

# Jed Fowler's Workshop Teaching List

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**A \* sign denotes a recommended workshop.**

## About Jed Fowler

Jed has been fire spinning since 2002. What started as having some firey fun on a beach in Thailand quickly turned into a hunger to learn more about all the flow arts! Starting his time with tech poi, his primary attention soon shifted to contact staff, double contact staff then dragonstaff. Over the last 20 years he has developed many innovative techniques across contact and dragon staff that are now taught worldwide. He has travelled the world learning, teaching and performing in countries including Spain, Singapore, Indonesia, Malaysia, Egypt, UK, New Zealand, USA and Canada, to name a few, with regular teaching and performing appearances in fire festivals and retreats Australia-wide and in Bali. Jed started and continues to co-run Spunout festival in Perth, Australia; a fire festival that has been running for 20 years. He currently operates MasterFlowArts.com as a place to put his various pursuits like making props, performing and teaching at The Flow Shed.

## Blurb

He has a pretty face...but wait, there's more...he's also damn good at pretty much everything! It's actually quite irritating. There's almost nothing you can teach him that he doesn't already know. Or, more annoyingly, he'll pick it up straight away and do it better than you! Don't teach him anything. Keep your best moves to yourself and don't attend his workshops either, as your brain will hurt and may explode from the effort.

## Teaching Experience

I currently teach at my own studio at TheFlowShed, Perth. I have taught regularly at festivals around Australia, including Spin Circus Festival, Spunout, Objectify and Common Ground over the last 18 years, with a few guest and teacher appearances at international festivals, recently including PCO in Malaysia, Kinetic Fire and Firedrums in USA, Under the Spinfluence in NZ, Kalisha in Spain and Spunout, Spin Circus Festival, Glowfest, FlowState in Australia over 2017-2025. I also co-run the local fire festival, SpunOut, and train and organise the workshop instructors for this event. I have participated in the local spinjam meetup for the last 20 years, being the primary teacher and organiser for approx 10 of these years. For an idea of the skills and breadth of knowledge, my workshop teaching list contains all the workshops I have taught in the last decade or so. This doesn't include the regular course content taught YThe Flow Shed in Perth.

[https://docs.google.com/document/d/1rzLFQypULK2txC4L6Xt5cw6cr\\_PPsrClw0tuCB54FqA/edit?usp=sharing](https://docs.google.com/document/d/1rzLFQypULK2txC4L6Xt5cw6cr_PPsrClw0tuCB54FqA/edit?usp=sharing)

## Show Intro:

Tonight, we have the honor of witnessing the incredible talent of a true master of fire and flow arts. Jed Fowler is a visionary artist who has been poking campfires with sticks since he was a child. In 2002, his passion officially ignited on a distant beach in Thailand, and it has evolved into an insatiable love for the art of prop manipulation.

Jed's journey has taken him across the globe, from Singapore to Egypt, from the UK to USA and Spain. First learning, and now teaching, his innovative techniques have now become part of the global knowledge base, inspiring performers, students and enthusiasts in every corner of the world.

And now, get ready to witness Jed's unparalleled prowess with sticks. Prepare to be spellbound as he weaves magic through the flames, reminding us all that true artistry is a dance between passion and dedication.

## **DRAGONSTAFF**

### **Dragonstaff: T-Rolls**

**Level: Beginner**

**Requirements: Enough Dragonstuffs to go around**

T-Rolls! Learn the latest dragonstaff craze - keeping it vertical! We'll start with the basic t-roll then explore some various manipulations, and end having a T-Party!

### **Dragonstaff: Insides, Inversions and Pressure Transitions**

**Level: Advanced**

**Requirements: Vertical Chi Rolls, T-Rolls**

We'll be using Chi Rolls, Pressure Rolls and T-Rolls to transition the staff between different planes and sides of your body. We'll use that negative space, and learn to do slow, controlled translations.

### **Dragonstaff: Horizontal Rolls\***

**Level: Beginner**

**Requirements: Enough Dragonstuffs to go around**

This workshop is all about horizontal rolls - Rolling the dragonstaff around your body while keeping it horizontal. We'll start with some simple minimal horizontal paths, then move on to bridges, pivots, steves and linking them all. If time and skill permits, we'll also cover takeouts, putbacks and circular chi rolls(horizontal chi rolls/vi chi). All the horizontal rolling techniques!

