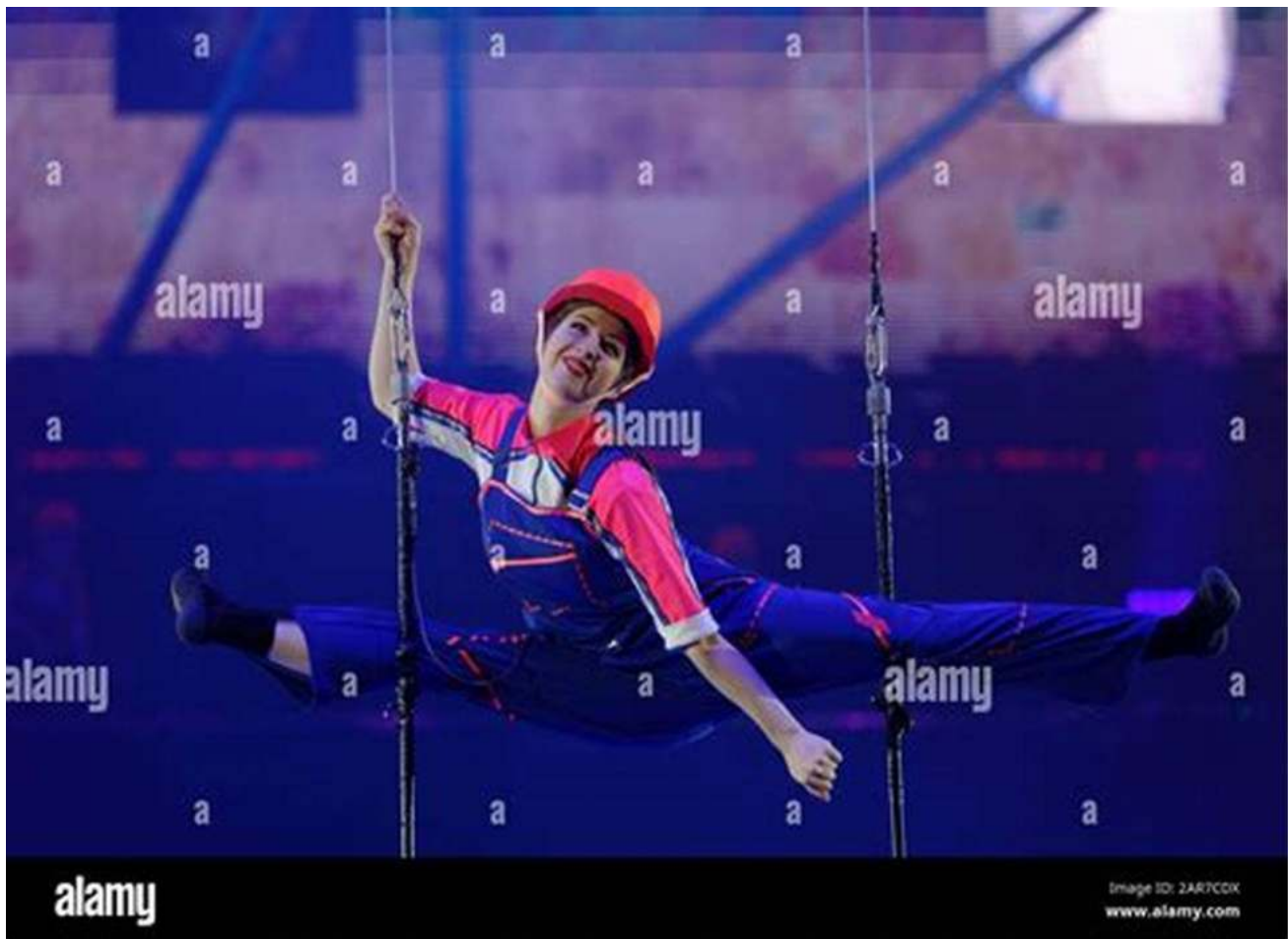


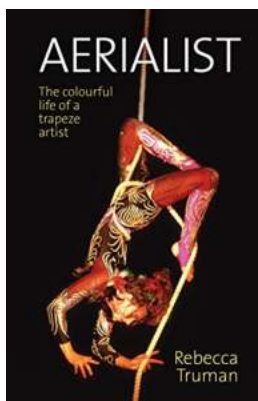
# The Colourful Life Of Trapeze Artist

When we think of the circus, one image that often comes to mind is that of the trapeze artist, gracefully soaring through the air. With colourful costumes and daring feats of acrobatics, aerialists captivate audiences around the world. But what is it like to live such an extraordinary life? In this article, we dive into the world of the trapeze artist and uncover the highs, lows, and everything in between.



