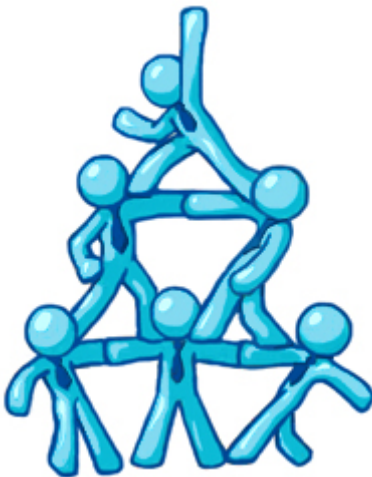




FORMATION CIRQUE



NOTES PERSONNELLES



Yann Bernardini

FORMATION CIRQUE

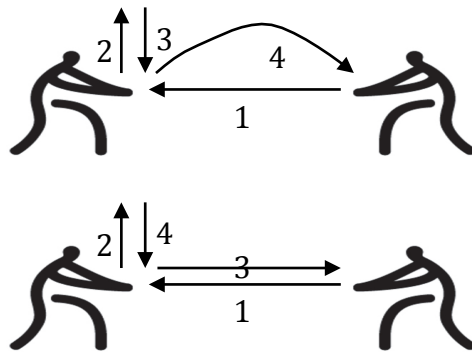
Le vendredi 16 novembre 2012

Formateur : Cesar SALVADORI



1. Jonglage

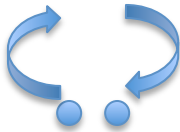
- a) Echange ballon
- b) 2 ballons par personne
- c) 2 ballons de tailles différentes. Venir toucher le genou avec le ballon avant de l'envoyer en l'air
- d) 2 ballons à lancer contre le mur et par le bas
- e) 2 ballons à lancer contre le mur et par le haut
- f) A deux, échanger les ballons (2 ballons)



- g) A deux, échanger les ballons sans s'arrêter (3 ballons)
- h) A deux, se faire des passes en tapant le ballon par terre
- i) A deux, se faire des passes en tapant le ballon par terre mais en faisant les passes par le haut
- j) A deux, même exercice que i), mais une troisième personne prend la place d'un des deux « joueurs »
- k) Dessiner sur le tapis les paraboles que font les balles lors du jonglage

⇒ Il existe trois formes de jonglage principales :

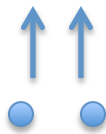
- En fontaine



- En cascade



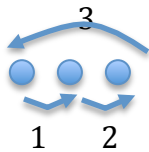
- En colonne



l) Balle en équilibre, puis en jonglage :

- a. Sur main
- b. Sur coude
- c. Avec deux balles :
 - i. Sur main
 - ii. Sur coude
- d. Remonter la balle avec le pied
- e. Amortir la balle avec le pied et la remonter avec le pied
- f. Taper la balle avec le biceps pour la renvoyer
- g. Amortir la balle avec le biceps, la bloquer et la renvoyer
- h. 2 balles dans un nid (une dans la main serrée et l'autre en équilibre dessus)
- i. 2 balles dans un nid et un autre nid avec une seule balle dans l'autre main. Faire passer la balle en équilibre d'un nid à un autre (3 balles en tout)
- j. Bras dessus – bras dessous en lançant la balle (une main tendue et l'autre à 90° qui vient se poser à la hauteur du coude, lancer la balle et passer la main tendue sous le bras à 90° afin de rattraper la balle, essayer ensuite avec l'autre main)
- k. Bras dessus – bras dessous en lançant la balle d'une main à l'autre (échanger à chaque fois de main et dessus ou dessous)
- l. Jongler à deux balles dans une seule main (1 balle à l'intérieur et l'autre à l'extérieur, c'est la main qui se déplace vers l'intérieur ou l'extérieur et non les balles qui tournent)
- m. Jongler à deux balles dans chaque main (4 balles)
- n. Jongler à quatre balles mais en alternance (illusion d'un jonglage d'une main à l'autre)

- o. A 2, côte à côte avec 3 balles (plus facile si l'on se tient par la taille)
- p. A 2, face à face avec 3 balles
- q. Piquer la balle de l'autre et commencer à jongler
- r. Jongler, puis lancer les balles les unes après les autres vers l'arrière, celui qui est derrière les rattrape et jongle ensuite avec les trois balles avant de faire de même
- s. Jongler à deux, face à face en :
 - i. 6 temps
 - ii. 4 temps
 - iii. 2 temps
- t. Jongler en patte de chat (en attrapant les balles par le dessus)
- u. Jongler en cascade dessus en faisant passer les balles par dessus
- v. Jongler en alternant cascade dessus et cascade dessous
- w. Jongler à deux, une personne étant debout et l'autre assise en dessous.
Lancer et lâcher les balles afin de jongler à deux
- x. Jongler en dessus
- y. Jongler en face
- z. Jongler sur le sol



- m) Anneaux :
 - a. Anneaux en percussion (toucher légèrement avec le pouce pour donner une vitesse régulière)
 - b. Lancer les anneaux pour qu'ils arrivent à trois endroits différents (main droite, tête, main gauche) => écarter un peu les anneaux avec un pouce au début puis les envoyer

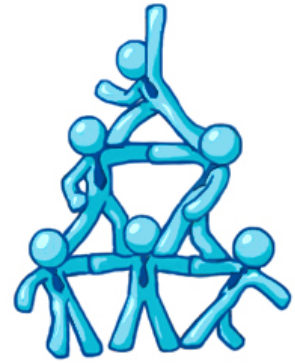
2. Equilibre

- Pédalo
- Mobilo
- Rolla Bolla :
 - Tuyau chantier et planche plus large
 - Doubler la hauteur avec des plots sur les côtés
- Monocycle
- Slackline



3. Pyramides

- Voir fiches distribuées après la formation
- Règles :
 - Etre stable
 - Plus large en bas qu'en haut
 - Répartir les poids
 - Respecter la sécurité
 - Travailler par :
 - Même taille
 - Même poids
 - Même morphologie
 - Base ⇔ Sommet
 - Bas ⇔ Haut
 - Ne jamais mettre de poids au milieu (dos), mais aux extrémités
- Prérequis (but => être gainé)
 - Poirier
 - Colonne droite
 - Roulade avant
 - Roulade arrière
 - Etc.
- Tenue ferme :
 - 2 doigts
 - poignets
 - croisée
 - carré



Exercices :

- Bûche (rouler les uns sur les autres)
- Lever d'un élève, le supporter par les points suivants :
 - Tête & Nuque
 - Dos & Fesses
 - Pieds & Mollets
- Roulade avant
- Roulade avant mais en s'abaissant, toucher les genoux, bras tendus et corps abaissé
- Bipieds (roulade à deux)
- Renforcement musculaire

