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Anatomy | Ep 24 | Aesthetics Mastery

How to Learn Perspective - Draftsmen S1E26 Orlando Circus Flying Trapeze Aerial Silks School Aerial Arts Compilation

Upper body strength and endurance 4 beginner steps to learn aerial silks #017 The Circus Doc | Aerial Anatomy

Getting Your First Art Job - Asking Pros 5 Beautiful Aerial Silks Moves | UNIQUE AERIALISTS /"Yoga ANATOMY

Basics1 /"- Reference Terms /u0026 Planes of the Body:

Laura Gyoga Billie Eilish and Simone Midby do Aerial Silks at Foshay performance Danielle Bubberman | Tissu act - Read

All About It America's Got Talent S09E04 Laura Dasi Aerial Silk Acrobatic Act /"Feeling Good/" Performance - FPFC 2017

Aerial Silks Professional Division Champion - Xan Kaplan

How to Hang an Aerial Hammock Mina Mechanic Silks

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Performance Warehouse 12 Year Old Girl Performs "Silks" For Her School 40' In The Air! ~~Aerial Silks After 8 Months of Classes~~

I TRIED AERIAL SILKS FOR THE FIRST TIME... *dangerous*
Aerial Silks Performance by Darla Day (owner of Aeris Aerial Arts) in Thriller | Cirque du Soleil ~~How aerial acrobatics taught me physics and the other way around | Mykelle Walton | TEDxBoise~~ What being self taught in aerial silks for 1 year looks like - VLOG Intermediate Aerial Silks Routine 40
~~Beginner Aerial Silks Moves | UNIQUE AERIALISTS How to Draw The Figure in Perspective - Foreshortening | Trained With A Professional Aerial Artist | Be A Badass | Brawlers~~
Beginner Aerial Silks Routine Applied Anatomy Of Aerial Arts
Applied Anatomy of Aerial Arts is a compendium of

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Flexibility, Training And Injury Prevention information pertinent to your body and to circus. Though thorough and detailed, it reads like a page-turner. It is filled with arcane knowledge from the most forward-thinking in the sports medical community, and every page yields discoveries.

~~Applied Anatomy of Aerial Arts – The Circus Doc~~

An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Emily Scherb--a physical therapist who specializes in the care, treatment, and education of circus performers--offers the first comprehensive anatomy book specifically designed for aerialists (including trapeze, silks, and other aerial arts). Using full-color illustrations and

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Flexibility, Training And Injury Prevention
photographs, this book shows aerial artists how to perform at their best while protecting their ...

~~Applied Anatomy Of Aerial Arts: Amazon.co.uk: Emily Scherb~~

...

An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

~~—Applied Anatomy of Aerial Arts on Apple Books~~

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Applied Anatomy of Aerial Arts: An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention. This is a must-have book for any aerialist who practises any aerial discipline. It ' s perfect for you if you practice (or you ' re interested in) trapeze, aerial silks, aerial yoga and other aerial arts.

~~Best Aerial Yoga Books of 2020 | Aerial Yoga Zone~~

Anatomy of Aerial Arts lays a solid foundation for beginners and also provides advanced students with a wealth of insights into their own performance as well as refreshers on fundamentals in warm ups and conditioning. It explains how to structure a training session, how to care for injuries, and best practices for basic self first aid.

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~~Applied Anatomy Of Aerial Arts by Emily Scherb - Penguin ...~~

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~~Amazon.com: Applied Anatomy of Aerial Arts: An Illustrated~~

...

Dr. Emily Scherb ' s book Applied Anatomy of Aerial Arts is now available! Emily has written the first anatomy book specifically for aerialists. Learn how your body works when it is hanging, inverting, climbing, or doing a hipkey.

~~The Circus Doc~~

An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely. Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— Applied Anatomy of Aerial Arts is an invaluable resource for those

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~~Applied Anatomy of Aerial Arts—North Atlantic Books~~
(Image provided by North Atlantic Books) I wrote Applied Anatomy of Aerial Arts (more info here) to put a road map in the hands of aerialists and to help them on their circus journey. I have been involved in circus since my childhood and always took my curiosity about the body through my education.

~~"Applied Anatomy of Aerial Arts"—American Circus ...~~
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~~Applied Anatomy of Aerial Arts: An Illustrated Guide to ...~~

The new book Applied Anatomy of Aerial Artists by author and Doctor of Physical Therapy Emily Scherb (aka The Circus Doc) was released this September 2018 and is a one of a kind resource for aerial artists. The 425 page tome of knowledge is packed with useful information for any circus student, as it offers general circus know-how about anatomy, body mechanics, proper warm-up and cool-down techniques as well as injury prevention and treatment.

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~~Applied Anatomy of Aerial Arts - A Treasure for Circus ...~~

Applied Anatomy of Aerial Arts is a compendium of information pertinent to your body and to circus. Though thorough and detailed, it reads like a page-turner. It is filled with arcane knowledge from the most forward-thinking in the sports medical community, and every page yields discoveries.

~~Applied Anatomy of Aerial Arts : Emily Scherb :
9781623172169~~

Applied Anatomy of Aerial Arts: An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention eBook: Scherb, Emily: Amazon.ca: Kindle Store

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