

Skills Certificates – A tool for Circus Teaching

Introduction

The following materials have been produced as a result of the first meeting of Northern Ireland Youth Circus funded by EU Youth In Action Programme through the Caravan initiative.

As a result of this meeting it was agreed that there were a number of advantages to producing a Northern Ireland wide set of skills certificates in a range of circus disciplines.

The purpose of these certificates is threefold.

1. They can be used as a motivational tool for young people to further their circus achievement.
2. They provide a harmonization of levels across a range of organizations which will facilitate young people moving from one group into another.
3. They form the first step of gaining recognition at national level for circus teaching.

At this early stage, it is recommended that these skills certificate levels are only used by organizations which have been part of the devising process, or who have taken part in subsequent training in implementation and delivery.

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STILTS (STRAP ON'S)

TUTORS NOTES

- Young people need to be on stilts at least three times before they are given any levels
- The young people do not take stilts home until they show a good standing in level 2 and at the tutors discretion.

LEVEL 1

- 1 STRAP FRIEND IN
- 2 TREAD WATER (WALK ON THE SPOT)
- 3 WALK TWENTY METRES BY YOURSELF

LEVEL 2

- 1 STRAP YOURSELF IN
- 2 FALL IN A CORRECT AND SAFE WAY
- 3 CORRECTLY AND SAFELY PICK UP A FALLEN STILT WALKER WHILST ON STILTS (IN TEAMS OF THREE)
- 4 BE ABLE TO BE PICKED UP BY THE TUTOR
- 5 WALK BACKWARDS FOR FIVE METRES
- 6 WALK SIDeways, LEFT AND RIGHT FOR FIVE METRES
- 7 TOUCH BOTH KNEES WITHOUT LIFTING KNEES FOR FIVE METRES
- 8 TOUCH BOTH KNEES BY BRINGING KNEES TO HANDS FOR FIVE METRES
- 9 TOUCH BOTH FEET WITHOUT LIFTING LEGS FOR FIVE METRES
- 10 TOUCH RIGHT FOOT WITH LEFT HAND AND VICE VERSA FOR FIVE METRES
- 11 KICK ABOVE THE KNEE AND BEHIND THE LEG WITH EACH LEG FOR FIVE METRES
- 12 WALK IN A CIRCLE WHILE PIVOTING ON ONE STILT IN BOTH DIRECTIONS
- 13 DO TWO OTHER COUNTER BALANCES
- 14 WALK TO A GIVEN BEAT
- 15 BE ON STILTS FOR TWENTY MINUTES

LEVEL 3

- 1 STEP OVER AN OBJECT 10 CM IN HEIGHT AND WIDTH
- 2 CATCH A BALL OVER YOUR HEAD
- 3 STOP AND KICK A BALL
- 4 JUMP
- 5 HOP ONE LEG AT A TIME
- 6 WALK UP AND DOWN A STEP
- 7 DEMONSTRATE A SKILL AT LEVEL 2
- 8 DO A PIECE OF MOVEMENT
- 9 SKIP

PLATE SPINNING

LEVEL 1

- 1 DEMONSTRATE THREE WAYS OF STARTING A PLATE SPINNING
- 2 USE GOOD CONTROL
- 3 PASSING PLATES WITH A PARTNER

LEVEL 2

- 1 TOSS AND CATCH THE PLATE ON THE STICK FIVE TIMES
- 2 PASS A SPINNING PLATE ON THE STICK BEHIND THE BACK AND UNDER THE LEG FIVE TIMES
- 3 CURL THE PLATE UNDER EACH ARM USING THE STICK FIVE TIMES
- 4 DEMONSTRATE TWO MOVES WITH A FINGER
- 5 SPIN THE PLATE USING THE CIRCLE WITH THE STICK

LEVEL 3

DEMONSTRATE TWO OF THE FOLLOWING FOR THIRTY SECONDS EACH

- BALANCE PLATE ON PALM OR BACK OF HAND
- BALANCE PLATE ON ELBOW
- BALANCE PLATE ON SHOULDER
- BALANCE PLATE ON KNEE / TOE

