

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ
КУЛЬТУРИ

Кафедра української та іноземних мов

Iryna Styfanyshyn

Acrobatics

методична розробка
з англійської мови

*для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»*

*для студентів
денної та заочної форми навчання
за спеціальністю «фізичне виховання» та «спорт»*

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Стифанишин І. М.

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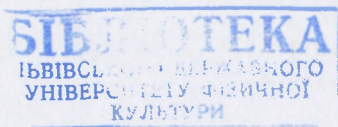
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У методичній розробці представлено тему “Спортивна спеціалізація” (*Акробатика*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів за спеціальністю “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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Acrobatics

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

accurate timing	точний час
admire	бажати, захоплюватися, милуватися
agility	жвавість, моторність, рухливість
apparatus	гімнастичний прилад
apply	застосовувати
awe	страх, трепет
backyard	задній двір
barrel	циліндр
bull	1) бугай, бик; 2) безглуздя, суперечність
coordination	координація, узгодження
dely	ігнорувати, зневажати
depiction	зображення
employ	наймати,
entertain	розважати,
equipment	обладнання, інвентар
extensive	обширний, просторий
extraordinary	дивовижний, надзвичайний
fearlessness	безстрашність
feat	подвиг, майстерність, спритність
flip	перевернути, злегка ударити
handstand	стійка на руках
headstand	стійка на голові
involve	втягати, вплутувати, закручувати спіраллю
juggling	жонглювання, обдурювати, показувати фокуси
martial arts	бойові мистецтва
performance	виконання, вистава, продуктивність
pole	жердина, підпирати жердинами
seemingly	мабуть, очевидно
somersaults	перекидатися
stunt	виступ
subdivision	підрозділ, секція
tightrope	туго натягнутий канат
trampoline	батут
trapeze	трапеція
trick	фокус, трюк, спритність, вдалий прийом
tumbler	акробат
unicycle	моноцикл, одномісний
versatile	гнучкий

2. Translate without using a dictionary.

Accurate, activity, apparatus, athletic, balance, civilization, combination, culture, diving, motor coordination, group, gymnastic element, reaction, religious, sort, tradition, utilize.

3. Read and translate the text.

Acrobatics

Acrobatics (from Greek *Akros*, high and *bat*, walking) is the performance of extraordinary human feats of balance, agility, and motor coordination. It can be found in many of the performing arts, sports events, and martial arts. Acrobatics is most often associated with activities that make extensive use of gymnastic elements, such as acro dance, circus, and gymnastics, but many other athletic activities - such as ballet and diving - may also employ acrobatics. Although acrobatics is most commonly associated with human body performance, it may also apply to other types of performance, such as aerobatics.

Acrobatics involve movements that are a combination of difficult feats of balance, agility and coordination that often utilize apparatus such as tightropes, trapezes, unicycles, balls, barrels, or poles. The performance of acrobatics requires quick reactions, and accurate timing. While considered to be a performing art, it is also practiced competitively as a sport.

Acrobats were greatly admired in ancient China, Egypt, and the Minoan civilization. Tightrope walkers were honored in ancient Rome. At fairs during the Middle Ages, tumblers performed somersaults, back flips, and other tricks to entertain large groups of people.

Acrobats' feats leave most viewers in awe of the individual's ability to engage their bodies in seemingly impossible actions. Acrobats seem to defy all physical limitations with their extreme actions and fearlessness.

Nearly any activity which involves full-body movement propelling an individual through air and space can be considered acrobatics. Acrobatics is a specialized activity that is incorporated into gymnastics, diving, and dance in the

form of tumbling and other movements such as flips, somersaults, headstands, and handstands. The term "acrobatics" can also refer to "acrobatic gymnastics," or "sport acrobatics," a specialized subdivision of gymnastics, which is a competitive sport in its own right. Acrobatics is a versatile sport or activity that can be suited to boys or girls and requires little or no equipment other than a gym mat, a trampoline, or even just a backyard. Acrobatics can improve strength and overall body conditioning when done safely.