### **Dragonstaff: Chi Roll Introduction**

**Level: Beginner**

**Requirements: Enough Dragonstuffs to go around**

This workshop provides the foundations of stable two-handed, continuous rolling movement - Chi Rolls! We will explore the fundamental chi roll movements and how they link together to give you your first taste of freedom of movement!

### **Dragonstaff: Pressure Rolls**

**Level: Beginner/Intermediate**

**Requirements: Enough Dragonstuffs to go around**

Let's get off-centre! By applying pressure just right, you can swing your dragon around off-centre just like a sword! It's a game changer for the world of DragonStaffing!

### **Dragonstaff: Chi Roll Manipulations**

**Level: Intermediate**

**Requirements: Enough Dragonstuffs to go around and ability to chi roll**

This workshop will expand your knowledge of chi rolls by introducing the various chi roll types. We will cover horizontal chi rolls, plane control, how a dragonstaff moves 4x ways, then some exercises to increase your control of chi rolls and show how they integrate into vertical and horizontal dragonstaff techniques.

### **Dragonstaff: Advanced Chi Rolls**

**Level: Advanced**

**Requirements: Competence in chi rolls**

This workshop builds on the foundational chi roll motions with introductions to antispin, windmills, extra rotations, different timing variations and if time permits, different weave variations.

### **Dragonstaff: Beyond T-Rolls**

**Level: Intermediate**

**Requirements: None**

This workshop builds on the foundational T-Roll motion by extending it, twisting it, corkscrewing, weaving, trapping and fountaining it!

### **Dragonstaff: Stalls**

**Level: Intermediate**

**Requirements: Some experience with Dragonstaff**

We will cover several different ways to stall your dragonstaff! That means stopping it mid swing, then getting it going again, while still rolling! This will assist in your control of the dragonstaff immensely and allow you to really get a feel for the prop. Having some experience in the various chi rolls will help in this workshop.

### **Dragonstaff: Stalls, Floats, Translations**

**Level: Intermediate -> Advanced**

**Requirements: Some experience with Dragonstaff**

First we will cover a way to stall your dragonstaff, then extend this stall into floats and translations. A stall means means stopping it mid swing, then getting it going again while still rolling! Floats will let you manipulate the stall vertically, while translations let you move the stall around your body, while still keeping control!

### **Dragonstaff: Wings**

**Level: Intermediate**

**Requirements: Some experience with Dragonstaff**

An introduction into the world of rolling the Dragonstaff in the vertical plane! Learn many different vertical hand to shoulder paths, and shoulder to hand paths to incorporate into your Dragonstaffing. Both with-roll and anti/counter-roll!

### **Dragonstaff: Rocking**

**Level: Advanced**

**Requirements: Some experience with Dragonstaff**

Welcome to rocking! Rocking your dragonstaff involves letting it drop, gaining some momentum then swinging it up again. We will start with some simple rocking demonstrations to get the feel of the movement, then incorporate it into chi rolls and some extended horizontal and vertical paths. Learn how to manipulate your dragon off-centre and recover from just about anything!

### **Dragonstaff Tricks**

**Level: Intermediate**

**Requirements: Some experience with Dragonstaff**

In this workshop we'll cover some tricks with the dragonstaff, as chosen by the students, taken from: T-Rolls, hand spins, prayer techniques, cages, plane changes, traps/rewinds, propellers, simple matrixes, pivots.

### **Partner Dragonstaff**

**Level: Intermediate**

**Requirements: Ability to cuddle a stranger, several chi rolls.**

Learn how to partner dragonstaff! This workshop revolves around chi rolls, bridges, various passes, and combining them into various ways to interact with your partner while sharing the same staff! T-Party to celebrate!

### **Dragonstaff: Stepping & Matrixes**

**Level: Expert**

**Requirements: Experienced with Dragonstaff**

Stepping is the process of moving the staff around your body in "jumps". We will start with some takeouts/putbacks to explain the concept, then reducing the steps taken to incorporate them into some typical horizontal and vertical motions. We will finish with matrixes, unlocking continuous matrixes and techniques!

