

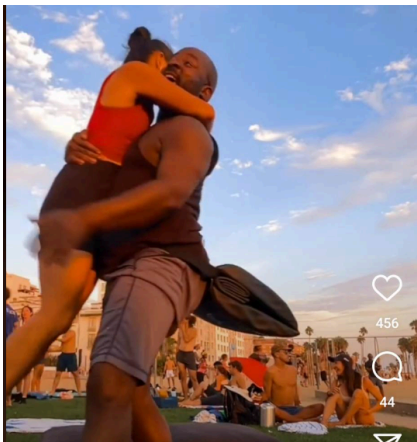
Icarian Pillow Design

So instead of freaking people out with wall of text and images, I'm just going to chuck this into a word document. I really need to make a video showing the construction, but it's pretty chill.

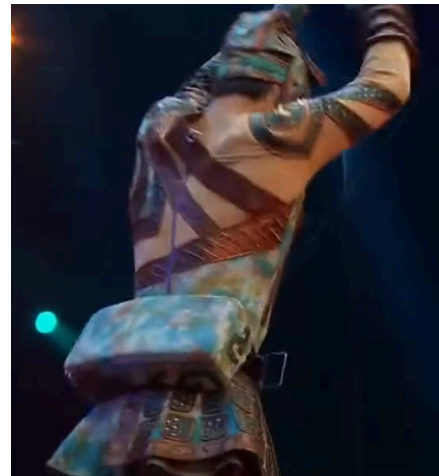


HISTORY:

I came up with this design about 8 years ago after finding forward salts and cast aways on flat ground were hurting me a bit. I saw a similar design used by the Tianjin crew (<https://www.youtube.com/watch?v=U-tA8uHHAqg&t=12s> MUST WATCH) but i never managed to get in touch with a Chinese circus person.



Rolled up yoga mat is something I actually saw from TheAcroMachine



<https://instagram.com/theacromachine?igshid=MzRIODBiNWFIZA==> He didn't use straps, but in recent video I've seen him use as similar design with two taped together ab mats with a belt.

Iterating on the design initially from cheapest yoga mats from KMart I bulked it out with floaties as I was running workshops, I'd spend 60 bucks on some mats and tried some designs, giving away the versions to friends, or making custom one's if they needed.



METHOD:

Current design uses a slightly more firm mat, I think it's 10 dollars at KMart. I'm looking for about 1cm thickness. Some colored gaffa tape and a belt.

- Cut mat in half longways
- Roll up half into a cylinder
- Tape cylinder to keep it closed for next part
- Extend cylinder with second length wrapping around it and stacking next to into a smaller cylinder.
- Pinch the smaller cylinder with some tape.
- Cut section of floatie to cover up the uneven dip. Tape around outside to cover
- Feed a STURDY belt through.



- Suggest taping starting from the centre as it helps keep the sides even, taping to one side, then taping to the other.

This current pillow has lasted me a couple years at this point (with a new belt required probably every 6 months) so far I like ratcheting belts but not super happy with any design.



We have seen cushion covers for it for performances, but with the sweat build up, I do recommend a non-porous tape or permanent cover

Next iterations:

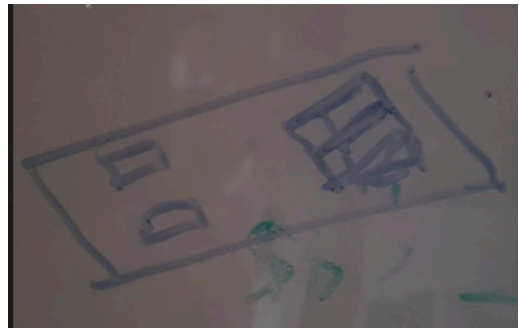
I have seen other bolsters in use. Glued yoga blocks to a yoga mat, for a foldable ghetto icarian chair.



The icarian chair build is somewhat more involved but is possible to do with wood with no welding. Can provide measurements on request.

The design was initially just a prototype to check angles were okay for metal version but is surprisingly sturdy and convenient ground based apparatus.

I used it for performance by bolting it to the top of a welded table.



Works okay, but I do need to rebuild it as the shoulder pads came loose.

I was expecting to start touring this act and did make a metal chair capable of folding.



So far this hasn't been toured. But happy to provide tips on it.