Aerialists, also known as trapeze artists, lead a life filled with adrenaline and excitement. From a young age, they start honing their skills, dedicating countless

hours to perfecting their craft. The journey of becoming an aerialist begins with intense training and a deep passion for performing in front of an audience.



## Aerialist: The colourful life of a trapeze artist

by Alex ISMERO (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English  
File size : 19804 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 275 pages  
Lending : Enabled



### The Training: A Path Paved with Sweat and Determination

To become an aerialist, one must build exceptional strength, flexibility, and coordination. This is achieved through years of rigorous training. Exercises such as weightlifting, Pilates, and yoga help build the required physical strength. Flexibility is crucial, as aerialists often contort their bodies in breathtaking poses while suspended high above the ground. To achieve this, they spend hours stretching and practicing various maneuvers.

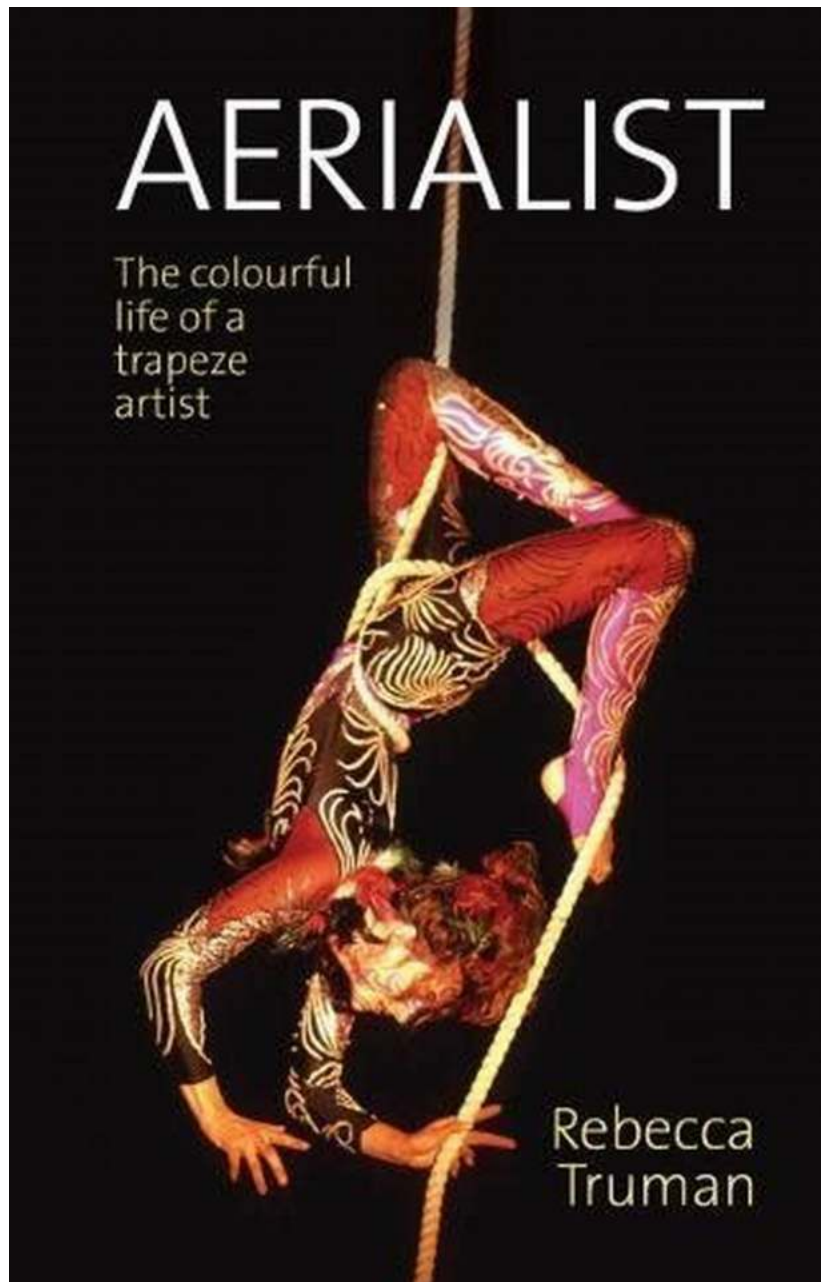


However, training doesn't stop at physical fitness. Aerialists must also focus on mental preparedness. The amount of trust required between the aerialist and their fellow performers is unparalleled. They rely on each other's support and synchronization to perform gravity-defying stunts. Building trust takes time and requires constant rehearsals to ensure everyone is in perfect harmony during every performance.

### **The Glamour and Glitz On and Off the Stage**

Aerialists have a deep connection to costumes and makeup. Their outfits, often adorned with sequins and vibrant colours, play a significant role in telling stories through their performances. Each act has its unique theme, and the costumes are carefully selected to complement the narrative. From ethereal fairies to fearsome

pirates, aerialists transform themselves into characters that captivate the imagination of the audience.



Beyond the stage, the life of an aerialist is filled with travel and adventure. They may perform in various circuses, festivals, and even participate in international competitions. This globetrotting lifestyle allows them to explore different cultures, meet new people, and experience the joys and challenges of being on the road.

Despite the glamour of performing, aerialists embrace the hard work and dedication required to maintain their craft.

## **The Unforgettable Highs and the Shadows of Fear**

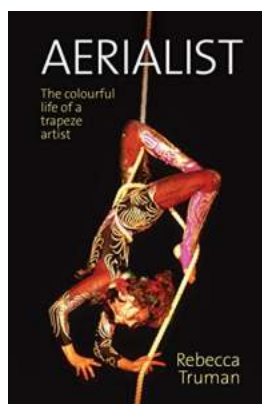
