



**The home for circus
in Yorkshire**

Staff Making Workshop

Written Instruction Booklet



Introduction:

Welcome and thank you for participating in the Yorkshire Circus staff-making workshop. In this booklet, you will find detailed written instructions to accompany our online workshop tutorial. By the end of this booklet, you will have a fully made practice 'day' staff, suitable for twirling and contact moves, ready to take your first steps into learning staff twirling. We have also prepared some video tutorials by local circus community members on some basic moves for you to start learning in your own time when we have finished. To view these and more tutorial and performance videos please follow Yorkshire Circus on YouTube.

Yorkshire Circus is here to assist you along the way in your journey. Whether you're taking your first steps into learning staff twirling or you already have an understanding and looking to expand your knowledge and connect with other like-minded members of the community. We are here to help, please feel free to contact us any time with any and all things circus!

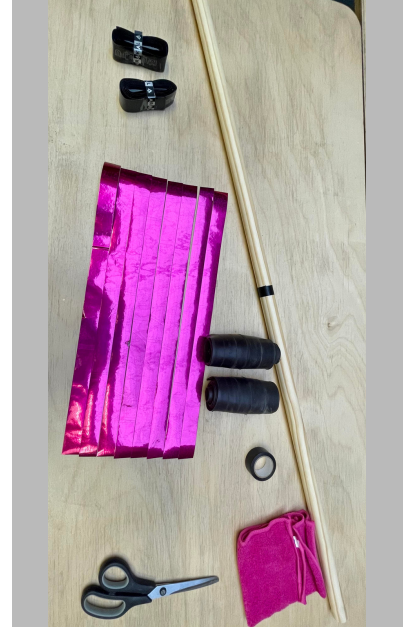
Materials:

Alongside these instructions you should find in your pack the following:

1. 1x Wooden Handle (100cm/120cm)
2. 2x Rolls grip tape
3. 1x Roll electrical tape
4. 8x Strips of holographic tape
5. 2x Lengths of rubber

You will also need:

- A damp cloth/wipe
- Pair of scissors



We have done our very best to ensure that the method of making the staff is as accessible and user friendly as possible. We have tried our best to responsibly source all materials in this pack. Using this booklet and following the digital workshop will not require the use of any specialist tools or other appliances that are not supplied in this kit or easily accessible in most homes. Feel free to add any creative cosmetic changes you like, such as neon/uv tape, coloured electrical tape, which you can purchase separately before participating in the digital workshop.

Set-Up:

Before the start of our workshop please ensure that you have access to a clear flat working space where you can lay out all equipment above. This could be a dining room table, a desk or a clear floor.

For best results and to ensure the longevity of your 'day' staff we also recommend that you wipe down all non-sticky surfaces of the kit provided with a damp cloth or wipe to remove any dust, oil or other residue that may cause unravelling of tape further down the line.



Method:

Applying holographic tape:

For this you will need the strips of holographic tape and the wooden handle.

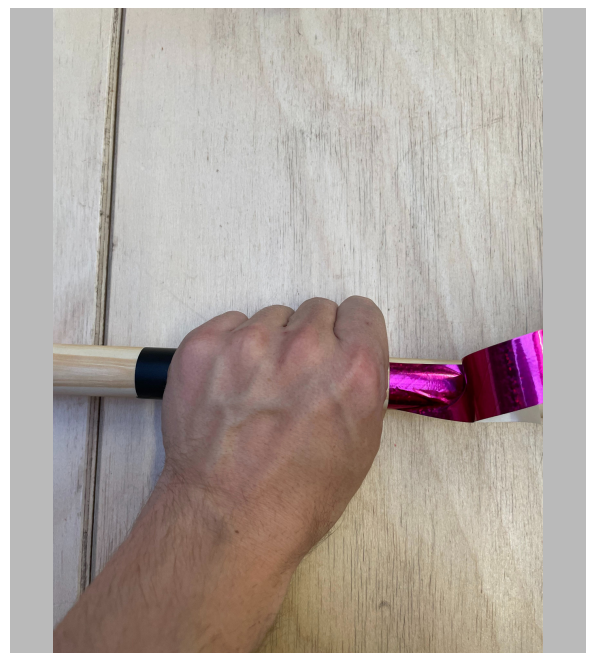
Step 1:

Begin by finding the 'centre marker' on your handle as pictured below,

For reference you should be able to balance the handle on your finger at the centre marker and it is balanced, don't worry if there is a slight drop on one side this can be fixed at a later stage.

Step 2:

Peel back the start of the backing to the holographic tape. Starting at one end, apply the sticky end of the Holographic tape to the staff as shown below.



Method:

Step 3:

Begin to gently apply the tape in a straight line towards the middle of the staff, peeling the backing off with one hand as you go and applying gentle pressure with the other.

Take this step slowly, rushing can cause lumps to form under the surface and cause an uneven finish.

If lumps do form, peel the tape back and re-apply slowly keeping gentle tension in the tape.

Continue until you reach the end of the strip. Run your finger/thumb up and down the tape to ensure it sticks firmly to the wood and there are no lumps/creases.

Step 4:

With the second strip, repeat the above steps ensuring that you slightly overlap the previous strip by a couple of millimeters.

If you notice that it goes off-angle and is not overlapping, gently peel back and slowly re-apply, angle the tape towards where you need it to go.