DEMONSTRATE ONE OF THE FOLLOWING

- AN ACROBATIC MOVE WHILE PLAT SPINNING
- A JUGGLING MOVE WHILE BALANCING A PLATE

DEMONSTRATE TWO OF THE FOLLOWING

- HOLDING THREE OR MORE PLATES IN 1 HAND AND SIT, LIE, ROLL OVER AND STAND
- BALANCE PLATE ON HAND , SIT AND LIE DOWN
- THROW, PIROUETTE AND CATCH PLATE WITH STICK

SCARF JUGGLING

LEVEL 1

- 1 TWO SCARF CASCADE X5
- 2 THREE SCARF CASCADE X5

LEVEL 2

- 1 TWO SCARF COLUMN X5 (BOTH HANDS)
- 2 THREE SCARF COLUMN X5
- 3 THREE SCARF SIAMESE JUGGLE WITH A PARTNER X10

BALL JUGGLING

LEVEL 1

- 1 CASCADE TWENTY BEATS / FORTY THROWS

LEVEL 2

- 1 THROW ONE HIGH OUT OF THE PATTERN FIVE TIMES
- 2 CASCADE WITH WALKING IN FIGURE OF EIGHT
- 3 DEMONSTRATE ONE OF THE FOLLOWING:
UNDER THE LEG FIVE TIMES
UNDER THE ARM FIVE TIMES
BEHIND THE BACK FIVE TIMES
- 4 TWO IN ONE HAND (BOTH HANDS BY 10), COLUMNS AND CIRCLE BY 10
- 5 DEMONSTRATE TWO OF THE FOLLOWING:
HALF SHOWER BY FIVE
REVERSE CASCADE BY FIVE
COLUMNS BY FIVE
FULL SHOWERS BY FIVE

LEVEL 3

DEMONSTRATE 2 IN EACH GROUP:

- 1 UNDER THE LEG (BOTH SIDES BY FIVE)
UNDER THE ARM (BOTH SIDES BY FIVE)
BEHIND THE BACK (BOTH SIDES BY FIVE)
 - 2 COLUMNS BY FIVE
YO YO BY FIVE
DUMMY COLUMNS BY FIVE
 - 3 HALF SHOWER BOTH SIDES BY FIVE
FULL SHOWER ONE WAY BY FIVE
REVERSE CASCADE BY FIVE
 - 4 CHOPS BOTH SIDES CONTINUED BY FIVE
CLAWS BOTH SIDES CONTINUED BY FIVE
NECK CATCH AND FLIP BACK INTO PATTERN BY FIVE
TWO BODY BOUNCES BY FIVE
DEMONSTRATE ONE OF THE FOLLOWING
- CASCADE WITH 3 DIFFERENT OBJECTS (TWENTY BEATS / FORTY THROWS)
 - CLUB CASCADE (FIFTY BEATS / ONE HUNDRED THROWS)
 - FOUR BALL JUGGLING (TEN BEATS)

CLUB JUGGLING

LEVEL 1

- 1 CASCADE THREE CLUBS (FIFTY WITH RIGHT HAND)
- 2 DEMONSTRATE THREE OF THE FOLLOWING:
 - * DOUBLE SPINS (TIMES FIVE)
 - * BETWEEN LEG PULL-OUT (TIMES FIVE)
 - * DIP (FIVE TIMES)
 - * UNDER THE ARM (FIVE TIMES)
 - * UNDER THE LEG (FIVES TIMES)
 - * OVER THE TOP (FIVE TIMES)

LEVEL 2

(DEMONSTRATE FIVE OF THE FOLLOWING)

- 1 "FLASHY" START
- 2 DOUBLE, DOUBLE, TRIPLE PIROUETTE
- 3 TRIPLE
- 4 CLUB BALANCE
- 5 CHOPS
- 6 COLUMNS
- 7 BEHIND THE BACK
- 8 NECK AND ARM TRAP
- 9 KICK - UP

