



Yuri Marmerstein: Balance & Momentum



Yuri is a primarily self-taught professional acrobat based in Las Vegas. He teaches workshops on hand balancing acrobatics, and the physical to help people gain a greater sense of freedom and self awareness. In this session, explore the diversely applicable concepts of movement in the differences between controlled balance and falling momentum.

TOP EMBODIMENT TIP: It is very powerful to move slow and with balance. It gives you a body awareness that you don't normally work on.

Concepts: **Diverse Play**

- These movements are grounded in play.
- Learn how to apply them where they work and make sense for you, with different levels of versatility and control.

Distinctions: **Balance and Falling**

- The need to know the differences between balancing static, falling momentum, and collapsing the structures.
- Know if you are training balance or falling.
- Some concepts overlap, but they are mostly distinct.

Balance: **Static Strength**

- Balance is structure and tension.
- Up and down movement is structure. Back and forth movement is balance.
- Attain better balance by learning to fall in different ways.
- Appreciate the opposite extreme.

Falling: **Momentum vs. Collapsing**

- Falling can give you the momentum to walk. Falling down is the structure collapsing.

Trick Tips: **Accessible, challenging, unique**

- Falling in a handstand is not because of losing balance, but rather collapsing structure. Down, in a handstand, is lowering, not falling. Out is falling.
- Walking in a handstand is never balanced. It is always falling in one direction, and then the other.
- As long as you have the structural support in a handstand, from your shoulders and wrists, the momentum of falling is easy to manage, once you respond to the challenge of learning to fall.
- There are differences between gymnastic and capoeira cartwheels.

Resources

- ❖ **Website:** www.yuri-mar.com



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