### **How to think Dragonstaff**

**Level: Beg/Int/Adv**

**Requirements: Some knowledge of Dragonstaff**

This Workshop combines theory and teachings from many of the dragonstaff techniques taught above to create an

overall concept of Dragonstaff as a prop, and how to get your mind thinking in terms of dragonstaff techniques and pathways!

## CONTACT STAFF

### Single Contact Staff

#### **Foundations of Contact Staff \***

**Level: Beginner/Intermediate**

**Requirements: A Contact Staff**

We'll go over all the foundations of contact staff in this workshop. We will cover all the things you should've been told regarding contact staff manipulation and how to think and learn about this prop while learning. Attend this workshop and get a solid understanding of this prop and how to learn, not just a few new tricks under your belt!

#### **Intro to Contact Staff - Tricks**

**Level: Beginner**

**Requirements: None**

This workshop covers beginner-level contact staff tricks. These include: Neckwraps, hand wraps, Halo, Wings, Pressure placements, pressure weaves, Stalls

#### **Counter-Roll and Plane Control**

**Int/Adv**

We will cover Helix, With-Roll, Counter-Roll and the differences between them. Your body position and the staff pathway affects which tricks are what. Learn to tell the difference and train them effectively!

#### **How to Think Contact Staff\***

**Level: Advanced/Expert/Master**

**Requirements: Ideally 1yr+ experience of contact staff**

Most people think in tricks. I will do “this trick” then “this trick”. Not in this workshop! I will break down contact staff into its individual components, explaining each one in detail while building up your knowledge of contact staff from a completely different perspective. It will change the way you think about contact staff. Never plateau again!

#### **Contact Staff Card Games\***

**Level: All**

**Requirements: Ideally some small experience of contact staff**

Learn to recreate any move and design your very own using the contact staff card deck! Learn the fundamentals of contact staff AND play a game at the same time! These cards are specially created for contact staff by breaking down contact staff into its individual components and displaying each component on it's own card. These can then be combined in almost unlimited combinations to create any trick possible! Challenge yourself solo or with friends!

#### **Contact Staff: Antispin and Anti/Counter Roll\***

**Level: Intermediate/Advanced**

**Requirements: Some knowledge of Contact Staff**

Normally the staff rolls along your body in the same direction as it is rotating. It doesn't have to! The rolling direction can be opposite to the spinning direction. Welcome to the world of fcounter roll (or antiroll)! We'll cover the basics of this different way of manipulating your contact staff by covering some shoulder/hand/shoulder paths, anti halo and integrating into your normal contact staff techniques.

#### **Contact Staff: Tipping\***

**Level: Intermediate/Advanced**

**Requirements: Some knowledge of Contact Staff**

Tipping: to stall the spinning of a staff above the horizontal plane. This is a little understood but often used technique in contact staff that is a world of fun! Mastering this technique requires fine control and will level up

your contact staff game immensely!

### **Contact Staff - Wings**

**Level: Beginner/Intermediate**

**Requirements: Some knowledge of Contact Staff**

Wings are contact staff pathways involving hand/shoulder/hand paths. We'll cover many of these and get you comfortable with your vertical rolls!

## **Double Contact Staff**

### **Intro to Double Contact Staff**

**Level: Intermediate**

**Requirements: Skills in Single Contact Staff**

Learn about the different Double Contact Staff families and try out your hand at a few tricks from each! The perfect class to take if you have never tried double contact staff before and want to experience a little of everything double contact has to offer!

### **Double Contact Staff - Hybrids**

**Level: Intermediate**

**Requirements: Skills in Single Contact Staff**

Double Contact Staff- Hybrids involve tricks where one staff is held in the hands, and the other staff is used as a contact staff. We will cover tricks pertaining to Halos, Wings, SNeS, Angels, Steves.

### **Double Contact Staff - Staff on Staff Contact (SOSC)**

**Level: Intermediate**

**Requirements: Skills in Single Contact Staff**

Staff on Staff Contact (SOSC) is a style of double contact staff whereby the practitioner holds one staff with the hands, while the other (contact) staff is manipulated with the held staff. Learn some basic traps first, then move on to caged techniques, propellers and transitions into and out of SOSC.