LEVEL 3

- 1 JUGGLE FOUR CLUBS (BY TEN)
- 2 DEMONSTRATE SEVEN OF THE FOLLOWING WITH THREE CLUBS
 - * FLOURISH
 - * TOMAHAWKS
 - * OVER SHOULDER
 - * SAME CLUB BEHIND BACK
 - * ALBERTS
 - * TREBLA
 - * CLUB KNOCK
 - * DOUBLES CONTINUOUSLY OVER THE TOP
 - * MILLS MESS
 - * MULTIPLEX
 - * CHIN BALANCE
 - * HEAD SPINS
- 3 JUGGLE WHILST DEMONSTRATING ANOTHER SKILL

HATS

LEVEL 1

- 1 FORWARD FLOURISH OFF HEAD AND RETURN
- 2 ROLL UP ARM FROM HAND AND ONTO HEAD
- 3 THROW UP SINGLE SPIN AND CATCH ON HEAD

LEVEL 2

- 1 WINDMILL
- 2 ROLL DOWN BACK FROM HEAD AND CATCH WITH HANDS BEHIND BACK
- 3 ROLL HAT BACK UP TO HEAD
- 4 FLICK HAT OFF AND CATCH WITH FOOT
- 5 ROLL OVER HAND, BACK AND FORWARD, LEFT AND RIGHT

LEVEL 3

- 1 ROLL DOWN ARM FROM BEHIND HEAD AND CATCH IN HAND
- 2 ROLL ACROSS BACK - UNDER ARM
- 3 UPWARD, DIAGONAL FLOURISH, LEFT AND RIGHT
- 4 SINGLE SPIN TO CATCH ON FOOT
- 5 DOWNWARD FLOURISH FROM HEAD AND RETURN
- 6 REMOVE HAT FROM HEAD USING BACK OF HAND

DEVIL STICK

LEVEL 1

- 1 TWENTY BEATS KEEPING THE DEVIL STICK OFF THE FLOOR AND DEMONSTRATE GOOD CONTROL
- 2 TWENTY BEATS SLOWING UP AND SLOWING DOWN
- 3 ROLLING UP AND ROLLING DOWN ARMS
- 4 CROSS ARM CATCH AND FULL TWIST (FIVE TIMES)

LEVEL 2

- 1 HALF FLIP (FIVE TIMES) USING BOTH HANDS
- 2 FULL FLIP (FIVE TIMES) USING BOTH HANDS
- 3 TRAPPING, DOUBLE STICKING (TEN BEATS)
- 4 ROLL HAND STICKS OVER DEVIL STICK
- 5 DEMONSTRATE SINGLE STICK CONTROL
- 6 DEMONSTRATE A BODY MOVE , EG. UNDER THE LEG (FIVE TIMES)

LEVEL 3

- 1 HELICOPTER (FOR 5 SECONDS)
- 2 PROPELLER (FOR 5 SECONDS)
- 3 HELICOPTER BOUNCE (ONE STICK)
- 4 PROPELLER BOUNCE (ONE STICK)
- 5 DO A FANCY START
- 6 TRAP WRIST ROLLS
- 7 BUZZ SAW
- 8 PIROUETTE
- 9 BEHIND THE BACK, BOTH SIDES (FIVE TIMES)

UNICYCLE

LEVEL 1

- 1 PROPERLY MOUNT THE UNICYCLE
WITH SUPPORT
- 2 PROPERLY DISMOUNT THE UNICYCLE
- 3 MOVE FORWARDS WITH SUPPORT
- 4 RIDE SOLO ACROSS THE BREADTH OF THE HALL

LEVEL 2

- 1 MOVE BACKWARDS WITH SUPPORT
- 2 MOVE FORWARDS DOWN THE LENGTH OF THE HALL (FIVE TIMES)
- 3 CYCLE IN CIRCLES IN BOTH DIRECTIONS (FIVE TIMES)
- 4 WEAVE IN AND OUT OF A STRAIGHT LINE OF OBJECTS (FIVE TIMES)
- 5 RIGHT AND LEFT HAND STARS (FIVE TIMES)

