



Roles

- Base/Porter: Partner who lifts, carries, or physically manipulates another artist
- Flyer: Partner who is supported, lifted carried, or is physically manipulated by another artist,
 - Also used to describe a flying trapeze artist
- Aerialist: One who performs on an apparatus off the ground

Aerial Disciplines

Apparatus are generally rigged (hung) and artists perform partially or fully in the air

Bar Apparatus apparatus based on a relatively horizontal bar

- Trapeze: An apparatus consisting of a metal bar rigged from the ceiling with ropes at each end of the bar and padding where the bar meets the rope.
 - Double Trapeze: a trapeze act performed by two people. Generally a double trapeze bar will have an extension of the bar beyond the ropes
 - Dance/Single Point Trapeze: both ropes are attached to a single point in the ceiling to allow for spinning
- Hoop/Lyra: a metal ring, generally large enough to sit in, rigged from the ceiling by one or two points.
- Flying Trapeze: A large structure that is an apparatus for multiple people. One artist hangs from a swinging trapeze bar and performs skills across the structure to (usually) another artist hanging from another apparatus, traditionally a trapeze

Vertical Apparatus an apparatus that is perpendicular to the floor when still

- Silks/Fabric: 2-way or 4-way stretch fabric draped in equal lengths from a rigging point.
- Rope/Corde Lisse: Fabric covered rope
 - Spanish Web: Fabric covered rope with a hand-loop attached, often used for spinning
- Straps: Two stiff fabric straps with loops on the end
- Chinese Pole: Metal pole mounted vertically wrapped to improve grip.
- Dance Pole: Metal pole mounted vertically
 - Spinning Pole: Metal pole mounted vertically with a metal sheath that allows free spinning motion

- Sling/Hammock: a stretch fabric hung by each end to create a hammock shape. Can be rigged to a single point or two separate points.

Acrobatic Disciplines

Tumbling based disciplines

- Hand balancing: Performer balances on their hands in handstand positions
- Acrobalance/ AcroSport/ Hand to Hand: partner balancing with the base generally in a standing position
 - AcroYoga/ L-basing: Partner balancing with the base supine with hips in 90 degrees of flexion
- Hoop Diving: Tumbling through hoops of commonly 2 foot diameter
- Teeterboard: See saw like apparatus where artists are propelled into the air by another artist landing on the opposite side
- Russian Bar: Flexible bar supported on the shoulders of two porters used as a tumbling surface for a flyer
- Trampoline: woven bed surrounded on all sides by springs to provide increased amplitude to tumbling skills
- Contortion: Controlled flexibility discipline through extreme ranges of motion
- German Wheel: Double metal wheel with rungs between the two. The artist can fit inside the wheel standing with arms outstretched. The wheel moves forward and back.
- Cyr Wheel: Single metal ring that the artist can fit inside with arms outstretched. The wheel is used for spinning and rolling movements

Other Disciplines

- Antipode/ Risle/ Icarian: a variation on L-basing that involves foot juggling of objects or people
- Unicycle: Single wheeled cycle
- Juggling/object manipulation: Tossing, balancing, and moving objects commonly balls, clubs, blocks, and hats either as an individual or group
- Tightrope: Stretched cable used by a performer to walk and perform balance skills
- Slackline: lightly stretched strap used by a performer to walk and perform balance skills

Position Terminology

- Tuck: bent at the hips and knees
- Pike: bending at the hips towards end range
- Straddle: hips abducted, externally rotated, and flexed
- Hollow Body: Engaged lower abdominals with pelvic posterior tilt, rib cage narrowing, and slight lumbar flexion

- Arch Body: A stable position of the body in lumbar and hip extension
- C-Shape: A stabilized side bent and often extended position of the body while reaching arms and legs away from the body

Aerial Fundamental Skill Terminology

- Knee Hang: The artist hanging from their knees on an apparatus
- Inversion: Turning the body upside down beginning from hanging from the artists hands and ending with their hips over their head in a stable position
 - Variations:
 - Bent Arm generally performed on a vertical apparatus. Arms begin bent with hands near sternum
 - Straight Arm
 - Tuck Up: Bringing the legs overhead with bent knees legs together
 - Pike Up: Bringing the legs overhead with straight knees and legs together)
 - Straddle Up: Lifting the legs overhead in a straddle position
 - Bent Leg Straddle Up: Lifting the legs overhead through a frog like position and extending to a straddle in the final position
- Beat: moving the body in a rhythmic pendulum to gain momentum can be performed from hands or knees
- Skin the Cat/Kitten: An artist moving from an inverted position to bring their body through their arms into a shoulder extension position supported by their hands.

Flying Trapeze Fundamental Skill Terminology

- Take off: Jumping off an elevated platform while holding the trapeze bar
- Swing: Active movements of the body to increase the amplitude of the natural pendulum of the swinging bar
- Break: Dynamic extension of the body to generate momentum for flipping movements
- Flyer: The artist who swings from the bar creating a shape or performing an acrobatic movement.
- Catcher: The artist hanging from an apparatus at one of the structure who catches the flyer generally by grabbing them by the wrists or ankles/legs

Acrobalance/AcroYoga Fundamental Skill Terminology

- Inversion: Turning upside down to go into a handstand or in reference to a handstand
- Hand to hand: flyer is balanced in a handstand with their hands on the base's hands
- Foot to hand: flyer is balanced standing on their feet in the base's hands
- Two high: flyer is standing on the shoulders of the base

L- basing

- Front plank: flyer is balanced in an arched body position with the front of their hips supported on the base's feet
- Back plank: flyer is balanced in a hollow body position with the backside of their pelvis supported on the base's feet
- Star: flyer is inverted with their shoulders on the base's feet

Contortion Basic Skill Terminology

- Pancake: a straddle with the artist bent forward to that their chest is in line with their legs
- Split: Bringing the legs apart to create the appearance of a 180° line. Can be performed with either leg in front or with the legs to the side (center split)
 - Oversplit: a split with the legs apart at greater than 180°
- Bridge: the artist generally has their hands and feet on the ground and their body arched up off the floor
- Chest/Chin stand: the artist is balanced on their chest with their spine in extension and their legs either up towards the ceiling or arched overhead
- Standing Split/Needle Scale: Standing balance in which the artist extends one leg up into a split forward or to the side. When it is to the back it is a needle scale.