

**UDC 792 (792.7)****HISTORY AND STAGE METHOD OF JUGGLING WITH HULA HOOPS****Oleksandra Sobolieva**

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*Research the methods of teaching juggling tricks by the big and small hula hoops, due to rising demand for hula hoops in recent years. Hula hoops acquire much popularity both abroad and in Ukraine, and are used not only in school, gymnastics and emotional pleasure, but also in a circus and juggling sports. Also highlights the main directions in the juggling with their features and how the juggling acts itself directly on human health. Also will be examined where this fascinating art form came to us, how it developed, and what kinds acquired in the present.*

*Keywords: hula hoops, juggling, "track", stage technique, white substance, "helicopter".*

**Problem definition and analysis of researches.**

Today juggling reached incredible development. There is no country where people would not be interested in juggling. There are a lot of conventions and juggling competitions, where people come from all over the world and share experiences with each other. But it should be noted, that there aren't so much professional juggling schools. And if we talk about juggling by hula hoops, we can admit that there aren't so much real experts in this field. Peter Bon, Tony Buzan in collaboration with Michael J. Gelb, Luke Burrige, Alexander Kiss, Paul Koshel and many others have written about all kinds of juggling, but left unattended hula hoops juggling. That is why in this article will be examples of author's tricks with large and small hula hoops with a detailed description.

**The task:**

To highlight the particular technique of juggling by large and small hula hoops;

To show the specific features of author's stage method of formal techniques;

### **Goal**

Review the importance of juggling for the health and development of the ordinary citizen. To teach jugglers the heavy tricks with large and small hula hoops in the shortest possible time.

### **The presentation the base material.**

Juggler (old French - «jogleor», «jongleur», from Lat. «Joculator.» - «Jokers») - an itinerant actor, a professional singer, often a musician or conjuror. Typically, these musicians were composers and performers of songs compiled by troubadours, perfectly mastered the art of playing many musical instruments [4].

Currently, there are hundreds of juggling clubs, the International Association of jugglers and the World Juggling Federation annually organize competitions.

Modern juggling is divided into two main art areas: classical and by household items. Classic jugglers work with specially adapted props. These are balls, sticks, torches, plates, rings, maces. A convenient form of these items allows performers operate with a large number of them.

The flowering of the art of juggling household items connected with the appearance at the turn of XIX-XX century the salon jugglers. They came to the arena in dress coats and tuxedos and juggled with cylinders, cigars, billiard cues, chandeliers, the items which use in restaurant. There are also group jugglers who juggle with objects, exchanging them among themselves. Also there is an original way of juggling balls, throwing them to the floor and the wall [1].

This kind of juggling received an original interpretation in an American M. Motion, he doesn't increase the number of balls, but the number of surfaces, reflecting the balls, juggles them in an enclosed space of a triangle. There is number of bicycle rims figure skating on the floor. German actor invented an original way of juggling the ping-pong balls, blowing and catching them by his mouth.

*The Methods of juggling:*

1. Classic juggling - tossing objects in the air;
2. Contact juggling - the subject is always in contact with the body [3].

What is juggling in terms of medicine.

In order to strengthen your brain health and prevent or reverse the neurodegenerative processes in the brain, researchers from Oxford recommends using juggling, or other complex exercises.

The research found that juggling and other complex exercises performed on a regular basis, after six weeks of training lead to the improvement of the white matter in the brain. The white substance is known to play the role of a guide of information in the gray matter, where the received information processing. If "leading capacity" of white matter is broken, the gray matter is receiving data incomplete or in a distorted form. Accordingly, disturbed thinking processes can lead to neurodegenerative processes [5].

In prospect such a simple way to stimulate the brain can help not only in the development of other human capabilities, but also in the fight against neurodegenerative diseases - multiple sclerosis, Alzheimer's disease and so on [5].

