

Frequently Asked Questions

Is trapeze safe? Surprise, the Flying Trapeze is actually safer than the uninitiated realize. Originally, the circus advertising-departments “positioned it in the Public’s experience”, by marketing “the trapeze”, as, “dangerous” -- obviously, to sell more tickets -- but, if that were true, then how did the performers ever practice? Though there are inherent-risks, as is true with every activity (baseball, football, jogging, bicycling, horseback-riding, etc.), the flying trapeze has a better safety-record than all of them! Many of you have seen “rockclimbing walls”, which have their participants hooked-up with one safety-line to their harness -- that’s called a “single-belay”. With the flying trapeze, we use a “single”-belay for the ladder-climb to the platform, and a “double-belay” (an attachment at both sides of the safety-belt) for the flying -- plus, there’s a safety-net!

Do I need any “athletic-ability”? No, you’ve done “hanging around” before in your life -- here, it’s on purpose, and turned into powerful lessons of creativity and generativeness. (Even the “jocks” get it.)

Will my arms get ripped from my body? No, they won’t. Thanks to gravity, the swinging is quite effortless; and due to the physics-principles of pendulums, the swing-momentum actually reduces the load on the arms and shoulders.

Will I “pull” something? You might. But then, anybody might “pull” something getting-in or -out of a car. Actually, the question is, “Will I feel soreness afterward?” Maybe. It depends on what kind of shape you’re in, and how much you typically exercise -- that’s why we do “stretching”-exercises during the warm-up.

Is there anyone who physically can’t, or shouldn’t, do this? When that’s the case, the reason is usually obvious. If you’re uncertain, call me.

Will I get laughed at? You might, but not by my assistants or by me. Having done this with some 30,000 people for Club Med Resorts, TE-workshops, and other events, I’ve seen people of all ages, sizes, and shapes, progress to a “catch”, at various paces. Very quickly, everyone comes to realize that “comparison” is impossible and irrelevant -- everyone is pushing their own boundaries. “Looking bad”, is not possible here. Actually, everyone soon begins cheering and supporting each other -- this is fun!

Will I end up discovering that I’m much more capable and terrific than I thought I was? You might, everyone else seems to leave with that realization. You likely will even tap into possibilities for yourself and your future that are actually very exciting. Come find out why I’ve received so many “thank you”-letters from so many participants who now call me “friend”.

Peter Gold, Director Trapeze-Experience™