- Colonne droite et rentrer le ventre
- A quatre pattes, écarter les bras, doigts et mains à 45° la tête face au sol
- A quatre pattes, écarter les bras, doigts et mains à 45° la tête vers le plafond
- Faire la table, couché sur le dos, les bras et les mains tendus vers le haut
 - Une deuxième personne peut ensuite se poser dessus à genoux vers l'avant

- Faire la table, puis ajouter une deuxième personne en table par dessus :
 - Deltoïdes => pieds
 - Pieds => Deltoïdes
- Faire une table à trois en respectant les poids, les morphologies et les tailles
- Travailler les contrepoids :
- Debout, genoux fléchis, bras croisés et levés, tenir la position en contrepoids
 - Commencer depuis le banc pour simplifier le départ et augmenter la sécurité

=> La position doit permettre aux genoux de cacher les pointes de pieds et les fesses de cacher les talons

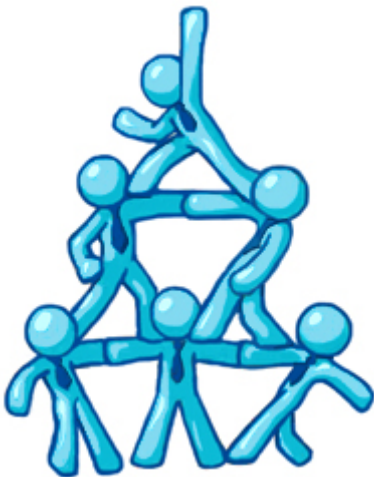
- Position de l'avion, une personne au sol, bras et jambes tendues et l'autre qui est en équilibre dessus (pieds sur les crêtes iliaques) => Attention aux turbulences...



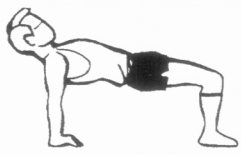
FORMATION CIRQUE



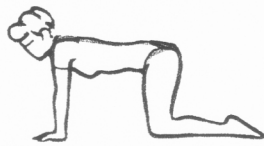
FICHES ACROGYM



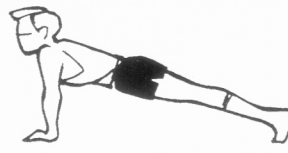
Formateur : Cesar SALVADORI
Illustrations : E. FURBLUR - J. FODERO



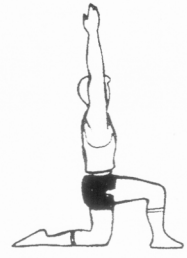
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II



III



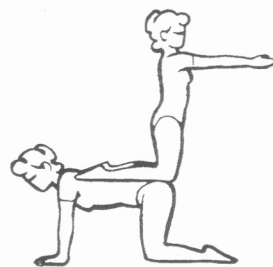
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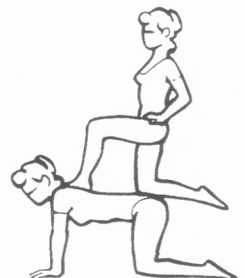
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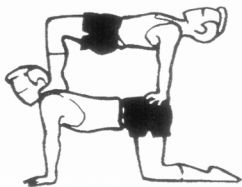
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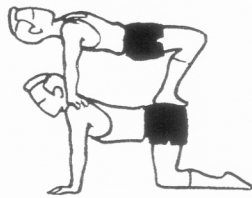
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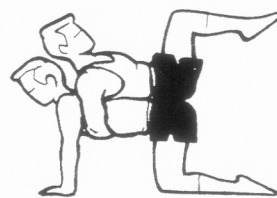
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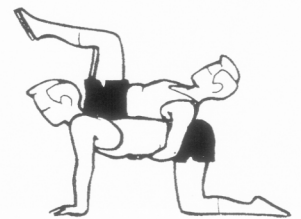
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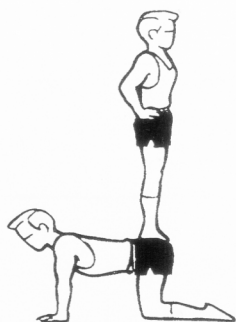
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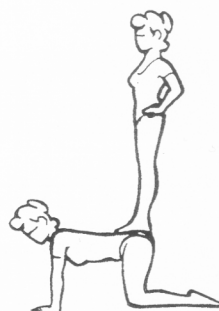
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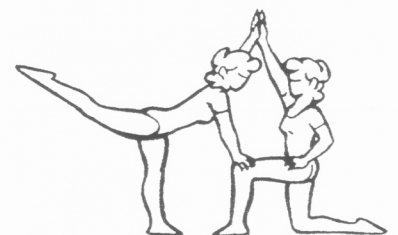
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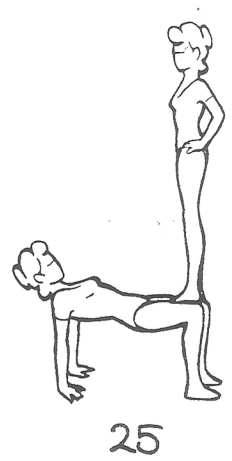
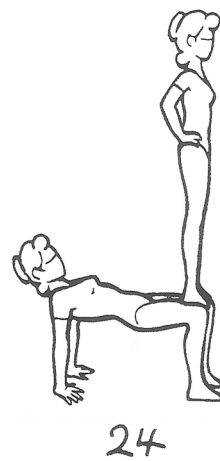
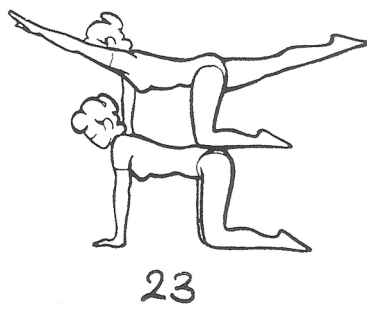
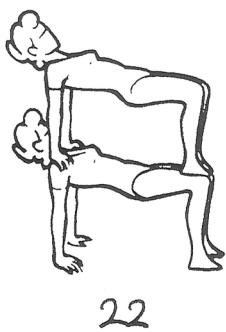
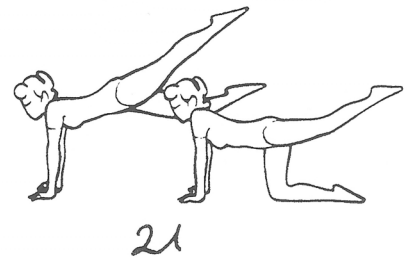
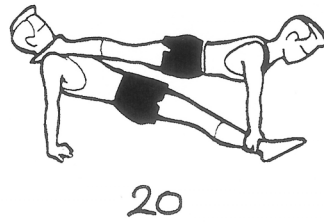
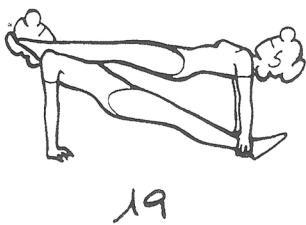
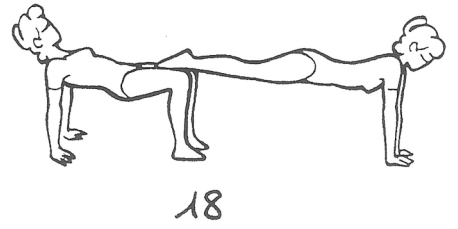
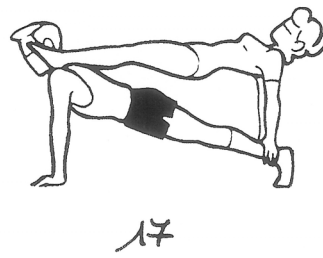
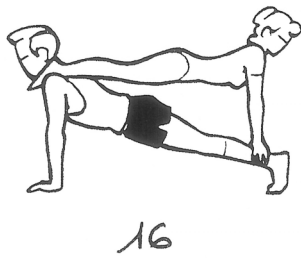
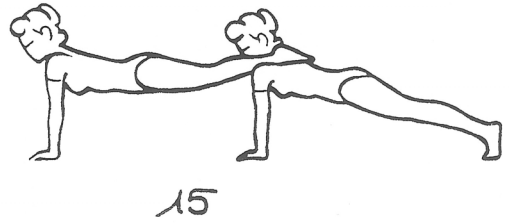
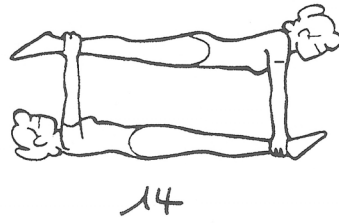
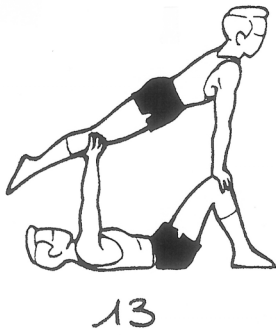
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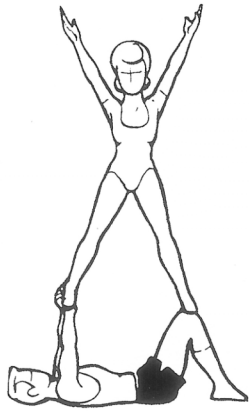