***Ten kinds of unusual juggling:***

***Flairing*** - juggling bottles and glasses in the preparation of cocktails in the work of bartender. It originated in the United States, with the development of the alcohol industry, in order to attract customers. The word

«flairing» consists of two parts: «flaire» - flies, «ring» - circle. Flairing is divided into two areas: the working flairing, which uses bar accessories, and show flairing - free style, in which you can prepare all the tools and ingredients in advance and at the same time use the music and costumes.

***Juggling by kendama*** (translated from the Japanese "Ken" - "pin", "Tama" - "ball"). Kendama - a Japanese toy which consists of a handle, like a hammer, two cups (wells) and a ball with a hole, tied to a handle by the rope. The player's task - to manipulate the ball so, by turns knocking it out of the hole to the hole to stick it on the pin. Do you think it is easy? Recently in Japan, published a book about the game in kendama, which describes about 30,000 possible combinations!

Kendama tournaments take place around the world, including Russia, and Japan, for example, the victory in this competition promises to the lucky, not only recognition in the sport, but also in his career. Japanese employers believe that plays well in kendama - person patient and persistent, and this is essential for the Japanese worker dignity.

***Juggling by yo-yo and diabolo***. Yo-yo - a toy consisting of two identical discs connected by an axis to which the rope is fixed. When you throw it - the rope unwinds, and the toy back to the player, whereby it is possible to carry out various manipulations. Apart from the classic "looping" with often throws, you can perform tricks from "slip" series - when the toy is spinning at the end of the unwound rope.

Diabolo is similar to yo-yo, only much larger in size, and a rope is fixed on it by sticks. Juggler, as much as possible having untwisted toy, catches it on a thread, causing diabolo to slide on the thread. From the side it looks like Diabolo rolls over the body of a juggler, so viewers who watch the game, often exclaim: "How? How he does it? "

***Volleyclub*** - it is not just a genre of art, it's a team sport. As the name implies, volleyclub combines volleyball and juggling clubs (maces), where

instead of a ball over the net players throw mace. And in addition to the general mace, each player also has his own mace.

Rules. To catch the common mace, a player throws one of his clubs and begins to juggle with three clubs - his two and one general. Then he throws common mace, still holding two in their hands. Juggles only that player, who holds the game mace. As well as in volleyball, you can touch the game mace only three times and then it is necessary to throw it over the net.

**Kettlebells juggling**, or, as it is called, power juggling, too, refers to sports disciplines, it is very well developed in our country, the birthplace of the epic heroes. You can juggle with one or two kettlebells of different weight - 16, 24 or 32 kg, alone or with a partner, with open or closed eyes. Professionals advise to perform sufficiently high throws with full amplitude of movement. At the same time near the juggler that throws the weight should be a lot of space, so to train and sharpen skills best in the street, but it should be remembered that from the frequent strikes kettlebells become useless. For classes in the gym, area for juggling better to lay two layers of gymnastic mats.

Not so well known is **combat juggling**, where each player has three maces, but the task is not only juggle with your own maces but dislodge the enemy's mace. During this unusual action players move on the field, and coming up to the enemy start to build a circuit of juggling that one of the opponent maces fell to the floor. It is very difficult to do, because you can not push the opponent on purpose. The winner of the game is the one who last left the field with a full set of maces, not necessarily with their own.

**Joggling** - a juggling objects on the run. The combination of the words «juggling» and «jogging» creates the word «joggling» The first attempts to combine running with juggling an American Bill Gidaz in 1979. And the

absolute record in this area belongs to Owen Morse. In 1988, juggles with five objects, the British ran 100 meters in 13.8 seconds.

For juggling you can use the **poi**, they are most often used in fire-show. Poi are a couple of balls or wicks on the ropes or chains that rotate, taking the other end of the rope. Performers usually use brightly colored poi, in street or circus shows they create beautiful shapes in the air - the geometric cones, and the whole picture of the fire, such as dragon wings.

