



AERIAL SPORTS

Workshops with Filip Bogusławski

<https://www.instagram.com/filip.boguslawski/>

Filip Bogusławski - aerialist with several years of teaching, choreographing and performing experience. He has performed mainly with "Z głową w chmurach" theatre, "Abstract Show" group and as an independent artist. Finalist of the 2022 Cyrkulacje European Festival. 2020 Aerial Silks Champion in both solo and duo category. Although mostly self-taught, he has also gained his knowledge from numerous workshops and courses, mostly with foreign artists such as Aaron Kozloff, Frank Alvarez or Mau Hernandez. His specialty is aerial silks and aerial straps, although he practices and feels comfortable on virtually any aerial apparatus. His specialty is dynamic sequences, utilizing spin and swinging momentum.



Aerial Silks Intermediate/Advanced Flow

Here we'll go through a sequence on split silks which will contain smooth, flowy transitions and spectacular shapes. We'll cover different options for many parts of the combo, depending on the attendees' experience, flexibility or preference. The sequence has a great potential to be modified and extended, so you'll have a lot of room for your own ideas and creativity!

Prerequisites: 10-second hang; ability to climb and hang upside down comfortably; 1 year of practice on aerial silks



AERIAL SPORTS

Workshops with Filip Bogusławski

<https://www.instagram.com/filip.boguslawski/>



Introduction to Straps

During this workshop, we'll cover some **basic 2-arm elements and positions** that are essential in straps, but you can surely execute them on other apparatus as well. Not to mention they look great on Instagram! We'll try both hanging and support elements. Towards the end, we'll try to connect the hanging skills into a choreo. We're going to hang upside down a lot and spin a fair amount, so prepare to get a bit dizzy.

prerequisites: 1 year of practice on any aerial apparatus

For this workshop, please take something to **cover your wrists**. This can be a wristband, long sleeve or a piece of bandage wrapped around the wrists.

Master the Flag (And Some Other 1-Arm Elements)

In this workshop we'll focus on exploring different 1-arm elements that are as demanding as they are spectacular. The focus will be on the flag (or reverse meathook), drills and progressions towards it. Apart from the flag, we'll cover meathooks, 1-arm straddles and maybe other elements that are less "typical" for straps. We'll be also figuring out how to use the spin to our advantage in learning and holding all of the skills we've learnt in the workshop.

Prerequisites: being comfortable with bent or straight arm inverters (straddle or pike)

For this workshop, please take something to **cover your wrists**. This can be a wristband, long sleeve or a piece of bandage wrapped around the wrists.