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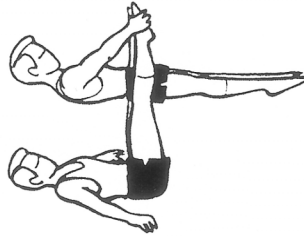


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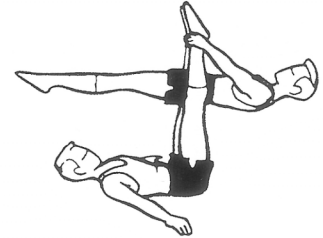




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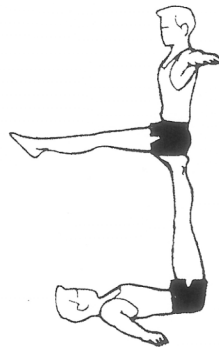
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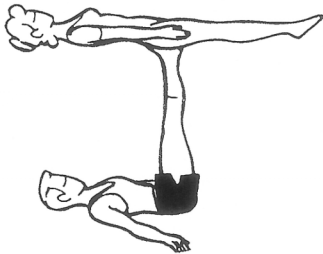
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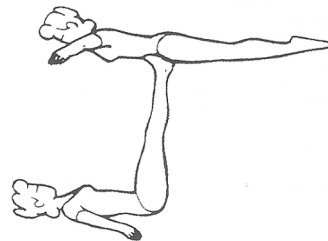
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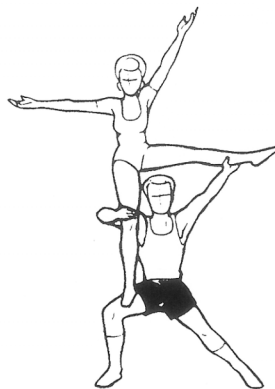
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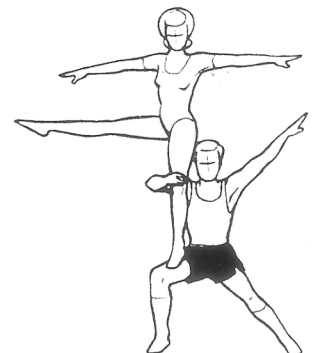
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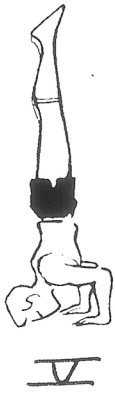
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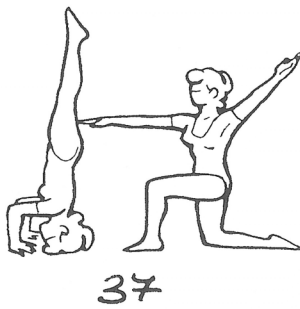
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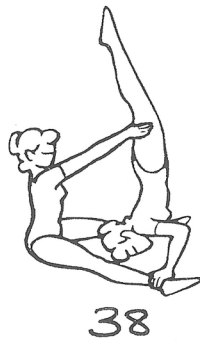
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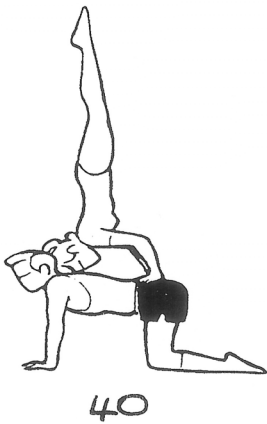
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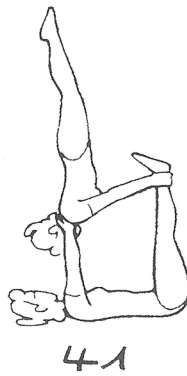
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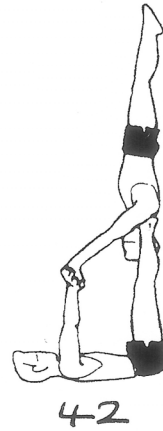
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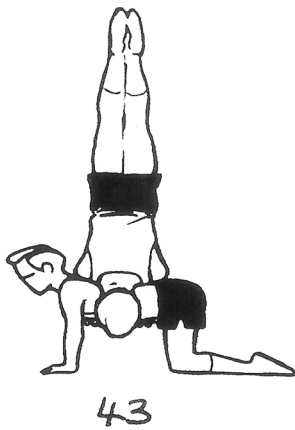
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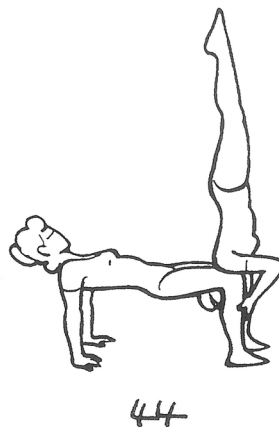
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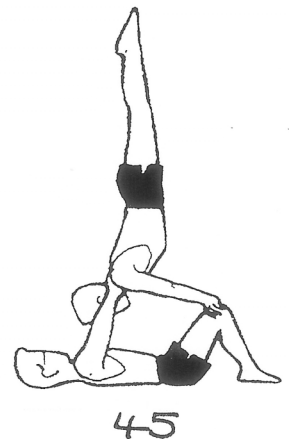
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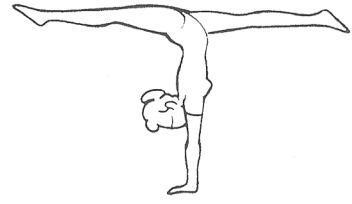
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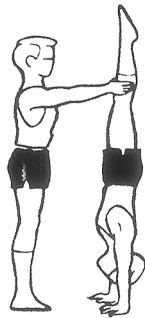
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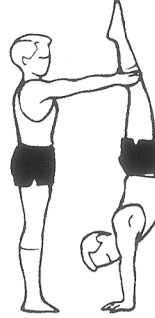
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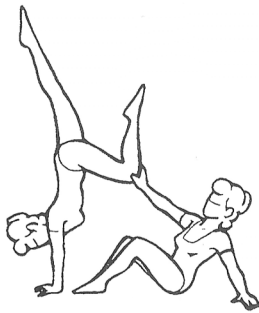
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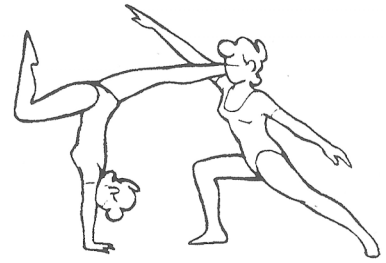
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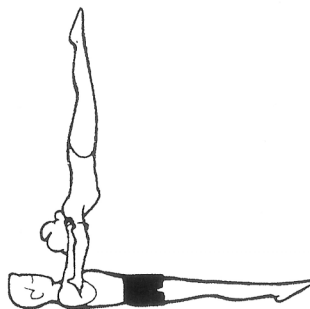
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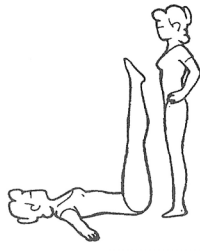
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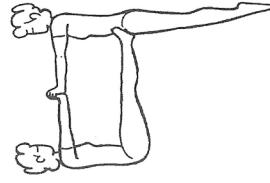
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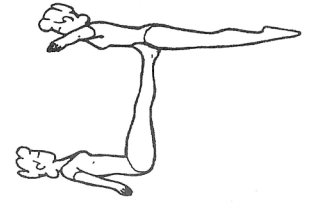
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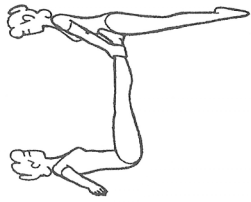
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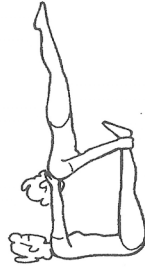
C