LEVEL 3

- 1 CYCLE IN A FIGURE OF EIGHT
- 2 FREE MOUNT (TEN TIMES)
- 3 IDLE (FOR THIRTY SECONDS)
- 4 CYCLE BACKWARDS (10 METRES)
- 5 FLASH MOUNT
- 6 GIRAFFE UNICYCLE (20 METRES)
- 7 RAMP AND SEE SAW
- 8 10 BUNNY HOPS

LEVEL 4

(DO 4 OF THE FOLLOWING)

- 1 FREE MOUNT GIRAFFE
- 2 KICK UP
- 3 IDLE WITH ONE FOOT (MINIMUM 30 SECONDS)
- 4 JUGGLE WHILE ON UNICYCLE
- 5 SKIP
- 6 OFF THE SADDLE

DIABOLO

LEVEL 1

- 1 START AND DEMONSTRATE HOW TO CONTROL DIABOLO
- 2 THROW AND CATCH THE DIABOLO (BY FIVE)

LEVEL 2

- 1 ROUND THE WORLD (BY FIVE)
- 2 HALF WAY ROUND THE WORLD (STOP OVER)
- 3 WALK AROUND (BY FIVE)
- 4 PUSH OVER , STOP OVER, STICK SUICIDE - COMBINATION
- 5 FANCY FINISH

LEVEL 3

- 1 AROUND THE LEG AND ARM
- 2 MAGIC KNOT
- 3 BODY ROLLS
- 4 WHIPPING
- 5 WHIP CATCH
- 6 AROUND LEG WITH WALK AROUND
- 7 CATS CRADLE
- 8 AROUND ARM WITH ONE TRICK
- 9 NECK BOUNCE
- 10 AROUND BODY
- 11 TWO ON ONE STRING

ACROBATICS

LEVEL 1

- 1 KNOW THE MAIN AREAS OF WARM UP
- 2 3THREE FORWARD ROLLS (CONNECTED) STANDING AT END
- 3 TWO BACKWARD ROLLS - CONNECTED
- 4 TRIPOD
- 5 TRAMPETTE - TUCK, STRAIGHT, HALF TURN, JUMPS

LEVEL 2

- 1 HEAD STAND (TWO WAYS) WITH TUCK, STRADDLE, PIKE
- 2 CARTWHEEL (THREE IN A ROW)
- 3 BRIDGE
- 4 STRADDLE ROLL (FORWARD AND BACK)
- 5 JUMP FULL TURN
- 6 HANDSTAND FORWARD ROLL (SPOTTED)
- 7 TRAMPETTE: PIKE, STRADDLE, DIVE ROLL, FULL TURN

LEVEL 3

- 1 FORWARD ROLL TO HANDSTAND
- 2 BACKWARD ROLL TO HANDSTAND
- 3 ROUND OFF
- 4 NECK SPRING
- 5 ROUTINE OF SIX MOVES TAKEN FROM THE LEVELS.

LEVEL 4

(THE TUTOR WHO TEACHES LEVEL 4 NEEDS TO BE ABLE TO DO THE SKILL)

- 1 BACK FLIP
- 2 HAND SPRING
- 3 HEAD SPRING
- 4 TRAMPETTE: BACK AND FRONT SALTO, BEREANY

ACRO BALANCE

LEVEL 1

- 1 KNOW THE CORRECT WAY TO BALANCE ON A PERSONS BACK, AS A BASE AND AS A FLYER KNEELING AND STANDING
- 2 TANK ROLL
- 3 COUNTER BALANCE
- 4 DOUBLE CRAB
- 5 THREE PERSON THIGH STAND (PYRAMID)
- 6 BEGIN WORK ON HAND STAND