**Contact juggling** - it's magic interaction of transparent balls and man. During this beautiful presentation juggler rolls the ball around the body, holding the balance, it looks as if the balls floating in the air. Such interesting effect is achieved by acrylic material from which the balls are made: it is transparent. Therefore, the rotation of the balls are not visible, it seems that they hang in the air, then raised to the sky, roll over the body and the palms of the master [3].

And, perhaps, the most difficult kind of juggling can be called **organic look**. It includes not only all kinds of juggling, but it is complicated by the dance.

Today juggler - is not only a real professional who can manipulate multiple objects simultaneously, but the man who has turned this activity into sports and even art.

People started juggling long time ago. The oldest documentary evidence of this considered the Egyptian wall painting dated 1994-1781 years BC. Chinese soldiers, who mentioned in the writings in 770-476 years. BC, before the battle, for intimidation enemies showed them their skills in juggling weapons - sometimes so demonstrative that the fight sometimes stopped on this. So, the legendary warrior Lan Ji from the province Song was able to throw and catch seven swords simultaneously. Or to 1900 BC. in the tomb of Egyptian Pharaoh Hnumhotep II at Beni Hassan, archaeologists discovered the relief of the girls who was juggling

balls. Ancient Greek historian Xenophon described the Syracuse dancer who juggled with 12 hoops. The ancient Romans saw in juggling a tool that promotes agility in dealing with military weapons [2].

In Europe, juggling was considered acceptable occupation until the end of Roman Empire. In the Middle Ages juggling strictly prohibited and even punished because, like other forms of public entertainment was considered immoral, besides the ability to pick up items deftly, which were hovering in the air, it was like a witchcraft. With the legalization of the circus as a sort of activities, juggling ceases to be unseemly affair [2].

From the middle of the XIX century jugglers are popular in small theater and variety shows to fill pauses during breaks between acts or the replacement of scenery [2].

In the modern circus juggling often associated with other circus genres - acrobatics, balancing act, training, clowning.

Before the review some tricks with hula hoops, turn to history of creation hula hoop.

The first hula hoops were made by toy masters Richard Knerri and Arthur Merlin - the founders of the California company Wham-O. It is not an ordinary name Wham-O meant the sound that gave their first toy - a slingshot. The idea of hula hoop suggested them a visiting resident of Australia, who said that in his country the children in physical education classes twist bamboo hoop around the waist. Without thinking, Arthur and Richard developed their own version of the ring and held the first tests in elementary school in Pasadena [6].

Hoop was patented June 23, 1964. The inventors promised to give kids hoops, if they learn to twist them well. But the idea of hoop was not new. Fossilized hoops are found during excavations in Egypt, they put into the tombs of Egyptian nobles. In the British Museum is a vase, which depicts an athlete who twists a hoop [6].

Hoop named Hula hoop. It quickly became popular and began to conquer the market. Things went up and the company Wham-O began to produce over 20 thousand hula hoops per day in factories in seven countries. Many companies took up the idea and began to produce its own modifications of hula hoops. For four months has sold 25 millions of hula hoops [6].

### ***Methods of teaching juggling with large and small hula hoops***

In 2015, Yuri Ivanovich Pozdnyakov and Sobolieva Oleksandra were found the best size for large and small hula hoops. Large hula hoops should be 90-92 centimeters. This is the most comfortable size for juggler, whose height more than 170 cm. The size of small hula hoops must be 50 centimeters. They should be made of lightweight plastic or dense polyethylene.

Next will be reviewed a technique of tossing large hula hoops to a great height, and it must be this way: for wave a hula hoop you need to tuck under yourself the wrist and pressed hula hoop to the forearm, and for throwing you must make back the whole arm and elbow (shoulder does not move) then bring back the wrist and then throw a hula hoop. In this case the muscles of the forearms and biceps work most of all.

### **The track of the big hula hoops**

Learning the techniques of performance exercise with large hula hoops, which called "the track".