53 D



A



B



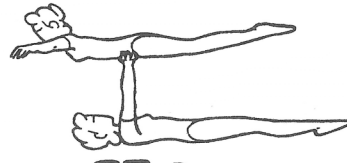
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54 D



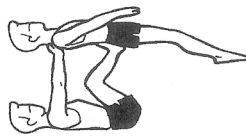
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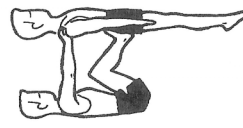
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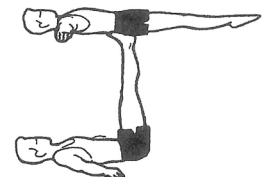
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B



C



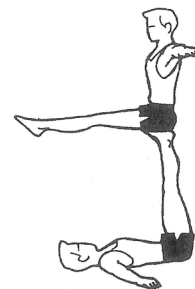
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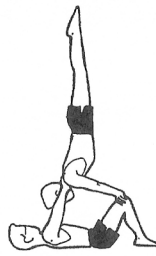
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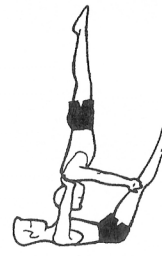
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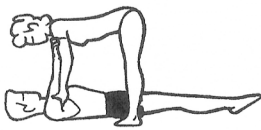
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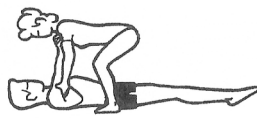
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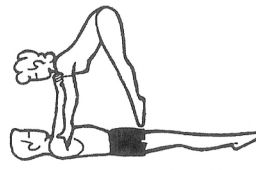
58 C



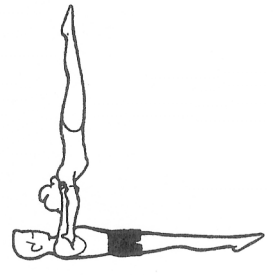
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B



C



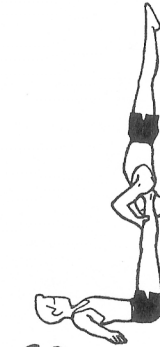
59 D



A



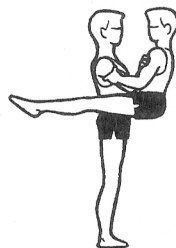
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60 C



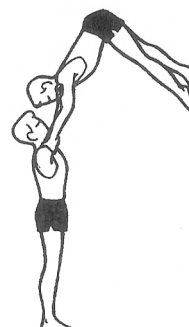
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B



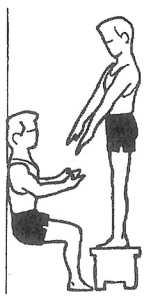
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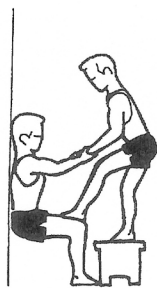
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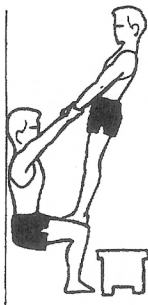
61 E