Method:

Step 5:

Repeat the above steps for the third and fourth strips, by the end one side of your staff should be completed with holographic tape all the way around.



Step 6:

Repeat the above steps for the other side.



Method:

Applying grip tape:

For this step, you will need the roll of grip tape and the roll of electrical tape.

Step 1:

Begin by finding the centre marker, unravel one of the rolls and find the thinner (Tapered) end.



Step 2:

Carefully remove the backing about 6-7cm of the way and stick the angled end of the grip tape in line with where the coloured holographic tape ends. Like the picture below.



Method:

Step 3:

Wrap the grip tape around the handle at a slight angle, so that the tape you are applying is overlapping the tape below by around 1cm.

Keep continuous tension in the grip tape with your hand and use your thumb to peel the backing off as you go, be careful not to stick your thumb to the tape.

Step 4:

Continue overlapping the tape all the way down the staff. Until you reach the start of the holographic tape on the other side.

keeping tension in the tape, cut off any excess grip tape once you have wrapped slightly over the holographic tape.



Method:

Step 5:

Using the roll of electrical tape wrap around the end of the grip tape furthest from the centre marker 3-4 times and cut, ensuring the tape is firmly stuck down.



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Method:

Applying rubber counterweights:

For this step, you will need the lengths of rubber and the roll of electrical tape.

Step 1:

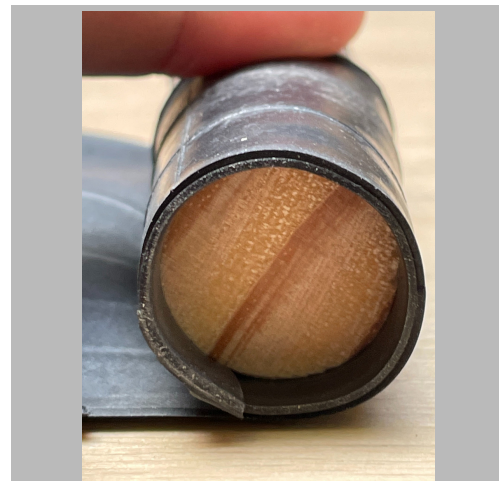
Begin by unraveling one of the rolls of rubber and pinching one end to the end of the staff as shown below.



Step 2:

Place staff flat on a surface and slowly begin to roll the rubber around the staff.

Ensure there is tension in the rubber and it is rolled directly over itself. Continue wrapping the rubber until the length is completely wrapped around the staff.



Method:

Step 3:

Using the roll of electrical tape, attach to one corner of the rubber and wrap in the same direction of the rubber, ensuring tension stays in the rubber, continue to wrap at a slight angle ensuring the electrical tape covers at least $\frac{1}{3}$ of the layer below until you reach the end. Cut and press down firmly.



Step 4:

Repeat the above steps for the other side.



There You Have It!:

Thank you so much for participating in our staff-making workshop! We hope you enjoyed the process and can't wait to get started learning new skills and finding your flow! Make sure you check out our other video tutorials on YouTube and follow us on Social media for updates on our events and more circus-related fun!

Facebook - Yorkshire Circus

Instagram - @YorkshireCircus

Twitter - @YorkshireCircus

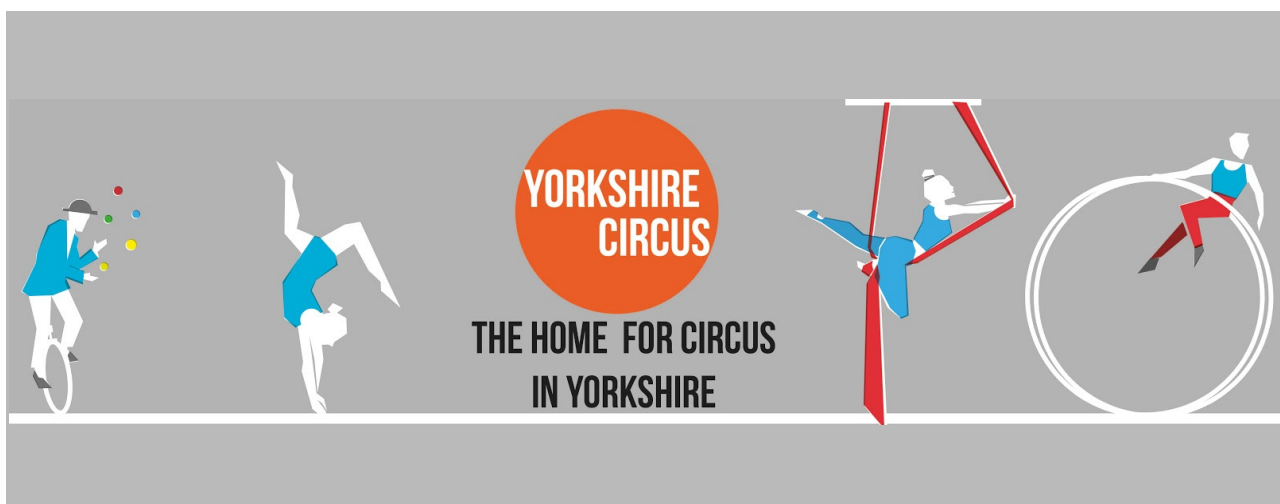
Credits:

Written by - Joe Ferguson

Producer - Joe Ferguson

Facilitators - Alby Duncan + Tor Satherley

Venue + Equipment - Open Source Arts



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