(Originated from newworldencyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|---------------------------|---------------------------|
| 1) human feats | 6) quick reactions |
| 2) motor coordination | 7) large groups of people |
| 3) gymnastic elements | 8) impossible actions |
| 4) athletic activities | 9) physical limitations |
| 5) human body performance | 10) extreme actions |

2. Match the definitions to the following notions:

- | | |
|---------------|---|
| 1) acrobatics | a) a way of entertaining people by doing something that looks like magic; |
| 2) trampoline | b) a round wooden, metal, or plastic container with a flat top and bottom, used for storing liquids; |
| 3) gym mat | c) a long thin stick, often used for holding or supporting something ; |
| 4) barrel | d) a small piece of thick rough cloth that is put on a floor to protect it; |
| 5) pole | e) a piece of equipment consisting of a metal frame with a strong material stretched across it that you can jump up & down; |
| 6) somersault | f) a piece of rope or wire high above the ground that a performer walks along in a circus; |
| 7) headstand | g) a vehicle like a bicycle with a single wheel; |
| 8) trick | h) the skills or movements of an acrobat; |
| 9) tightrope | i) a movement in which you form your body into a ball and roll forwards or backwards on the ground; |
| 10) unicycle | j) a position in which you are upside down with your head and hands on the floor and your legs in the air. |

3. Combine the following words and translate them:

- | | |
|------------------|-----------------|
| 1) acrobatic | a) body |
| 2) martial | b) civilization |
| 3) overall | c) gymnastics |
| 4) extraordinary | d) sport |
| 5) gym | e) timing |

- | | |
|-----------------|----------------|
| 6) Ancient | f) arts |
| 7) versatile | g) sport |
| 8) competitive | h) subdivision |
| 9) accurate | i) human feats |
| 10) specialized | j) mat |

4. Insert the prepositions where necessary:

In(2), into(2), of(4), as(2), with(3), also(2), while, to.

- Acrobatics is the performance... extraordinary human feats ... balance.
- Acrobats were greatly admired ... ancient China.
- Acrobatics is most commonly associated ... human body performance.
- Acrobats' feats leave most viewers ... awe... the individual's ability.
- Acrobatics is associated ... activities that make extensive use... gym elements.
- Acrobats seem to defy all physical limitations ... their extreme actions.
- Acrobatics is a specialized activity that is incorporated... gymnastics.
- It is also practiced competitively ... a sport.
- The term "acrobatics" can ... refer ... "acrobatic gymnastics".
- ... considered to be a performing art, it is ... practiced competitively ... a sport.

5. Match two parts of the sentences.

- | | |
|---|---|
| 1. The performance of acrobatics requires | a)... and overall body conditioning. |
| 2. Acrobatics is associated ... | b)... quick reactions, and accurate timing. |
| 3. Acrobatics can improve... | c)... all physical limitations with their extreme actions and fearlessness. |
| 4. Acrobatics is associated with... | d)... with human body performance. |
| 5. Acrobatics is a versatile sport ... | e)...in ancient China, Egypt, and the Minoan civilization. |
| 6. Acrobatics can improve strength... | f)... strength and overall body conditioning. |
| 7. Acrobats seem to defy... | g)... activities that make extensive use of gymnastic elements. |
| 8. Acrobats were greatly admired.... | h) ... and requires little or no equipment. |
| 9. Tightrope walkers were honored... | i) ... extraordinary human feats of balance. |
| 10. Acrobatics is the performance of... | j)... in ancient Rome. |

6. Complete the sentences with appropriate terms.

- | | | | |
|------------------------------|------------------------------------|---------------------|----------------------|
| a) <i>gymnastic elements</i> | d) " <i>acrobatic gymnastics</i> " | g) <i>ability</i> | i) <i>strength</i> |
| b) <i>performance</i> | e) <i>extreme actions</i> | h) <i>reactions</i> | j) <i>Acrobatics</i> |
| c) <i>versatile sport</i> | f) <i>sports events</i> | | |

1. Acrobatics is the ...of extraordinary human feats of balance.
2. Acrobatics is most often associated with activities that make extensive use of...
- 3.... is most commonly associated with human body performance.
4. The performance of acrobatics requires quick..., and accurate timing.
5. Acrobats' feats leave most viewers in awe of the individual's
6. Acrobats seem to defy all physical limitations with their ... and fearlessness.
7. The term "acrobatics" can also refer to...
8. Acrobatics is a... or activity and requires little or no equipment.
9. Acrobatics can improve ... and overall body conditioning when done safely.
10. Acrobatics can be found in many of the performing arts, and martial arts.