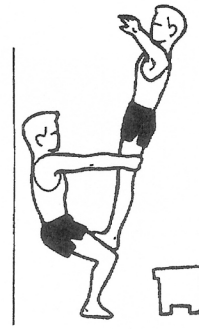
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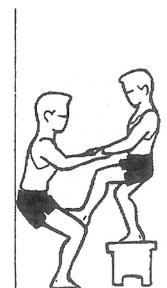
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C



D



62 E



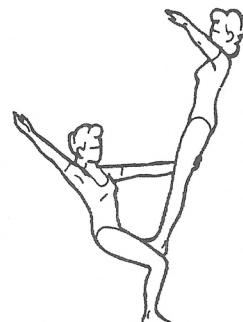
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B



C



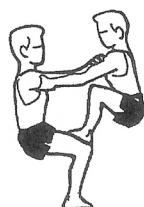
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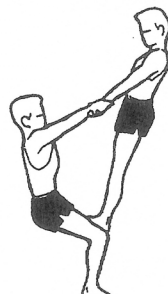
63 E



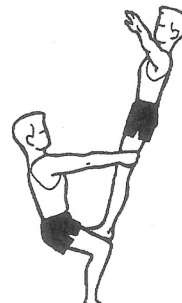
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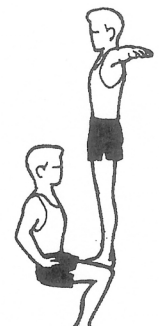
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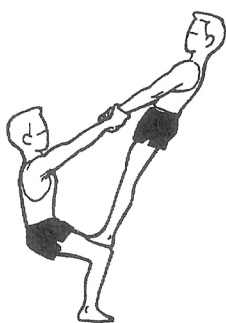
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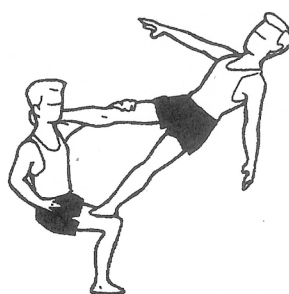
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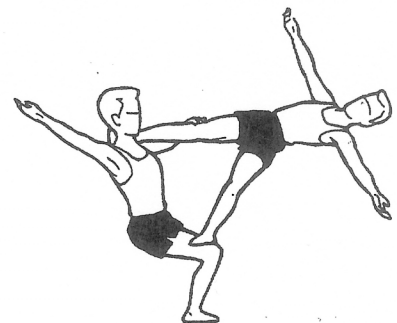
64 E



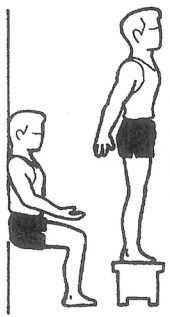
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B



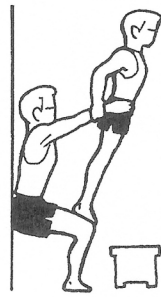
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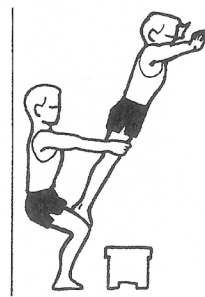
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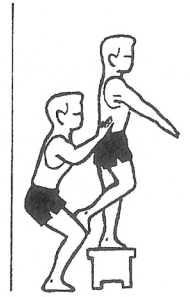
B



C



D



66 E



A



B



C



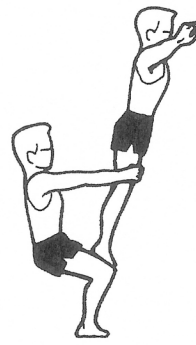
67 D



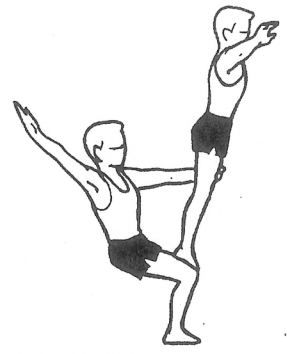
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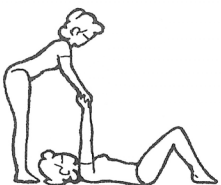
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C



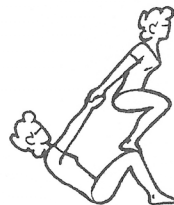
68 D



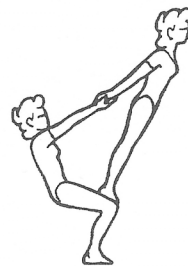
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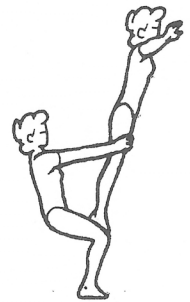
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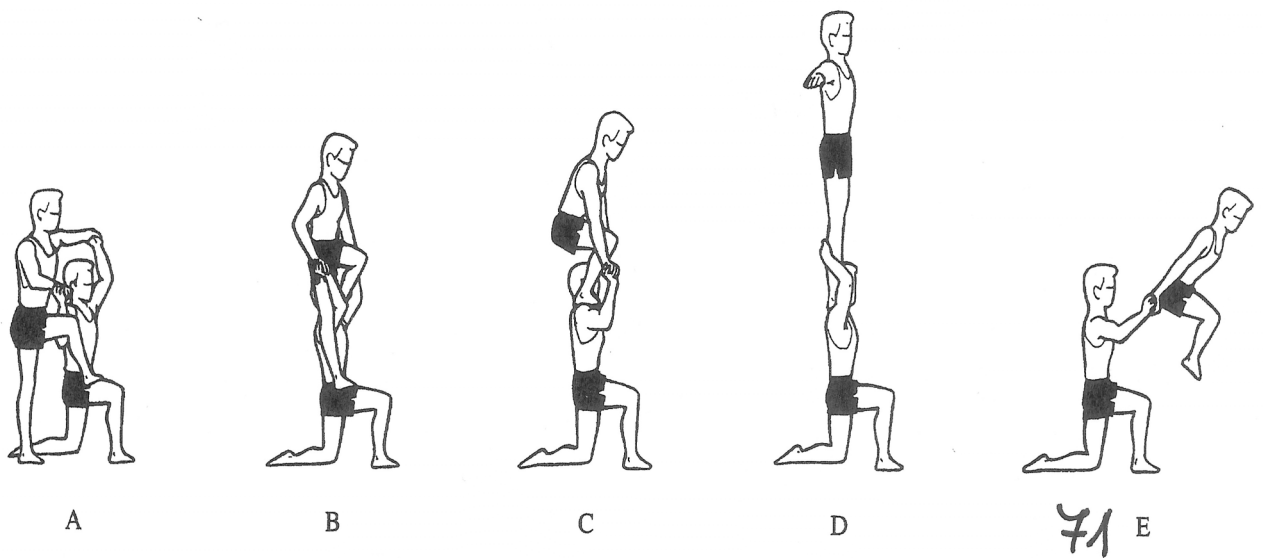
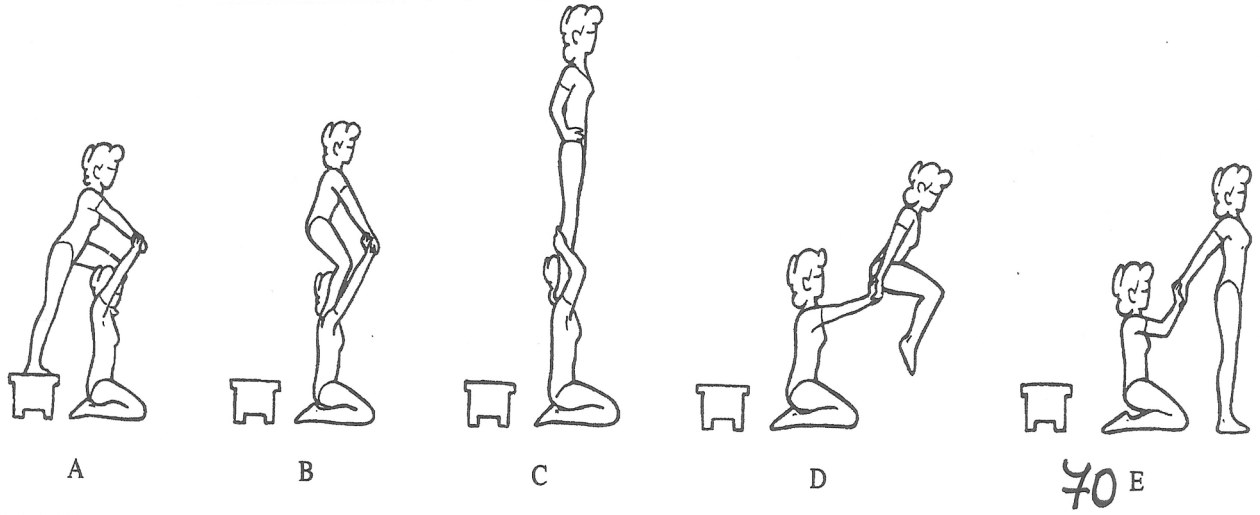
C



