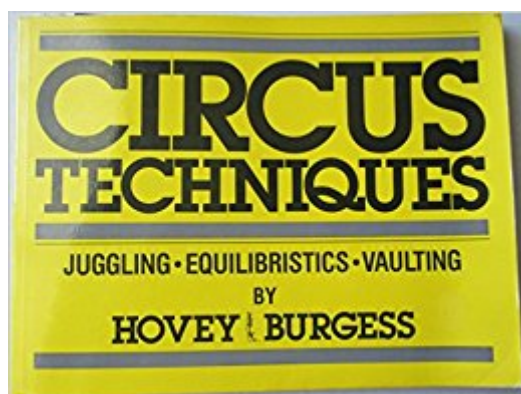


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# Circus Techniques: Juggling, Equilibristics, Vaulting



## Synopsis

Book by Burgess, Hovey

## Book Information

Paperback: 176 pages

Publisher: Brian Dube; Revised edition (January 1990)

Language: English

ISBN-10: 0917643062

ISBN-13: 978-0917643064

Product Dimensions: 0.5 x 8.2 x 10.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #2,135,671 in Books (See Top 100 in Books) #211 in [Books > Arts & Photography > Performing Arts > Theater > Circus](#) #1727 in [Books > Sports & Outdoors > Miscellaneous > Reference](#) #167397 in [Books > Humor & Entertainment](#)

## Customer Reviews

this book is geared for circus stunts, mostly acrobatics, and none of it is directed towards vaulters who do gymnastics on moving horses. however, if this book is carefully read, one can find all sorts of tips on the simplest things, such as handstands, to more intricate lifts. our vaulting club has found it to be a very good resource.

One of the most sought after books on circus style tricks and stunts. Various techniques and tactics for inverted physical stunts (including bending), vaulting, juggling, stack equilibristics, tumble applications, gyroscopics, rigging, catapulting and other circus techniques are covered.

This book covers a wide variety of techniques and is very logically arranged. The sections on advanced techniques all have very good safety tips. The section on how to construct your own equipment was especially good.

at least I got my money's worth. juggling, balancing, vaulting, trapeze, unicycles, and much more is all covered. all looks good to me, but I'm only a beginner, so I can't give you a serious evaluation.

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