7. Answer the following questions.

1. What is the meaning of Acrobatics?
2. What does Acrobatics associated with?
3. What does the performance of acrobatics require?
4. Where Acrobats were greatly admired?
5. What does Acrobatics can improve?
6. What kind of sport is Acrobatics?
7. Which equipment does Acrobatics require?
8. Can Acrobatics improve strength and overall body conditioning?
9. What kind of movements Acrobatics involve?
10. What does the term "acrobatics" also refer to?

8. Finish the following sentences.

1. Acrobatics is the performance of ...
2. Acrobatics is most often associated with ...
3. Acrobatics involve movements that...
4. The performance of acrobatics requires...
5. Acrobats were greatly admired...
6. Acrobats seem to defy all physical limitations...
7. Acrobatics is a specialized activity that is incorporated into...
8. The term "acrobatics" can also refer to...
9. Acrobatics can improve strength and...
10. Acrobatics is a versatile sport or activity that...

1. Read the text to find the information about:

- *Western history*
- *Eastern history*
- *From Commedia dell'arte to Cirque Du Soleil*
- *Education*

Acrobatic traditions can be found in many cultures throughout the world and throughout history. In the West, Minoan art from circa 2000 B.C.E. contains depictions of acrobatic feats on the backs of drawings of bulls. It is generally thought that acrobatics were a part of ancient cultures' religious rituals such as funeral rites. The court festivities of the European Middle Ages would often involve acrobatic performances along with song, juggling and drama. The invention of the flying trapeze (1859) and the exploits of Blondin and Farini, who in 1859 and 1860 walked on tightropes across the Niagara gorge, took acrobatics literally to new heights. Additionally, acrobatics received a new venue with traveling circuses and the modern dance halls of Vaudeville. Acrobatics were part of village harvest festivals. Acrobatics continues to be an important part of modern Chinese variety art. Though the term initially applied to tightrope walking, in the 19th century, a form of performance art including circus acts began to use the term as well. In the late 19th century, tumbling and other acrobatic and gymnastic activities became competitive sport in Europe. Acrobatics in Western history has been a popular subject for fine arts. An example would be *Acrobats at the Cirque* (Francisca and Angelina Wartenberg) by Impressionist Pierre-Auguste Renoir which depicts two German acrobatic sisters. The painting currently resides at the Art Institute of Chicago. In China, acrobatics have been a part of their culture since the time of the Western Han Dynasty (206 B.C.E.-220 C.E.) which boasts artifacts such as brick paintings, murals and pottery figurines featuring headstands, handstands and somersaults. Acrobatics were an essential part of village harvest festivals. During the Tang Dynasty (618-907) acrobatics developed along similar lines as European acrobatics did during the Middle Ages. A lacquer painting on a bow dating from the Tang

Dynasty, which is now housed in Japan as a national treasure, shows a man supporting a long pole on his head with six people performing aerial stunts. Acrobatics was an integral part of the Italian commedia dell'arte of the Renaissance when acrobatic stunts were tests of strength and agility. Later it came to be an Eastern European specialty characterized by exhibitions of great strength. The appearance in the West of the Peking (Beijing) Circus in the 1970s profoundly altered Western perceptions of acrobatics; the Chinese stressed lightness more than strength. Chinese acrobats also introduced humor into their acts. More recently, in the 1980s, Cirque Du Soleil added a narrative, or background theme, to the acrobatic routine. The acrobats of Cirque du Soleil, dress in unusual costumes and make-up and bring a dimension of surrealism, symbolism and character study to their performance that clearly elevates acrobatics to an art form. Traditionally, acrobatic skills and knowledge was kept within a family and passed from parents to children. This is still true, especially among family circus groups. However, most acrobats are currently taught by larger scale education systems, as circuses are now made up of many more professionals than previously. Many schools specializing in acrobatic art have become a constant source of new artists. Some of these schools are independently operated, and some are supported and affiliated with the circuses themselves.