D



69 E





A



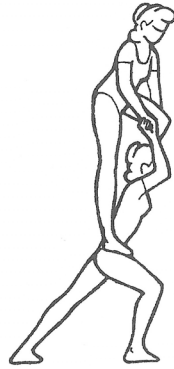
B



72 C



A



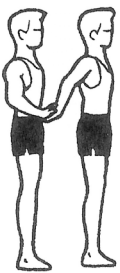
B



C



73 D



A



B



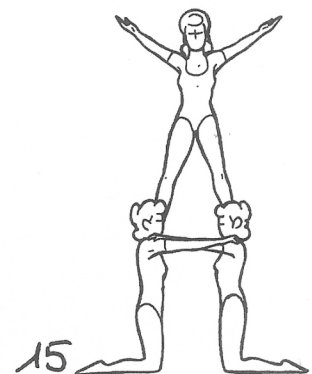
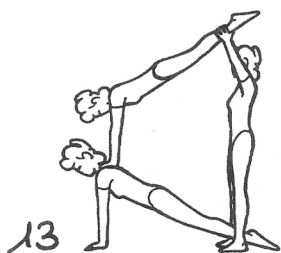
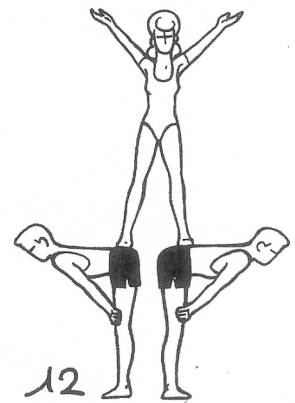
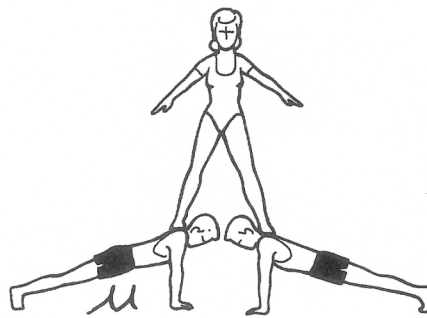
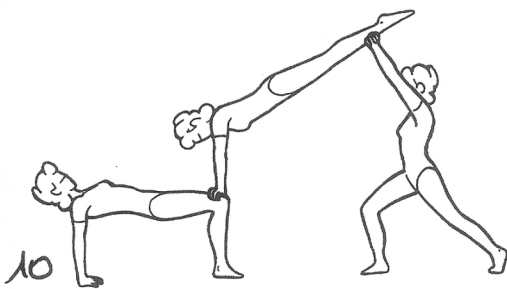
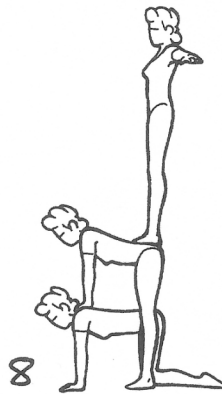
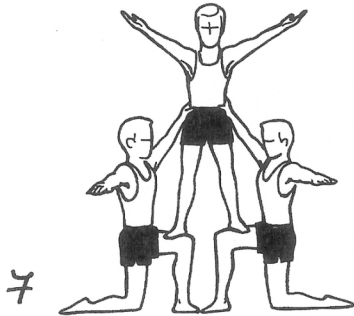
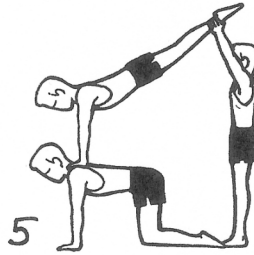
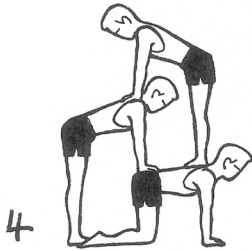
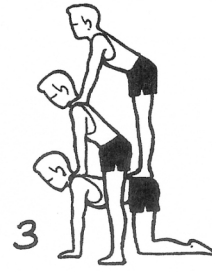
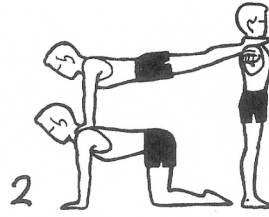
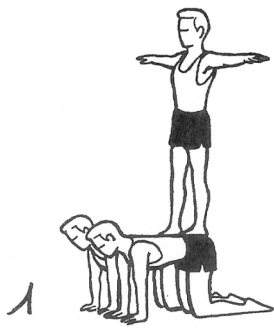
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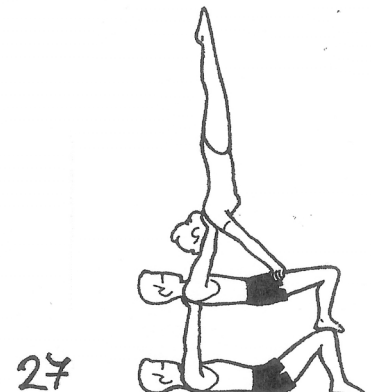
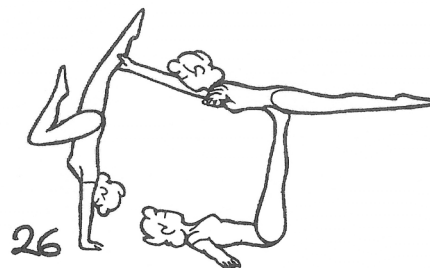
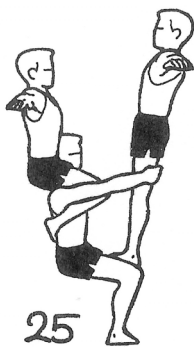
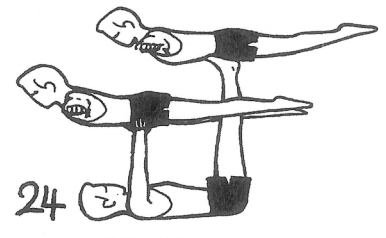
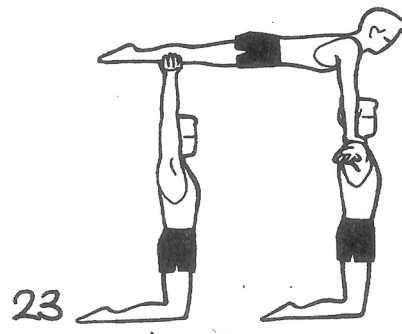
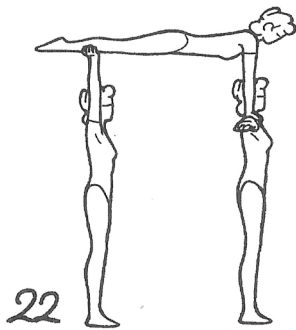
