

# A Guide to Naked Acrobatics

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Intended Audience: New Zealand Naturist Community

Intention: Promotion of two-person acrobatics within the NZ Naturist community

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## Introduction

Before you dismiss acrobatics as “not for me” – consider that once upon a time you’ve probably dismissed naturism too. Yet you took that first step in stripping down amongst strangers – and have never looked back. “Only for young people”, “only for fitness freaks”, “it’s a feminine thing”..... these are common things people say to me when I tell them about acrobatics, but let me tell you....I’ve done acrobatics with people from age 5 to 70 with all sorts of body types and different fitness levels - from the super fit to the “can barely run”. I believe you should try everything in life at least once. Actually, at least twice, in case you get it wrong the first time.

## Benefits

- Great workout in small amount of time
- Reduces anxiety and improves mental health
- Builds self-confidence and social skills
- Enhances creativity and self-expression
- Builds core body strength
- Improves balance and co-ordination
- Great body and self awareness
- It’s fun!

## Two-person acrobatics

Specifically, I really love two-person acrobatics, as this is an incredible way for two people to form a deeper connection and build on their trust and share a new experience together. Usually the person weighing more would be on the bottom (called the “base”) and the lighter person would be on the top (called the “flyer”). Typically, the base is a man and the flyer is a woman – but it doesn’t have to be. I have been the base for men heavier than me – but this does require a lot of experience and technique. For beginners trying it out – common sense rule – lightest person on top.

## Naked acrobatics

The great thing about being a naturist when doing acrobatics – is that you can do it the same way the Ancient Greeks did – naked. You’re just that much closer in a sense to your body and yourself – physical, mental and spiritual – when naked. It’s also easier to learn naked, because you can very clearly see which muscles should be used, and where to and how to hold your partner without the obstruction of clothing that can hide some details. (Although, you will find yourself in some pretty compromising positions so depending on level of comfort, you might want to wear a G-string or some underwear). I’ve done acrobatics - jeez, so many times with so many people it’s crazy - but doing it as a naturist at a naturist club - there’s just a special type of energy which I haven’t experienced anywhere else. This is why I want to emphasize that “naked acrobatics” is actually quite different and special.

## Learning acrobatics

I’ve done acrobatics now with several adults at AONC and a quite a few kids, who all genuinely seemed to enjoy it and who I’d say were quite surprised by what they achieved. I really want to promote acrobatics in our little naturist community here in New Zealand, but it’s not possible for me to easily travel to all the clubs - so I decided to put together a photo tutorial on some of the basic movements. As it happens I was doing quite a bit of acrobatics with Alice just for fun at AONC, and Conrad and Dion did such an amazing job photographing us, that I was able to (more or less) put these photos together for a tutorial. A picture is worth a 1,000 words, after all.

So I guess that my hope is that this document gets passed along to any fellow naturist in our lovely little country who might potentially be interested in exploring acrobatics. I don’t think it’s ever going to be as popular as kubb or darts or miniten - or ever really very popular at all- but even if just a few people pick it up, I think what they will get out of it - physically, mentally and spiritually - and also in terms of bonding/connecting with another person - means I’ve been able to contribute something rather unique and special to this amazing community of people I love so much.

Remember to use common sense with all the below, if you feel uncomfortable or in pain - stop! Don’t risk injury. And have fun! One last thought...I found through the years that people are less focused when they feel self-conscious. If you’re still new to this, try to find a spot where it’s quiet and private - so you can just focus on yourself and your partner. As you become more comfortable and experienced, people around you will bother you less.

## Sample Movement 1 (Beginner)

A movement many start with. It's just a simple case of the flyer standing on the upper legs of the base. If it helps the base can partially sit in a high chair, like a bar stool until they're confident they can support the weight of the flyer - and then remove the chair in subsequent attempts. Pay attention to where the flyer places their feet (just above the knees) and notice how the base's back is almost straight (like you're sitting on an invisible high chair)



Rise together



One leg up



Two legs up



Tits/chest out, lean back



You got it



## Sample Movement 2 (Beginner)

Probably the most popular acrobatic movement with beginners - superman or flying plank - call it what you like. This is a great position for the base to learn how to focus muscles with technique, and for the flyer to learn balance. It also teaches the base how to lift up the flyer - which is a key skill.