(Originated from newworldencyclopedia)

2. Are the sentences true or false? Correct any false sentences.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.**Acrobatic Exercises**

Doing crunches and sit ups aren't the only way to get in shape. Flips, climbs, spins and other acrobatic moves can also yield the results you desire in an exercise regimen. Several sports such as gymnastics, pole dancing and parkour involve different types of acrobatic exercises. In addition to adding variation to your normal workout routine, acrobatic exercises can improve flexibility and build strength. And you don't need to be a trained acrobat to do some of them. Many acrobatic exercises are simple enough for beginners to learn.

Somersaults

A somersault is an acrobatic move in which a person's body moves in a circular motion with feet passing over head. Somersaults are not only a beginner acrobatic move that helps improve flexibility but also a move that can assist with improving stability. Start with your feet tucked in a squat position, placing your hands on the ground at shoulder width apart. Tuck your head forward so your chin is in your neck and begin moving forward so your head is touching the ground. Follow the momentum, moving forward so you begin to roll with your back rounded.

Cartwheels

Cartwheels are an acrobatic exercise commonly found in gymnastics. It is a sideways rotary movement in which you travel to the ground while the body inverts and legs travel over the body to land in a standing position. Cartwheels are the foundation to more advanced flips practiced in acrobatic sports. Begin by doing a lunge with your favorite foot in the front while reaching your arms over your head. Follow by transferring your weight to your front leg, and place your hands on the ground one at a time. The first hand down should be the same side as the leg in front in the lunge. Kick your legs up in a handstand keeping your body sideways with your legs forming a "v-shape" in the air. Then bring your feet down in a split leg format, remembering that the first leg to come down is the last leg to go up.

Handstands

A handstand in which you balance on your hands with your feet up in the air is an acrobatic move often found in gymnastics, cheerleading, dance and even karate. It also a basic exercise that helps build the strength and core muscles that can be applied to more complex moves and tricks. Doing them can also strengthen your arms and shoulders. Handstands are much easier to learn while leaning against a wall. Begin by placing your hands about 6 inches from the wall. Then kick your feet up while pressing your head into the wall. Once you feel you are in a stabilized position, slowly move your legs away from the wall so they are not resting on it. Finally, move your head away and hold the position for a few seconds.

Aerial Silks

Aerial silk performances are often recognized as acrobatic exercises done in circus acts. However, it's now an acrobatic exercise that can be done in gyms. The exercise involves climbing two long pieces of fabric suspended from a high ceiling. While most moves involve being suspended at least 19 feet in the air, beginners won't make it past about 1 foot off the ground. A common beginner exercise involves pulling your body up from your hands similar to pullups on a bar. First hold the fabric and wrap it around your arms twice. Put your feet together and lift your legs to a 90-degree angle, using your core and arm strength.

*(Originated from Acrobatic Exercises by t. Marice Huggins , sep 11, 2017
//<https://www.livestrong.com/article/481857-acrobatic-exercises/>)*

2. Compile a vocabulary of Acrobatics.

3. Make a presentation of Acrobatics.

Safety

When learning acrobatics it is necessary to start out with the more elementary moves in order to secure a foundation of solid skills and strength training. Every move requires planning and student should plan for safe recovery, using spotters and partners for correction and feedback. Moves that can be properly planned for are:

- 1) safe falls - learn to land on the balls of the feet with knees slightly bent, and
- 2) increase the area of contact rather than falling on a hand or elbow,
- 3) learn to forward roll and backward roll as a means of recovery.