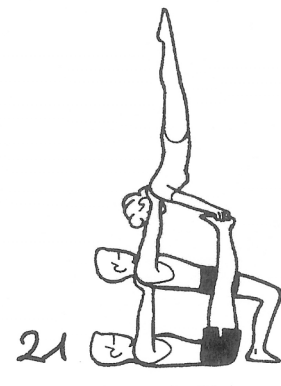
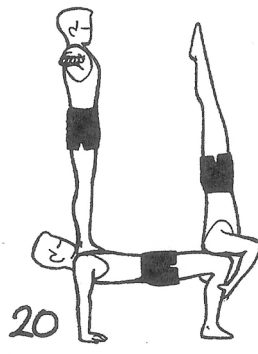
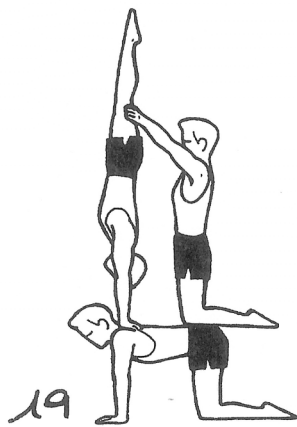
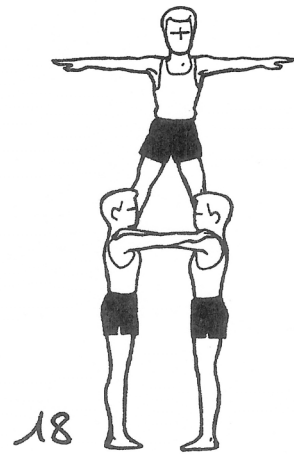
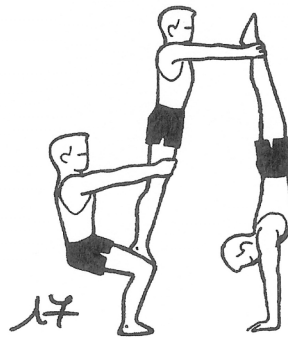
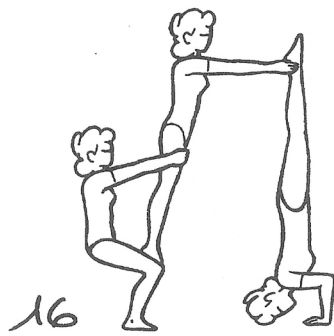


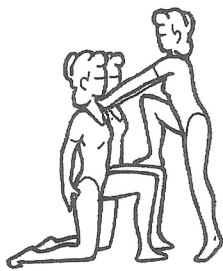
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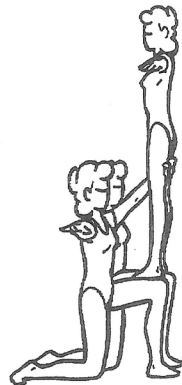
74 E



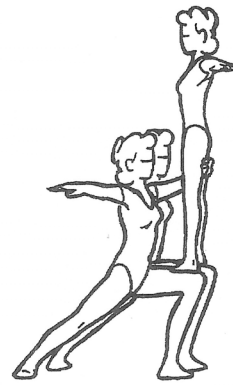




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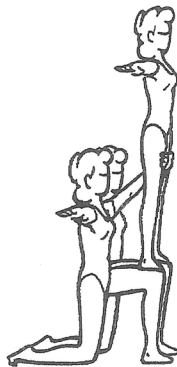
B



28 C



A



B



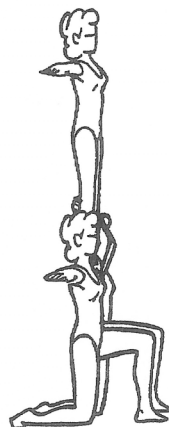
29 C



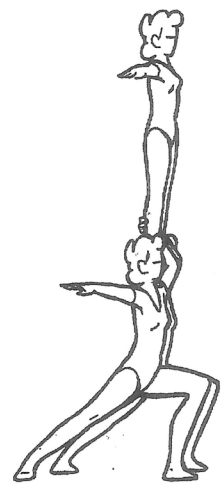
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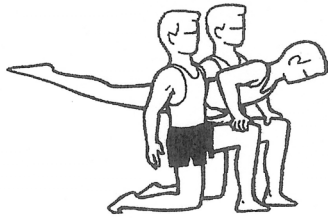
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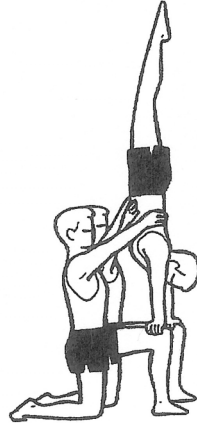
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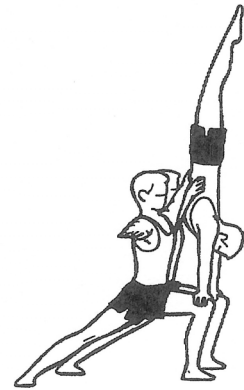
30 D