You need to learn how to lay hula hoops, correctly step on them, lifting up and properly perform the scheme of juggling. Having learned this trick, you can surprise the audience, because this exercise can perform very few people in the world. For successful completion of studying this trick, students need to learn a few simple preparatory exercises.

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you can surprise the audience, because this exercise can perform very few people in the world. For successful completion of studying this trick, students need to learn a few simple preparatory exercises. This is the correct technique of lifting one hula hoop after another, juggling three, four and five large hula hoops. This still needs to be able to move skillfully from the scheme 3: 3: 3 to the scheme 4: 4: 4 and then make the figure five.

Then take little hula hoops and try to make a new exercise (to understand how to throw objects by the scheme 3: 3: 3, 4: 4: 4 and 5: 5: 5: 5: 5). Then we take great hula hoops and learn how to lay them (which is important). Then study the technique of stepping and lifting hula hoops. We make this with the middle of the foot, which is slightly raised on the finger. When we step on hula hoop we wrap it over - and it rises to the hip, and then we continue the movement of the object, but already up.

Go to the next exercise. Lift the first hula hoop, twist from one hand to another raise the second - rolled on right hand, and in the tempo - rolled on the left. Throws from the right hand the drawing 3: 3, lifted up and throw the third hula hoop by the drawing of 3rd. From left hand throw 4, from the right hand - 4, from left on 4, from the floor on 5. After this hula hoop all others throw on 5: 5: 5: 5: 5. Next, we will discuss a harder trick. No one in the world does this trick.

Let us discuss a trick **Helicopter**. This is a mixture of genres: the balance, juggling and hula hoops rotation. How to make this trick: stand on left foot and twist by the knee a large hula hoop, right leg is pulled back (in the swallow), on the back foot spin a little hula-hoop, put on forehead in the balance a large hula hoop and juggle with 5 small hula hoops. You will make 4 versatile movements.

How to learn to do this unique trick? Let's start with the simplest. We must learn to keep a hula hoop on the forehead in the balance. When it is learned, move on to the next stage. We hold the balance and stand on one

leg, then we keep the balance on forehead and twirl hula-hoop on our knees. Then the same thing, but hula hoop twirl on one knee. The next step - take hula hoop in balance and learn to juggle.

Of course, first take the 1, 2, 3, 4 hula hoops and then juggle with 5 little hula hoops and keep a balance on your forehead. In order to prepare for this trick I can advise you to make some preliminary approaches: juggles with 5 small hula hoops and just looking at the ceiling, while juggling watch only by peripheral vision. With the balance on the forehead is the same. You will concentrate on balance, hands will be juggling themselves! I warn you that this process is very long.

After you learned to keep the balance and juggle with five hula hoops standing on one place, you can twirl a large hula hoop on your knees and perform the same trick. After this, twirl hula hoop on one knee, put another hula hoop in balance and juggle with five small hula hoops. Then we take 6th small hula hoop. Now we are ready to make a helicopter. We have 2 large hula hoops and 6 small. Twirl big hula hoop on your knees, pull your right leg, twirl on it a little hula hoop, put the 2nd large hula hoop in balance on the forehead and juggle with five small hula hoops. Once again I remind you if you want to make this trick you should hold the balance on the left leg and the balance on the forehead.

### **Conclusions**

Thus, in the work method of teaching juggling large and small hula hoops at a certain professional level has been determined.

Scientific researches have been analyzed on this issue, and scientific works, in which it was found that the circus and juggling itself directly studied for a long time and rapidly spread around the world, in spite of the obstacles.

It was defined as the formal and technical tools and principles of juggling with hula hoops in historical retrospective and diversity of juggling

props, which year after year have changed, and finally became the best for easy use.

There were shown the features of the specific stage method of author formal-technical devices in this article that almost nobody does in the world - that's what makes them unique.

Thus, this scientific work - a very valuable contribution to the development of the art in work with hula hoops and unleashing the potential of the younger generation.

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