



WORKSHOPS

Onyx Productions have put together a package of 5 x 1 hours workshops which cover all the skills and talents of the cast of 360 ALLSTARS. Festivals/venues can present all or none, or a combination which best suit their community, venue environment or offsite locations. Please contact Onyx Productions for further information.

GENERAL NOTES:

Schedule

- Ideally all workshops are conducted concurrently. Earliest possible workshop (on a travel-free day) is 10.00am.

Age of Participants

- Age suitability differs for each workshop – please refer to following pages for specific ages.
- For an effective workshop, where possible please try to group similar ages to facilitate learning at a similar rate.

Tailored Workshops

- Onyx Productions is happy to tailor a specific workshop where appropriate, for participants with special needs (physical and/or intellectual) on request.

Transport

- If workshop is located offsite from the PAC, the Presenter may need to provide transport to and from the workshop venue

Clothing

– Please ask participants to wear appropriate clothing for relevant workshops eg loose, comfortable clothing for movement workshops; sun protection for outdoor workshops; helmet for BMX Flatlanding etc

Chaperones

– A Chaperone to child ratio of 1:25 is required

Terms and Conditions -

Presenters may wish to consider the following T&C that Onyx Productions usually operate under when promoting their workshops:

- 1) Should a participant be disruptive in a class or workshop, Onyx Productions reserves the right to terminate the person's involvement
- 2) By taking part the participant certifies they do not suffer from any pre-existing condition that may be exacerbated or aggravated by participation in a class or workshop. If there is any doubt, prior to enrolment, please contact us or your doctor.
- 3) Some of the workshops are very physical and while the workshops are designed to suit all ages, Onyx Productions will not be responsible for any injury that may result from a class or workshop.

WORKSHOP 1: Found Sound, Looping and Freestyle Rapping

Artist - **Gene Peterson & Roman MC**

Recommended for – **music students, school band members, musicians**

Age group – **8+**

Duration – **60 minutes**

Minimum/Maximum number participants – **Min 10, Max 50**

Space required – **stage**

NOTE: this workshop cannot be held during bump-in period. As this workshop requires a PA system and power, it is necessary to conduct this workshop on stage after the bump in, to avoid needing to move looping equipment anywhere else, and then have to re-set up and re-soundcheck for the performance.



SHORT BLURB:

Conducted by award-winning percussionist Gene Peterson and freestyle rap master Roman MC, this hands-on workshop educates participants in sourcing sounds from every day household objects and turning these in to musical instruments. From body percussion to 'junk drumming' this exciting class is both educational and enjoyable. Following on from this Roman MC teaches attendees how to record and layer sounds live using a loop pedal, a brief introduction to beatboxing and then how to improvise lyrically on this music taught by one of the most innovate MC's in the industry.

FULL WORKSHOP DETAILS:

The workshop starts with a verbal introduction to "found sound" explaining the basic procedures on sourcing sounds from inanimate objects. Gene then applies these methods first to Body Percussion, teaching participants to find different sounds from their own bodies and apply various rhythms to these sounds to transform their own bodies in to a musical instrument. Following on from this, Gene then takes these same methods and applies them to various junk items (including random objects in the workshop room, and also the items which participants have been invited to bring from their own household) to bring these objects to life. Roman MC then explains what looping, beatboxing, and freestyle rap involves with a short demonstration. He'll then teach the basic sounds of beatboxing, from a kick drum to a snare to a hi-hat, before showing how the loop pedal works by combining his MC skills with his looping abilities in an inspiring demonstration. Following on from this Roman will get participants to loop beatbox patterns that they've learnt themselves, transitioning towards creating full loops of their own to rap or sing on. At the end of the workshop there will be a freestyle jam, where body percussion, junk drumming, beatboxing, looping and rapping are all brought together. The session will conclude with a final Q&A session and performance from Roman MC and Gene Peterson.

WORKSHOP 2: Circus

Artist – **Rhys Miller**

Recommended for – **gymnastic/circus/dance students**

Age group – **5 to 99!**

Duration – **60 minutes**

Minimum/Maximum number participants – **Min 4, Max 10**

Space required – **stage area/flat outdoor area / 9 x 9m room. (preferable to have gym mats – 6m x 6m).**



SHORT BLURB:

This fantastic workshop offers local youth the opportunity to learn from a professional circus performer. Covering several styles and art-forms, this workshop gives attendees a wonderful insight in to the circus world!

FULL WORKSHOP DETAILS:

The workshop starts with a warm up game, then moves to a series of dynamic stretches while Rhys explains why it's important to stretch and warm up before doing any acrobatics. The second section is all about basic acro-balance. The class will learn how to balance on each other in various forms including thigh stands, flags, two highs etc. Acro-balance is an excellent activity for practicing team work and building problem solving skills, and also a whole heap of fun! Moving on to handstands and headstands, spotted and demonstrated by Rhys, shape and technique will be the focus of this section ensuring all participants are doing the skills safely. To finish will be balancing objects on noses/chins. This is a great skill to promote co-ordination, focus and persistence. At the end of the workshop there will be a warm down to again re-enforce the importance of stretching when doing circus skills.