LEVEL 2

- 1 BIRD (FRONT BALANCE)
- 2 BACK BALANCE
- 3 STAND ON SHOULDERS (BASE KNEELING)
- 4 THIGH STAND BACK AND FRONT
- 5 BOX (FOUR PERSON) (GOTHIC)
- 6 HEAD STAND - COMPETENT
- 7 FISH BALANCE

LEVEL 3

- 1 CANDLE STICK
- 2 STAND ON SHOULDERS (BASE STANDING) (TWO WAYS TO GET INTO IT)
- 3 STAND ON HANDS, BENT AND STRAIGHT ARMS
- 4 TRIPLE CRAB
- 5 HIGH BIRD (THREE PERSON)

TIGHT WIRE

LEVEL 1

- 1 BALANCE ON EACH FOOT FOR TWENTY SECONDS
- 2 WALK ACROSS WIRE WITH CONTROL, BEING ABLE TO STOP AT LEAST ONCE (FIVE TIMES)

LEVEL 2

- 1 CROUCH DOWN (LOW WIRE)
- 2 WALK THROUGH HOOP (LOW WIRE)
- 3 WALK BACKWARDS (LOW WIRE)
- 4 WALK ACROSS HIGH WIRE FIVE TIMES

LEVEL 3

- 1 TURN ON THE WIRE (LOW WIRE)
- 2 EVERYTHING FROM LEVELS ONE AND TWO ON HIGH WIRE
- 3 COMPLETE ONE OTHER CIRCUS SKILL ON THE LOW WIRE

LEVEL 4

- 1 DEMONSTRATE THE FOLLOWING:
 - *crouch to pointing toe and return
 - *walk through hoop, forwards and backwards
 - *stand sideways
- 2 DEMONSTRATE THREE OF THE FOLLOWING:
 - *hands behind back
 - *swinging leg
 - *low crouching
 - *high and low alt's
 - *staggered - stag standing
- 3 UNDERSTAND AND DEMONSTRATE SAFETY ISSUES SURROUNDING USE OF EQUIPMENT
- 4 DEMONSTRATE TWO ON ONE WIRE
- 5 PERFORM A TWO MINUTE PIECE TO MUSIC (WITH HELP OF A TUTOR) INCLUDING ANOTHER SKILL.

LEVEL 5

- 1 DEMONSTRATE THE FOLLOWING ON THE HIGH WIRE:
 - *all in level 1-4
 - *demonstrate safe spotting, (low wire)
- 2 DEVISE, PRODUCE AND PERFORM A THREE MINUTE PLUS PIECE TO MUSIC (INCORPORATING MOVES IN LEVELS 4/5)
- 3 RIG HIGH AND LOW WIRE WITH TUTOR'S SUPERVISION

SOLO STATIC TRAPEZE

LEVEL 1

- 1 FROM HANGING UNDER THE BAR, TO HOCKS, UP TO SITTING, THEN STANDING AND BACK DOWN WITH GOOD TECHNIQUE
- 2 BIRDS NEST
- 3 HALF ANGEL
- 4 CANDLESTICK
- 5 GAZELLE
- 6 CLIMB THE ROPE

LEVEL 2

- 1 ANKLE HANG
- 2 CRUCIFIX AND GET OUT OF IT
- 3 FRONT BALANCE
- 4 ONE LEG HOCKS (BOTH LEGS)
- 5 HALF MOON
- 6 SITTING, DROP TO BIRDS NEST
- 7 FORWARD ROLL FROM STANDING TO SITTING

LEVEL 3

- 1 BACK BALANCE
- 2 MEAT HOOK
- 3 TOE HANG
- 4 BARREL ROLLS OR SPLIT ROLLS
- 5 ALL THE WAY THROUGH / DISLOCATION
- 6 STAR ON THE BAR DROP TO ANKLES OR GAZELLE TO ANKLES
- 7 A ROUTINE WITH SIX MOVES, SMOOTH TRANSITIONS