### **Staff on Staff Contact - One hand Only**

**Level: Intermediate**

**Requirements: Skills in Single Contact Staff**

Staff on Staff contact is growing, and it's not just all about traps-not by a long shot! We'll dive into the realm of one-handed staff on staff contact - manipulating a second staff by holding the first staff. Learn about helicopters, passes, fishtails and the secret to keeping the second staff spinning continuously!

### **Double Contact Staff - Wings**

**Level: Intermediate**

**Requirements: Skills in Single Contact Staff**

Learn to integrate wings into your double contact staff spinning! A great workshop to take if you want to learn more about wings (hand to shoulder to hand paths) and double contact.

## **Miscellaneous**

### **The journey from Novice to Master**

**Level: All Levels**

**Requirements: Seated space**

The journey from novice to master is documented in many disciplines throughout the world. But what about Flow Arts?

WHY am I teaching this class. My thoughts and beliefs. Why, how, what (golden circle)

By matching the lessons taught with someone's place in their journey, become a more effective teacher.

Shi Ha Ri

Bruce Lee's principles

Competence incompetence

Mind, Body, Technique, Performance

Relates to tricks and prop as a whole

Teaching flow arts in relation to this. Where a student is in their journey. Match learning and teaching to the level the student is at.

## **Learning Theory/Workshops\***

**Level: All Levels**

**Requirements: Seated space, whiteboard**

How do we all learn? Want to learn object manipulation faster? We'll cover many different theories for learning, memory retention, techniques then apply them specifically to object manipulation and the flow arts. We'll then combine everything into a training plan that covers all these techniques to help you learn faster, while having more fun!

## **Bubble Therapy\***

**Level: All Levels - This is a demonstration workshop**

**Requirements: Indoor space, dark, no wind, nighttime. Not very suitable for travel.**

Bubbles! Come gather round the table and be mesmerized as you watch the rainbows dance across the surface of these ephemeral creations. This late-night event will have you enjoying bubbles in a way you've never before experienced!

## **Bubble Juice Basics**

**Level: Beginner**

**Requirements: Indoor/little wind, access to water**

Ever wonder how to make great bubbles? Come along and find out! We'll make our own bubble juice and wands, and learn some basic bubble theory and techniques!

## **Dangerous Fire Gear**

**Level: Experience with Fire.**

**Requirements: Crazy Fire Gear**

Staff of Death, Cannonball poi, swords, flame projectors, whips. Learn how to use the props that produce BIG fire! Warning: You will probably get burnt.

## **Fire Safety**

**Level: Introduction to fire safety**

**Requirements: Demonstrating Space, fire fuelling/extinguishing gear.**

This workshop covers all you need to know to be safe with fire, including information on fire extinguishers, safety towels, extinguishing fire props, fuels, fuelling, clothing and first aid.

## **Advanced Fire Safety\***

**Level: Intermediate/Advanced**

**Requirements: Space for sit-down discussion**

Advanced fire safety techniques. Debunking common myths. In depth discussion on safety blankets, different types of fuels, fuelling techniques, different wick wraps, how fuel burns on wicks, major risks during a burn, first aid and performance risk assessments.

## **Whip Cracking**

**Level: Beginner/Intermediate**

**Requirements: Lots of Space! And whips.**

We'll start with the simple overhead and stockmans for those new to whips, then *crack* on to a heap of tricks and variations if you can *handle* it. Your friends'll *fall* over themselves to learn your new skillz! Please bring eye protection (sunglasses will do). These tricks'll *keep* forever!

## **Double Staff - The Basics**

**Level: Beginner**

**Requirements: Two Staffs**

Learn the basic techniques of using two staffs at the same time.

## **Double Staff Techniques**

**Level: Intermediate**

**Requirements: Two Staffs**

Learn a few techniques to manipulate your staffs! We'll go over cross staff techniques, parallel time techniques, isolations and some weaves if we have time.

## **Staff Throws**

**Level: Beginner**

**Requirements: A Staff**

Learn various ways to throw and catch a staff!

## **Staff Spinning Tricks**

**Level: Beginner**

**Requirements: Figure-8**

A whole bunch of little tips and tricks to learn how to spin your staff with style! Between the legs, kickups, wraps, horizontal spinning, extra beats everywhere and finger-twirling just to name a few.

**Beginner fire eating**

**Advanced Fire Eating**