Performing breathtaking stunts high above the audience, the feeling of weightlessness and freedom is unparalleled. Aerialists experience an adrenaline rush, knowing that they are defying gravity and leaving audiences in awe. The applause and admiration that follow every successful performance make it all worth it.



However, the life of a trapeze artist is not without its challenges. The constant risk of injury looms over every performance. They put their bodies on the line with each twist, spin, and somersault. The fear of falling and the pressure to always deliver a flawless show can take a toll on their mental well-being. Yet, despite these challenges, aerialists continue to push their boundaries and strive for perfection.

## Aerialists: Masters of Their Craft

Aerialists are true masters of their craft, delighting audiences with their awe-inspiring performances. Behind the glamour and applause lies a world of intense training, unwavering commitment, and an unrelenting passion for their art. Their captivating shows and vibrant costumes bring joy and wonder to spectators of all ages. So, next time you witness an aerialist soaring through the air, take a moment to appreciate the dedication and sacrifice that goes into living such a colourful and awe-inspiring life.



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'The founder of Britain's first female contemporary circus company takes us on an astonishing, often heartbreaking, journey from her childhood tumbling to being one of the worlds most sought-after performers. In this unflinching account we share the life-threatening lows and adrenaline highs, pain and joy of becoming an aerialist. We learn what it's like to risk your health and your life to take up the trapeze and fly. (Dr Dea Birkett, Circus 250)

'Beautifully poetic-she's an artist, a visionary, a firebird'. (Katharine Kavanagh, The Circus Diaries)

'This memoir is really unique among circus memoirs, let alone memoirs in general: the author, a trapeze artist, director, and costumer, formed her own all-woman caravan circus, *Skinning the Cat*, (named after the trapeze trick which is somewhat grueling on the shoulders) complete with massive custom apparatus and rigging. She did to massive acclaim and performed in locations and conditions anywhere from massive music festivals to in a moat/island to on top of a sailboat's mast. She also climbed on rafters and church crawlspaces and did much of the rigging herself. UK didn't really recognize circus as anything other than entertainment, so grants were not really happening; therefore they scrapped it together and made it work, and did so beautifully.