CORD LISSE

LEVEL 1

- 1 CLIMB ROPE
- 2 STRADDLE
- 3 KEY OF FOOT
- 4 KEY OF STOMACH

LEVEL 2

- 1 CATCHERS
- 2 ANKLE HANG
- 3 FRONT BALANCE
- 4 HOCKS DROP
- 5 FALLING ANGEL
- 6 ISLE OF MAN

LEVEL 3

- 1 CARTWHEEL (S)
- 2 BACK BALANCE
- 3 CLIMB IN BALANCE
- 4 DOUBLE HOCKS
- 5 ROUTINE WITH FIVE MOVES, SMOOTH TRANSITIONS

CIGAR BOXES

LEVEL 1

- 1 RELEASED CATCH WITH MIDDLE BOX
- 2 HALF TURN AND BACK WITH EACH END
- 3 END BOX TURN ON EACH SIDE
- 4 TURN ALL THREE BOXES TOGETHER

LEVEL 2

- 1 TURN MIDDLE BOX USING TWO DIFFERENT WAYS (ONE WAY SHOULD BE A FULL TURN)
- 2 SNATCH THE MIDDLE BOX (BOTH SIDES)
- 3 UNDER LEG AND OUT (FIVE TIMES)
- 4 BODY TRAP AND OUT (FIVE TIMES)
- 5 MOVE END BOX OVER TO THE OTHER HAND (BOTH SIDES THREE TIMES)

LEVEL 3

- 1 BEHIND THE BACK AND OUT (FIVE TIMES)
- 2 CROSS AND UNCROSS ARMS WHILE HOLDING END BOXES
- 3 ONE BOX PIROUETTE (SINGLE BOX RELEASE) THREE TIMES
- 4 ONE FLASH START
- 5 BUTTERFLY CATCH AND OUT FIVE TIMES
- 6 DOUBLE ELBOW TRAP AND DROP TO KNEE TRAP (EITHER / OR)
- 7 NINE BOX BALANCE ON CHIN

CLUB PASSING

LEVEL 1

1	10	6	COUNT (SELF, SELF, PASS)
2	10	4	COUNT (SELF, PASS)
3	10	2	COUNT (SOLIDS)
4	3-3-10		

LEVEL 2

1	LEFT TO LEFT DOUBLE
2	RIGHT TO RIGHT DOUBLE
3	DOUBLE, DOUBLE, TRIPLE
4	STRAIGHT IN EVERY OTHER
5	FIVE TRICKS
*	under the leg
*	under the arm trap, leg trap and neck trap
*	behind the back
*	tomahawk
*	over the shoulder
*	spin around
*	club knock
*	albert
*	trebla
*	kick ups
6	FEED TWO OTHERS
7	RUN AROUND (SIX CLUBS, THREE PEOPLE)

LEVEL 3

1	SHOWER WITH FIVE TRICKS
2	1-6 PICK UP (COMPLETE WITH OLD GAGS)
3	SEVEN CLUBS (DOUBLES OR SINGLES)
4	FLASHY FINISH
5	DO FIVE DROP BACK LINE (THREE PEOPLE)
6	PHILADELPHIA LINE (FOUR PEOPLE)

CLUB SWINGING

LEVEL 1

- 1 DOUBLE ARM OUTSIDE CIRCLES
- 2 DOUBLE ARM INSIDE CIRCLES
- 3 SIDE FACING FULL ARM WINDMILL
- 4 LOWER REEL
- 5 PARALLELS, BOTH DIRECTIONS

LEVEL 2

(DO FOUR OF THE FOLLOWING)

- 1 CROSS AND FOLLOW
- 2 LOWER, MIDDLE AND UPPER REEL (DO SYNCHRONISED AND ALTERNATE)
- 3 OPPOSITE CIRCLES WITH STOPS
- 4 NORTH, SOUTH, EAST AND WEST PARALLEL'S

LEVEL 3

- 1 REVERSE, CROSS AND FOLLOW
- 2 TREE
- 3 REEL BETWEEN THE LEGS
- 4 FOUNTAIN