

Renegade Europe Balance-/ Walking-Globes

Basic Tips

Renegade Balance Globes are great for both circus arts instruction and juggling performances. Walking globes are a natural for kids and will help improve balance and coordination skills.

Renegade's Walking Globes are made of one-piece, plastic construction so you will never have to worry about the colour being worn off or chipped up.

Renegade Sizes: You can choose between two sizes:

60 cm (24 inches) Ø with 12 kg,

70 cm (27,5 inches) Ø with 15 kg

Renegade Colors: We carry three 'neon colors' or day-glow colors, that light up with 'black light' in the dark:

NEON-RED, NEON-ORANGE & NEON-YELLOW!

Our strong, indestructible-colors are: **BLUE & RED.**

The smaller and lighter globe reacts faster to the moves of the artist. The bigger and heavier globe reacts slower.

The main advantage of having a globe at the size 60 cm is, that it fits in your car, through the door of your gigs and can be shipped via normal carriers.

The didactic-methodical preparation in dealing with the walking globe remains the decision and task of the circus educator - always based on the different movement and social competences of the children and young people who are being trained.

Dealing with the walking globe is not only a challenge for these children and young people, but also - and especially - for the instructors in view of their responsibility.

Walking Globe Tips and Precautions.

1. Training

After warming up and general balancing exercises carefully and in rest exercises begin with the balance globe. Try to "lie on your belly", sit, kneel and stand to get a sense of the reaction of the globe to your movements.

2. Spotters / Assistance

Beginners should always practice with a spotter (a person to catch you if you fall). The support stands next to the globe and provides support when mounting, standing on the globe and goes with the roll. Wall bars, rings, belts and limit stops (boxes) also serve as balancing aids.

3. Falling wants to be practiced

Learn first the safe jumping and falling of boxes, mat carts - then from the globe forward, backwards and to the side, under no circumstances on the globe to fall. Falling off the globe backwards is the worst fall. It usually happens by running up to the globe and jumping on to it. This type of artistic jump is dangerous and can result in injury.

Caution! Shoved away globes after jump endanger other persons / objects. - Strains by stretched legs and fractures when falling onto the globe. Back dents, arm dents during fall.

4. Soft Surface

The Renegade Balance Globes are made of hard plastic, have a smooth surface and slip away quickly.

When you start to learn the walking globe it should be done on a tumbling mat, or thick carpet. Do not try to learn on a cement, grass, wood, or linoleum floor, these surfaces are too slippery and hard (if you fall - OUCH!).

A soft surface will cause the ball to roll more slowly and make it much easier and safer to learn walking globe skills.

5. Barefoot / Footwear

Barefoot develops the best feel for the ball.

Non-slip gymnastic shoes are also suitable. Some prefer high closed sports shoes that give support to the ankle.

WARNING: A walking globe can be dangerous and must be used following the safety tips listed below, failure to follow safe use can result in injury. As with all balance circus props, rola bola, unicycle and stilts care must be taken to prevent injury.

6. Techniques - 'walking', 'slow down'

With very small steps forward - tripping steps - the Renegade Balance Globe comes into play and is reversed in reverse. Through tripping steps, constantly rotate the globe under the body; the center of gravity is above the globe. The best control over your body and the globe is achieved by the tripping steps in standing position. Absolutely continue tripping and keep balance when the globe rolls.

- Walk forward and reverse, stop. Turn left and right curves very slowly, always take speed from the globe.
- Small jumps on the spot, over rod, rope.
- Step from globe to globe (on high box).
- Synchronous exercises with partner on two globes.
- Balance with partner on a balance globe.
- Jumping out of the start (not jumping on top of the globe, but jumping upwards by the swing)

7. Transport damage, liability

Please check the goods immediately for completeness and damage. In the case of transport damage, please immediately arrange for an offense, freight forwarder, parcel service or refuse acceptance.