As an a trapeze student myself, I was totally drawn in. Even learning circus as a recreational adult is so all-encompassing, so wrapped up in constant evaluation and pushing limits, body and mind, that finding someone else's perspective that echoed mine in so many ways... I needed this book.

The structure of the memoir is exactly what I like, with multiple primary sources: every chapter starts with a trick or circus term, and then relating it to the chapter; the book has frequent excerpts from other performers, family members, fellow students at her art school -- these all enhanced the book.

I also really appreciate the level of detail. As I started figuring out what kind of costume would hold up to trapeze performance, I was fascinated how she figured out the curls of gold leather inlaid over spandex. And as many ribald and hilarious adventures happened on the road, she was also unafraid to go into how grueling it could be, and the emotional and physical roller coaster that she experienced.

The sometimes overdrive in her focus needed for such intense, visionary directing. The transcendent and dangerous experiences in performing. The amazing connection and sometimes hilarity of artistic collaboration in the air. Honestly, by the end, I wished I had been in her troupe. But it also gave me a great appreciation of the work that is required in keeping every performer in top condition on the road, setting up and striking giant metal structures for every

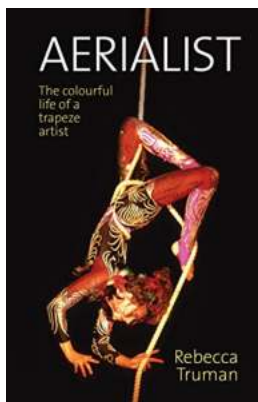
performance like clockwork and requiring no outside help.

<https://www.goodreads.com/review/> (By meg jeff Stroker)

'When Truman's colleague Lou plunges head-first to a concrete floor, the dangers of trapeze are brought violently home to the reader. Was Lou's accident Truman's responsibility for running an un-funded company too close to the brink of exhaustion? When Truman subsequently breaks an ankle (that never heals properly) was it her fault for bringing a still-recovering Lou back to work too soon, or for not training her sufficiently on the lunge that would have prevented Truman's accident?

Those are the questions that haunt her as company leader. But the show always goes on. Forced to hobble on stage on crutches, Truman creates a character that makes the crutch part of her act. In the air, the trapeze frees her from her disability.

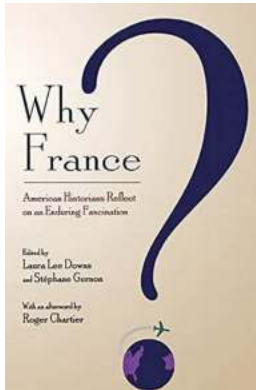
Everyone in the circus has a colourful story to tell, but few can tell their own tale as well as Truman. In this gripping journey into the life and mind of a trapeze artist, Truman writes with all the evocative colour and underlying precision of the shows she describes. (Douglas McPherson, author of Circus Mania)



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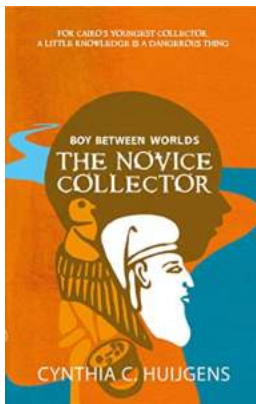
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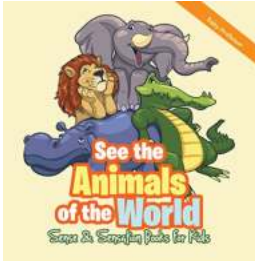
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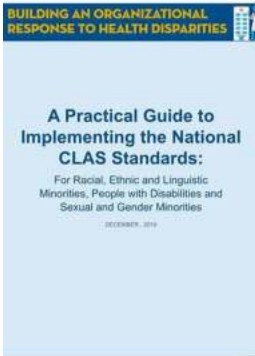
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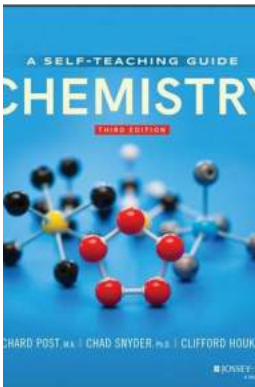
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