A



B



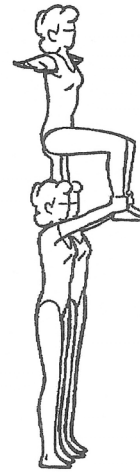
31 c



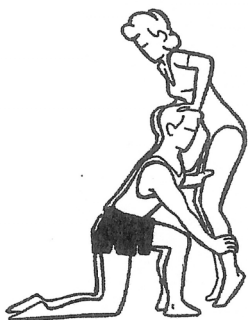
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B



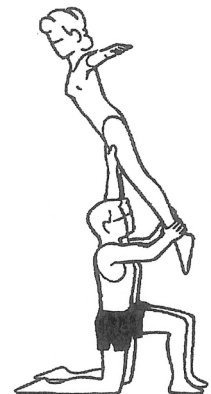
32 c



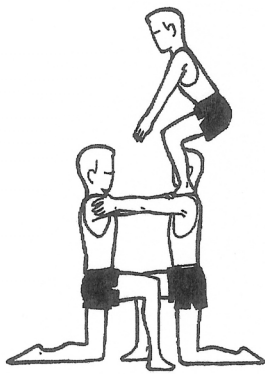
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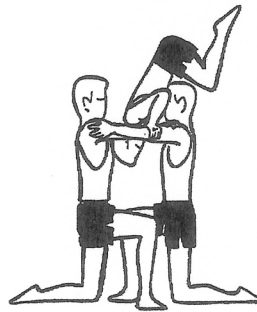
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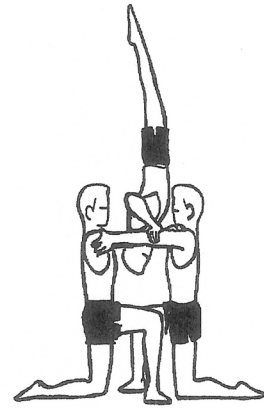
33 c



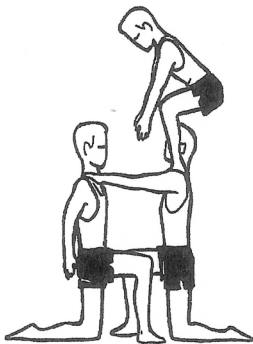
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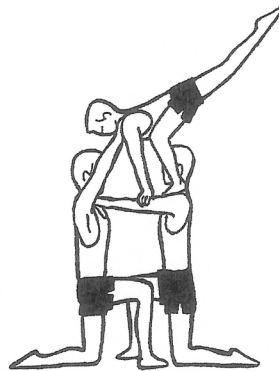
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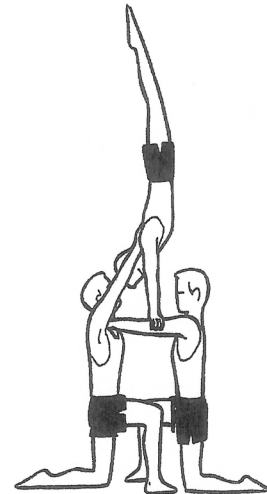
34c



A



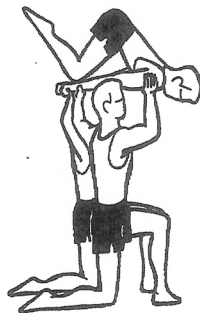
B



35 c



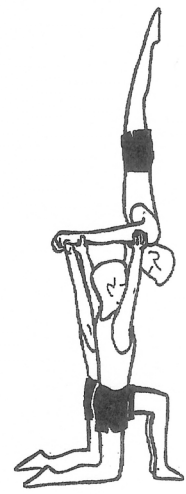
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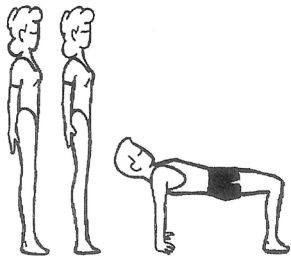
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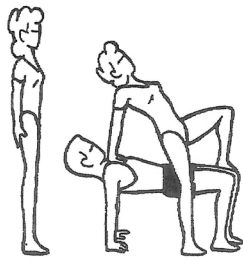
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36 D



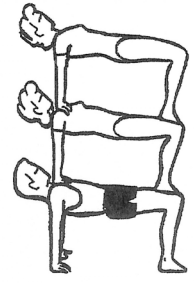
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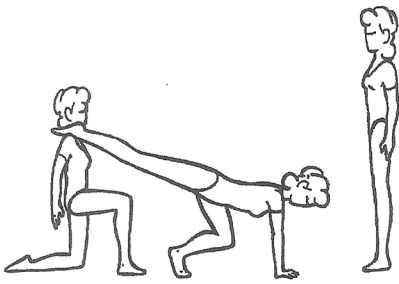
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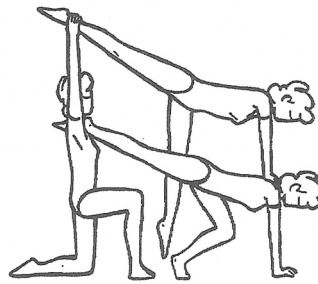
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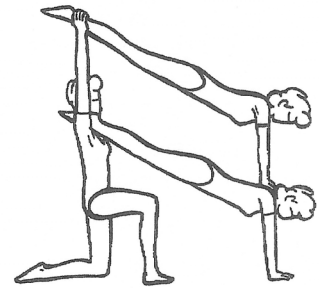
37 D



A



B



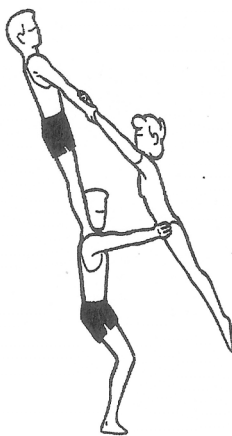
38 C



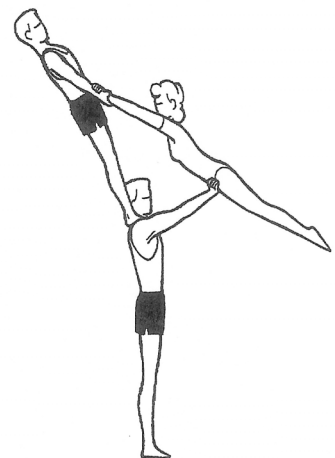
A



B



C



39 D