Attitude is extremely important when executing difficult moves as is working in conjunction with partners and as part of a team. Warm-ups, while an important part of any physical fitness routine is particularly important with acrobatics. One should always begin with calisthenics and a complete set of stretching exercises. Becoming familiar with the basic positions first, such as straight or extended hand stand, pike, straddle and tuck, is advisable. Other positions include: split, stag, scale, and frontal balance. The sequence of skills should be learned in their order of difficulty. In acrobatics, as in any challenging sport, confidence is built along with mastery.

(Originated from newworldencyclopedia)

Adagio Acrobatic act, presented in a slow or romantic mood.

Aerialist Any acrobat working above the ring on an aerial equipment.

aerial hoop A heavy metallic hoop used as a variance of trapeze, usually with contortion moves.

aerial perch An aerial apparatus, generally a hanging perch, from where the performers hang with the help of hand or ankle loops.

Antipodist Foot juggler.

Bambou Aerial apparatus, from where the performers hang with the help of hand or ankle loops.

Banquette The circular barrier that defines the ring .

bar-to-bar A flying trapeze act in which flyers leap from a trapeze to another, instead of from a trapeze to a catcher as is most commonly seen today.

Batoude A long wooden trampoline that acrobats use to jump over other performers, horses, or elephants, notably in the charivari.

Benefit Special performance whose entire profit went to a performer; the number of benefits a performer was offered was stipulated in his contract.

big top The main tent of a traveling circus.

boss canvasman In the traditional American circus, the person in charge of setting up and putting down the tents. Modern usage: Tentmaster.

bouncing rope An rope placed between two supports or pedestals, and fastened at one or both ends to a spring or bungee, so that the ropedancer can use the rope as a propelling device.

bowl pagoda A Chinese hand balancing and contortion act, in which the performer maintains piles of bowls on her/his head, feet, and/or free hand.

cage act Act performed in a cage, such as lion or tiger acts.

Carrousel A choreographed equestrian ensemble display.

casse-cou A front, or forward, somersault.

Catcher the person whose role is to catch acrobats that have been propelled in the air.

cloud swing a slack rope hanging from both ends, used as an aerial swinging apparatus.

clown alley the clowns' dressing room.

Clown Generic term for all clowns and augustes.

Club A juggling pin.

corde lisse A vertical rope used in aerial acts.

corde volante a slack rope hanging from both ends, used as an aerial swinging apparatus. The addition of a bar in the middle led to the creation of the trapeze.

Cradle Piece of apparatus (generally aerial) composed of two horizontal parallel bars in which a catcher locks his legs to be in position of catching a flyer.

Donut A small, circular cushion, in the form of a doughnut, used for head-balancing tricks, notably for head-to-head balancing.

double-double A double somersault combined with a full double twist.

Entrée Clown piece with a dramatic structure, generally in the form of a short story or scene.

Flash In juggling, to flash is the act of juggling objects in a move that is sustained for only a very short time.

flic-flac A back handspring.

flip-flap A frequent misspelling of "flic-flac" (back handspring).

fly-bar On a flying trapeze rig, the swinging trapeze used by the flyer.

Flyer An acrobat that is propelled in the air, in a flying act, or in an acrobatic act .

flying act Act in which an acrobat is propelled in the air from one point to another.

flying trapeze Aerial act in which an acrobat is propelled from a trapeze to a catcher.

free ladder Unsupported vertical ladder on which acrobats perform balancing and/or juggling tricks.

front hender A contortionist who displays a front flexibility .

glass pagoda A hand balancing and contortion act, in which the performer maintains pyramids of glasses on trays on her/his head, feet, and/or free hand.

hand-to-hand An acrobatic act in which one or more acrobats do hand-balancing in the hands of an under-stander.

haute-école A display of equestrian dressage by a rider mounting a horse and leading it into classic moves and steps.

heel catch In a trapeze act, a dive frontward or backward, caught to the trapeze bar by the heels.

high school A display of equestrian dressage by a rider mounting a horse and leading it into classic moves and steps.

high wire A tight, heavy metallic cable placed high above the ground, on which wire walkers do crossings and various acrobatic exercises.