Hold hands



Position feet against flyer and lift



Once flyer has feels balanced, flyer lets go of one hand, then the other

Let's look at that again, from different angles.



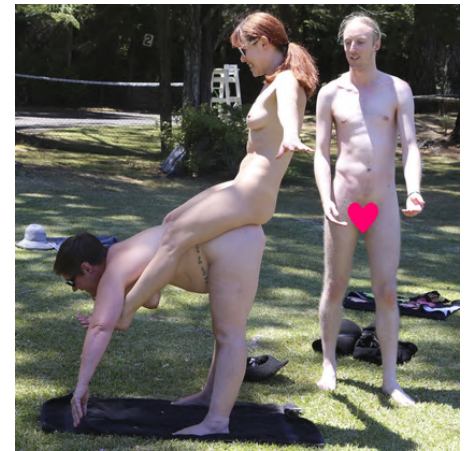
The base can now rotate the flyer, by slightly moving their legs.

Positioning the feet is key, hopefully you can see from the picture below (sorry I know it's a close-up of Alice's bum, but this is instructional!). Anywhere else and flyer will fall.



### Sample Movement 3 (Beginner)

Another popular movement with beginners. You do need a third person present to catch the flyer if they fall - and the base should not attempt this if they have any back problems.



The flyer needs to lock their feet against the arms of the base (see below)



## Sample Movement 4 (Beginner)

Also popular with beginners - the simple hand-stand. Look at the positions of the hands of the flyer on the base, and of the base on the flyer. Again, I recommend having a third person to prevent a possible fall by the flyer.



## Sample Movement 5 (Beginner - Intermediate)

The chair. Flyer's bum rests against feet of base. Going from position 1 to 2 below is tricky and you can try different variation to achieve position 2.



Don't release hands until securely sitting. Notice in this shot my legs are in different positions against Alice's body - which allows me to rotate her.



## Sample Movement 6 (Intermediate)

Once you have adequately mastered movement 1, the first step of this follows the last step of Movement 1.



Leg on shoulder first



Then leg over shoulder. Foot behind neck. Don't let go of hands until leg is resting on shoulder.



Release hand 1.



Release hand 2. You got it!

## Sample Movement 7 (Intermediate)

Once you have satisfactorily mastered movement 2, try this (flip the flyer)



Pay close attention to the position of my feet here



## Sample Movement 8 (Intermediate - Advanced)

Rather than talk through this one, I'll let the pictures talk. This is a hugely popular pose amongst acrobats but a lot trickier than it looks for newcomers. It's so elegant and graceful however -it's worth trying to achieve it. I was glad we were able to pull it off, and get these incredible photos too.



## Final thoughts

With acrobatics, there is often many paths to go from point A to point B - and you'll find that you're actually going not from point A to point B, but from point A to point E - and that points B, C and D that you pass along the way become goals in itself. There are literally hundreds of movements in acrobatics, and hundreds of positions. What I have highlighted here, in this document, is simply my own personal favourites when it comes to introducing people to it.

I have refrained from using excessive terminology and long, unwieldy walls of text, and I hope that the pictures tell a simple enough story to follow.

If you see me around, just ask me - I'm keen to do acrobatics at any time. And if I'm not around - even though Alice is new to Acrobatics herself - I'm sure she'll be keen to help you however she can.

I also offer training in belly dancing, bee-keeping, fight club, playing with fire, making balloon animals....if it sounds like something wacky and unusual - chances are it'll be a hobby of mine. And I sincerely mean that, often you just need someone to help you take those first steps.

When I first camped at AONC in 2019, despite being a confident person by nature - it took me a few days to comfortably walk around naked. I met Alice on my third day and talked with her a lot, she was completely naked all day - ass and tits hanging out. And seeing her so comfortable in her own skin - I undressed, kept my clothes off and then couldn't believe how comfortable and easy it was - and it really blows my mind how big part of my life naturism had become, now I'm living in a tiny house at a naturist club! (Auckland Sun Club)

So my point is - reach out to someone. Hey? Do you want to try this stupid crazy thing with me? What's the worst that can happen, we can fall on our asses - and have a laugh about it. Just take that first step with someone.