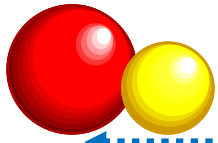
We shall provide warranty for obvious defects within 30 days of delivery. The daylight colors of the balance globes fade when the sun is irradiated (UV irradiation). These discolorations are not guaranteed.

Neither Renegade Europe or its suppliers will be held responsible for any damages, real or consequential that arise from your or anyone else's use of the equipment or the information described herein. Jurisdiction is the domicile of the consignor, Germany.

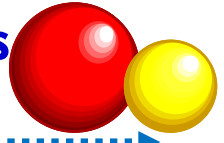
Have Fun! Take care!

Rolling regards from

Renegade Europe
Balancékugeln



Renegade Europe Balance / Walking-Globes



FAQ - Questions and answers

Renegade Globes with a diameter of 60 and 70 cm.

Up to which weight are the balance globes resilient?

The balance globes are resilient up to a weight of approx. 150 kg - 60cm, 250 kg - 70cm.

Can the globes be used outside??

Yes! The globes can also be used outside.

The wear on asphalt, concrete, road, beach is of course higher than on a rich lawn or in a hall on mats.

The instructions do not contradict this, because the focus here is the "practice".

• Do not try to learn on a concrete, wooden or linoleum floor, these surfaces are too slippery and hard (if you fall - OUCH!).

A soft floor surface makes the balance ball roll slower. The techniques are easier and safer to learn.

Can the balance globes be filled with sand?

The globes have no closure that can be opened for filling. You can make the globes heavier by filling fine quartz sand (hardware store), just slightly drill up the small air hole. Glue with a tape or glue. With the added weight to the globe to make it roll slower.

Are the globes made of solid material or hollow?

The balance globes are thick-walled hollow spheres. The wall thickness is about 12 mm.

What is the optimal diameter of the globe - after the body size?

There is no "optimal diameter" because the following factors should be considered when deciding on the size:

1. Transportation and storage: depending on the door sizes of the vehicle and storage space.
2. The smaller and lighter the balance globe, the faster it responds to the movements of the artist. The bigger and heavier, the slower the reaction. (that means, the larger, the easier it is to learn.)
3. The show effect e.g. in the children's circus, the bigger the globe, the more impressed the audience is.
4. The bigger the globe, the higher the risk of injury, if the artist loses his balance and has to jump off (that's why you have to practice jumping off at the beginning).

From a larger globe you fall deeper but the globe does not roll so fast under yourself away. If you do not jump off, the danger to fall on the hard globe is bigger!

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5. The people who help. For less professional assistance, the 60s is recommended, because here is the "catch" in an emergency easier.

6. Optimal is mostly to start with the small globe. If the artists can then "run" and balance with it safely and without assistance, switching to the larger globe is easy.

7. The physical fitness of the artists, especially good "jumpers" / gymnasts, experienced athletes quickly master the 70s globe.

8. Initial fears of the artists have to be overcome on larger globes rather than on the 60s globes.

9. The question is, what does the artist want to do with the device? Only in the plane "walking" or over obstacles?

There are circus and juggling tricks or acrobatic exercises, where sometimes the bigger globe or the smaller globe is better.

10. Rough recommendation: Children up to 10-12 years should start with the 60s. For teens and experienced artists, the 70s is the bigger incentive.

11. Those who are not sure should contact a children's circus and test globes.

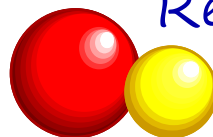
How do you best transport the globes?

The globes are shipped in a carton box. In addition we recommend, stable garden waste bags from 270 liters [(ØxH): 67 x 76 cm] for the 60's globes and 500 liters [(ØxH): 86 x 86 cm] for the 70's globes.

However, these sacks only last a limited time when the globe is pulled in the bag over the ground and is not lifted in the bag.

Despite sack, the globe rolls back and forth in the car. We recommend, to use the carton box in which the globe is delivered for transport in the car.

Have fun, be careful and keep rollin'!



Renegade Europe
Balancékugeln

www.balancekugeln.de

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