

ACT DEVELOPMENT

the

Mini Guide by CIRCUSDOC

Work on the skills. Make a list from your library of tricks. Start practicing them regularly. Want to use any “reach skills”? Get coaching for a clear path to success!



6 months out

Finalize skills and work on the sequences. Narrow down the tricks. Structure into parts. Memorize the parts. Repeat often until your body remembers too.

6–3 months out

Create the act. Put the parts in order. Music! Sequences to music! Start layering ideas for artistry and presentation.

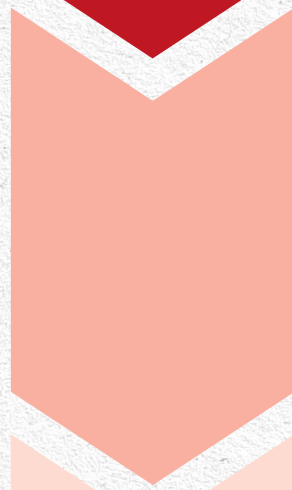


3–2 months out

Build endurance. 2:1 rest ratio. Break the act into sections and smooth out the execution of each section. Try running two parts at a time together.

2–1 month out

Run the full act + continue polishing the sequences. You’re keeping endurance up & getting more specific with the performance.



1 month out to 2 weeks out

2 weeks out

Double run of act! You don’t have to do it 2x without rest at first. However, work towards shortening your rest time between runs. You are an endurance rockstar with capacity to spare!

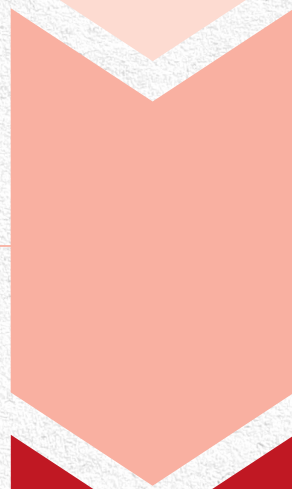


Taper, relax, this thing is READY. You’ve been working hard! Ease up a little before your debut for a peak performance.



1 week out

SHOW TIME!



Remain calm. Trust your body. Trust your work. You trained circus smart!

