon, Circus Baobab, Andre Braga and others.

He also performed and collaborated with companies such as: Nofitstate Circus, Glyndebourne Opera, New London Consort, La Clique, Leo and Yam, Cirque Bijou, Citrus Arts, Radar 360, Cafe De Paris, Metro Al Medina, Circus Works, The Round House and others. Hugo formed Company Oliveira & Bacther in which he created and directed Otus, Dessert Trees and Founded Cia Huma where he created Kaboom, The Fridge, Caixas de Cartao and other works. Also worked in the multi award winning show Bianco in all the 3 versions where he received great reviews for his work, also won the Wales Dance Platform 2015, and received funding and commissions from: Coreo Cymru, Nofitstate Circus, Arts Council of England, Arts Council of Wales, Articulature, Wales Millennium Centre, Festival Cata Vento, Ausform, and others.

Appeared on BBC and Channel 4. And as director worked with Chistian Lee, Matress Circus, Nofitstate Circus, Company Oliveira & Bacther, Cia Huma, INAC, etc. And had the honour to have shared information at the Circus Space, INAC, SANCA, Nofitstate Circus, Circus Works, The Roundhouse, University of South Wales and others.

### **JORGE LIX** Course Director

(Juggling)

Has graduated from Carampa Circus School since then he became a core member of the Portuguese company Erva Daninha which he co-created many of the company's productions.

He also attended many workshops with world renowned artists such as: Gandini Project, Denis Paulmier, Maksim Komaro, Ville Vallo and also collaborated with companies such as: Radar 360, Cia Huma and others at the moment Lix is the head of the juggling program at INAC.

### **ANA DORA** (contemporary dance)

Ana Dora was born in September of 1980, from humble parents with whom she learned the simplicity of living. Growing up between three families, she learned how to adapt. Curious about human behaviour Ana graduated in counselling and psychotherapy from Forum Danca Lisboa, where she developed her monography 'therapeutic body-movement for psychological disorders'. By the end of the course, she found her first turning point in life, when she took a chance with community dance techniques. This was an intensive course where she met people who were quite important for the way her journey was being made. Since then, despite all odds, Ana has remained on the same path. 13 years have passed by, during which she thought, then tried new ways of moving, seeing the body, people, space and even time. She engaged in many intensive courses and thousands of workshops for which she took on many different roles, among which are dancing, teaching and learning. She has been inspired with different kinds of people can not name all of them. In between, my boy was born. Nine years of pure love, headaches, laughter, fears and surprises. One day we will be brave enough to do the Trans-Siberian railway. For some reason Ana believes in people.

### **CLARA ALVIM** (Ballet)

Graduated from the "Universidade Federal do Rio De Janeiro UFRJ" in dance and choreography. Performed and worked at the "Lumini" Cia de Danca, Cia de Danca Contemporanea da UFRJ Helena Sa Earp.

Directed and dance works such as "Vuco" and "em nome do corpo".

Also studied at the Escola Nacional de Circo - RJ/Brazil at the moment is part of the core teachers team at INAC and continues to develop performance in dance and circus.

### **CHRIS PATFIELD** (Juggling)

After a degree at 'The Circus Space' specialising in Slack Rope and Juggling Chris completed a post-graduate course researching the relationship between juggling and music as part of an MA at the Danshogskolan in Stockholm. In 2009 he took part in the High-wire world championships, crossing a world record breaking distance of 1km, 27m above the Han river in Seoul South Korea. In 2010 he was seen walking above the Streets of Jaipur in the ICC Cricket World Cup TV Commercial. He has toured with No Fit State, Stumble dance Circus, and performed as an Actor/Circus Artist and Stage Fighter in productions at the Royal Opera House in London and Glyndbourne. Chris is currently Co creating "Gibbon"

### **WES PEDEN** (Juggling)

Wes Peden designs juggling to perform in space stations and parking lots. He has performed in over 25 countries including Japan, Israel, Australia, and Iceland. His energetic, complex, and playful juggling style has won him awards from the International Juggling Association and the festival Cirque de Demain. Wes takes inspiration from Sumo wrestling, fast-food packaging, and 1950's playgrounds.

### **JOSE TRIGUEIRO** (juggling)

José gained a first-class honours degree from the National Centre for Circus Arts (London) in 2010 after winning Deutsche Bank Pyramid Award for Circus. He co-founded Longspoon Circus Company, with whom he created and toured "H" from 2010-2012. He continues to work with the acclaimed Gandini Juggling, touring internationally with their shows, "Smashed" and "8 songs". Since graduating José has also worked in different projects and companies, such as New London Consort's "Fairy Queen", and Kezia Serreau's "Strike", which premiered at CircusFest in 2013. José is one of the core teachers at the Degree programme at National Centre for Circus Arts. He has attended many workshops in choreography, contemporary clown and devised theatre with the likes of Peeping Tom (Gabriela Carrizo and Franck Chartier), Anton Lachky, Spymonkey or Thomas Prattki (LISPA). He recently coreographed "Millions of Years", a collaboration between ENO Baily's and Gandini Juggling performed at The British Museum in February 2016.

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**Note:** This course requires a minimum of 12 participants in order to take place

### **CREDITS:**

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Supported by:

INAC Instituto Nacional de Artes do Circo, Teatro Didascalía, Lago Discount