WORKSHOP 3: Breakdancing

Artists – **B-Boy Leerok & B-Boy Sette**

Recommended for – **dance/circus/movement students**

Age group – **10+**

Duration – **60 minutes**

Minimum/Maximum number participants - **Min 10, Max 50**

Space required – **large room suitable for number of participants to move freely (dance studio, community hall, rehearsal spaces/basketball court or gymnasium space etc).**

NOTE: Must have wooden floor. Requires powered speaker/PA system.



SHORT BLURB:

Two internationally renowned breakdancers give this amazing dance workshop, teaching choreography, technique and tricks in this explosive dance genre. Equally popular with boys and girls, this action packed masterclass offers an insight in to one of the most physical and fresh styles of dance today, conducted by two of the best; Leerok & Sette!

FULL WORKSHOP DETAILS:

The workshops will commence with a brief explanation and demonstration of the four main elements of breakdancing: top rocks, footwork, freezes and power moves. A brief warm up of games incorporating foundational B-Boying steps will follow. Participants will learn a variety of age appropriate breakdancing moves broken down step by step in a safe and controlled environment. The workshops will include choreographed routines incorporating individual tricks/moves taught earlier in the class. Leerok and Sette will teach participants methods of linking these moves together into fluent "sets" allowing and actively assisting participants to incorporate their own original style and character into their dance. Each workshop will conclude with a "cypher" or "jam" allowing participants to showcase their new dance moves in a fun and supportive environment. These workshops can be enjoyed by both boys and girls alike and are a great way to introduce boys to dance in an environment that is fashionable, led by two male instructors.

WORKSHOP 4: Basketball Freestyling

Artists – **Basketballman (Rashaun Daniels)**

Recommended for – **any ball sport players, circus students**

Age group – **8+**

Duration – **60 minutes**

Minimum/Maximum number participants - **Min 10, Max 50**

Space required –**outdoor area/basketball court/carpark**



SHORT BLURB:

Rashaun Daniels, known as “Basketball Man”, is one of the world’s top basketball freestylers. In this fun, yet challenging workshop, local basketballers are taught a series of tricks & moves from one of the greatest artists of this niche artform.

FULL WORKSHOP DETAILS:

The workshop will start with Basketball Man explaining to the kids what basketball freestyling is and giving a short performance. He'll then talk about the skills attendees will be learning whilst conducting a stretching session. Participants will spend a few minutes getting comfortable with the ball, focussing on the size of it, how it bounces, the weight of the ball, etc. Once everyone is warmed and ready they will be taught the basics of basketball freestyle, including the proper way to spin a ball, body rolls, reverse grips and basic dribbling moves. After this Basketball Man will demonstrate how to add some flare into tricks, enabling attendees to put style into the freestyle tricks they can now execute. At the end of the workshop all the kids will get a chance to perform what have they learned for the group using their own creativity.

WORKSHOP 5: BMX Flatlanding

Artist – **Peter Sore**

Recommended for – **bike riders**

Age group – **10+**

Duration – **60 minutes**

Minimum/Maximum number participants - **Min 5, Max 25**

Space required – **stage area/flat outdoor area /car park/anywhere with good quality ground (no pot holes or bumps) dry ground conditions.**

Note: All attendees to bring their BMX bike.



SHORT BLURB:

Two time world champion, Peter Sore, will draw in local youth, and no doubt impress them with his incredible skills. In this inspiring workshop, attendees will receive a step by step masterclass on how to execute BMX tricks from an international rider.

FULL WORKSHOP DETAILS:

Peter will begin by introducing himself, explaining how he started riding, and why BMX flatlanding has kept him so interested over the years. He'll then speak about bicycles, and the different styles of bikes that there are, and also speak about riding conditions, and list the best surfaces to practice BMX flatlanding. Peter will then work with the participants to teach them specific stretching exercises appropriate to the muscle groups used in BMX flatlanding, and explain the importance of warming up to prevent injuries. He'll also speak about what protective gear to wear, and why this is important. Peter will then give a demo performance to inspire the attendants, and let them get a taste of what they'll be learning, before starting the hands on element where participants will have the opportunity to learn basic spinning, balancing and rolling tricks, and also try Peter's bike. Next up, there will be a competition for everyone to complete an obstacle course the fastest with the least mistakes, and the workshop will finish with Peter explaining the best techniques for falling to avoid injuries, which is applicable when learning harder tricks. The workshop will conclude with a Question and Answer session.