Hippodrama Equestrian pantomime, often with a military subject matter.

hoop diving A Chinese acrobatic specialty involving acrobats performing acrobatic jumps through hoops stacked in a precarious balance above one another.

Icarism Act performed by Icarists, in which one acrobat, lying on his back, juggles another acrobat with his feet.

Icarist Acrobat who juggle another acrobat with his feet.

iron jaw Aerial trick in which a performer hangs from a small apparatus flitting in his/her mouth and hooked to another apparatus or piece of equipment.

pole The main pole of a circus tent, and the first one erected to pull up the others.

Korean cradle A swinging aerial cradle, attached to two vertical bars functioning like the ropes of a trapeze.

Longe Safety line connected to a performer by a belt, going through a pulley, and held on the other end by an assistant, or a teacher.

low wire A tight, light metallic cable, placed between two platforms not very far from the ground, on which a wire dancer perform dance steps, and acrobatic exercises such as somersaults.

Mouthpiece Small apparatus fitting in a performer's mouth, used to hang from another apparatus.

pancake throw A figure in which a juggling ring is thrown in a way that makes it flip over its own axis rather than spinning around it, much like a pancake on a pan.

Panneau A flat, padded saddle used by ballerinas on horseback.

Pantomime A circus play, not necessarily mute, with a dramatic story-line .

perch-pole Long perch held vertically on a performer's shoulder or forehead, on the top of which an acrobat executes various balancing figures.

Pirouette A full rotation of the body in the vertical axle.

Plange Acrobatic figure in which one's body is held in a straight horizontal position.

porté-lance An acrobatic presentation consisting of acrobatic jumps performed by an acrobat propelled by two or more acrobats from one to another.

porter-lancer An acrobatic presentation consisting of acrobatic jumps performed by an acrobat propelled by two or more acrobats from one to another.

Quad A quadruple somersault.

Quarterpole A support pole placed midway between the main poles and the sidewall of a circus tent.

Reprise Short piece performed by clowns between acts during prop changes or equipment rigging.

Requisit All props needed for a Circus act; used internationally mostly for props needed for a cage act, such as stools, etc.

Rig The rigged apparatus used to perform an aerial act, especially a flying act.

ring curb The circular barrier that defines the ring, and separates it from the audience

Ringmaster The name given today to the old position of Equestrian Director, and by extension, to the presenter of the show.

Ringmistress Feminine form of ringmaster.

Risley act Act in which one acrobat, lying on his back, juggles another acrobat with his feet.

rola-hola A board balancing on one or more cylinders piled on each other, and on which an acrobat stands performing juggling or acrobatic tricks.

Rosinback Name given to horses used by bareback riders, or defining bareback riders' act.

roue Cyr A large metallic hoop used like a German Wheel.

Sidewall The canvas wall at the periphery of a circus tent.

slack wire A Tight Wire, or Low Wire, kept slack, and generally used for juggling or balancing tricks.

spanish web A vertical rope, or corde lisse, covered with fabric.

strap act Aerial act performed hanging from a pair of fabric or leather straps.

Swaypole A high, flexible vertical pole atop of which an acrobat performs various balancing tricks.

Tcheco A tent crew or circus worker.

Teeterboard A seesaw made of wood, or fiberglass poles tied together, which is used to propel acrobats in the air.

Tentmaster The person in charge of setting up and putting down a circus tent.

thrill act A spectacular act that focuses on the display of danger, whether real or staged.

tight wire A tight, light metallic cable, placed between two platforms not very far from the ground, on which a wire dancer perform dance steps, and acrobatic exercises

Tissu A double piece of hanging fabric, generally made of silk, used for an aerial act.

top mounter the performer who holds the top position .

Trick Any specific exercise in a circus act.

Trinka A small, especially designed pedestal on which foot jugglers and icarists lie down to perform their act.

under-stander The person who is at the base, supporting other acrobats.

Washington trapeze A heavy trapeze with a flat bar, on which an aerialist performs balancing tricks.

(Originated from www.circopedia.org/Glossary)

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