

CONFIDENT FLIGHT

SILKS - ROPE
JOSE.CERE

Aerial Acrobatics.

Rope

Straps

Silks

Hairhanging



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This workshop proposes owning the aerial apparatus, rope or silks, with confidence, freedom, and comfort, transforming their verticality into a surface of support.

Choice and agency over your movement are the core principles of our workshop methodology—to claim the aerial space as your own, to make it your natural habitat. I want you to decide how you move and how you fly!

This workshop is for anyone with some prior experience in the world of aerial acrobatics. It doesn't matter if you're a teacher, artist, athlete, hobbyist, or none of the above. One thing is certain: during our time together, we will all be aerialists!



METHODOLOGY

- Shoulder and Forearm Protection: Foundational study to ensure safe and sustainable practice.
- Basics Balances: Exploration of fundamental postures and their possibilities.
- The aerial element as a surface: To investigate and recognize the fabric or rope as a support surface—a base to which we can fully surrender our weight, rather than constantly holding our body up with our hands.
- Fundamental Swings: Study of basic beats and their controlled progressions in amplitude and complexity.
- Dynamic Phrases: Creative combination of swings and balances to build fluid sequences.

TECHNICAL REQUIREMENTS

For an optimal and safe learning environment, the workshop space must provide the following:

- Apparatus: One aerial rope or fabric per every three participants.
- Safety Flooring: One crash mat per installed apparatus.
- Rigging Height: A clear and unobstructed rigging height of 6 meters is essential.
- Personal equipment: One elastic band and a bottle of water per participant.



BIOGRAFIA

Chilean aerialist José began his path with independent circus and dance training in Buenos Aires before completing his formal studies at the INAC school in Portugal.

His dedication to the craft extends to community building as the organizer of the Lisbon Rope Meeting and as a guest teacher at international events like the Aerial Silks Meeting Lisboa and Belfast Rope Meeting. A specialist in rope, straps, silks, and hair hanging, his artistic work is equally active.

He is currently a performer in the show Infinito (premiered November 2025) and the co-creator of La Trottola, now celebrating its ninth year of touring Europe.

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