

YOLO

You only live once

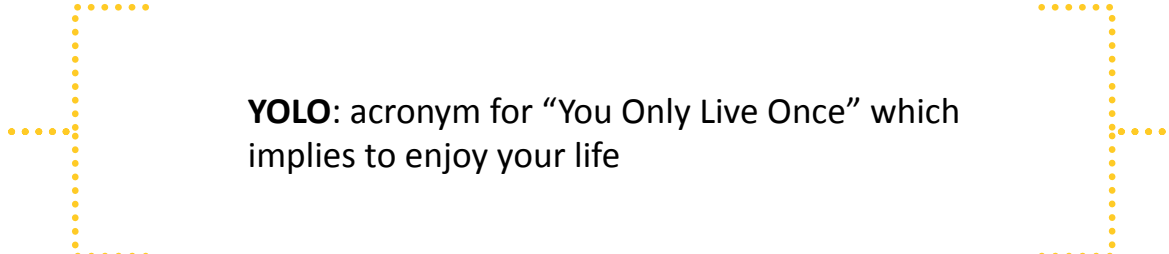


EDUCATIONAL DOSSIER

OBJECTIVES

This dossier provides teachers a working instrument that turns the attendance to the spectacle not only into a recreational activity, but also into an experience through which the students acquire knowledge and develop their capacities, taste for culture and critical spirit. Cultural and artistic activities are an essential part of the children training, they favor their development and personal growth, learning, they extend their intellectual background and positively influence their ability to socialize.

The performing arts have been part of human culture for millions of years, their entertainment and didactic value are undeniable. YOLO is an artistic proposal that explores new languages, combining various circus disciplines with music and interpretation: acrobatics, juggling, body percussion... exquisitely combined ingredients that aim to project in the spectator a subconscious call to courage, strength, joy and determination to face difficult situations.

The text is flanked by two large, decorative brackets made of yellow dots. The left bracket is on the left side, and the right bracket is on the right side, both opening towards the center text.

YOLO: acronym for “You Only Live Once” which implies to enjoy your life

*"It is the jump, not the step, which makes
the experience possible "*

-Heiner Müller-

YOLO

the show

YOLO. You Only Live Once.

YOLO is a tribute to life through the Circus and Music. YOLO is a battle cry that comes from deep within the depths of oneself to flood the stage and fill the audience with excitement. YOLO is the boost we need to start building our dreams.

YOLO is a circus show for all audiences, which is full of energy, strength and rhythm.

By means of different circus disciplines such as acrobatics, juggling, aerial techniques and humour, we portray several different situations, apparently impossible, before the eyes of the audience taking part

We want YOLO to be a revolution for the spectator.

YOLO is, and expects to be, anyone's dream come true.



YOLO

the company

The **Lucas Escobedo Company** was born in 2011 after the premiere of its first solo creation, Boiiiing. Its main promoter is Lucas, a multidisciplinary artist from Alicante that draws his work from both circus and juggling world, and theatre, specially mask, puppet and object theatre.

Lucas Escobedo begins his artistic training with Andrés Hernández and Mar Navarro (direct disciple of Jacques Lecoq). He extends his training with different teachers (Román y Cía, Moshe Kohen, Patricia Kraus, Jesús Jara, Vasily Protsenko, Christian Atanasiu, Sean Gandini, Kati Ylä-Hokkala, Maksim Komaro, Lucas Ronga, Francisco Macià) and continues his apprenticeship in the Institut del Teatre of Barcelona, specialising in Interpretation and Visual Theatre.

His professional beginning led him to work with different companies such as Tragaleguas Teatro, Circus of Horrors, Teatro Circo Price, Román y Cía, La Société de la Mouffette, The Debacle and NueveunoCirco. He has also participated in several audiovisual projects such as El Conciertazo on TVE, Babaclub on Canal 9, Io Don Giovanni by Carlos Saura, Seven Pets for Disney Channel and El Secreto de Puente Viejo of Boomerang TV.

Having acquired this professional experience, in 2013, he decided to start a new period with the creation of a show of own authorship, Room 801, which was nominated for Best Show by the Performing Arts of Valencia Awards in 2018, and with which he has worked both nationally and internationally in some of the main

festivals and venues.

He also developed an interest in stage direction and worked with different professional companies such as Cía Aérea, La Finestra Nou Circ, Cía Acrobacia Mínima or La Trócola Circ among others. With this last company, with their last production Emportats, they received Best Show of the FETEN Nights Award in the FETEN Awards 2018, Best Circus Show Award in the Performing Arts of Valencia Awards 2018, and they were candidates to Best Stand-Out Show Award in the MAX Awards of Performing Arts 2019.

In the actual period, in 2018, he received the task of staging the new production of the Escalante Theater of Valencia: YOLO. The premiere was in November that year in the Martin i Soler theater in Palau de les Arts of Valencia, and won Best Big Format Show Award and Best Sound Space Award in the FETEN Awards. At the same time, YOLO has been classified as a Recommended Show in the Spanish Theatre Network Catalogue. At this moment, YOLO has a tour for 2019-2020 prepared, in venues such as Cultura Nova Festival in Netherlands, Circus Price Theater in Madrid or the Principal Theaters of Valencia and Alicante, among others.

To conclude, Lucas received the assignement of directing the Gala of the Performing Arts of Valencia Awards 2019 by the Valencian Institute of Culture.

YOLO

artists



Lucas Escobedo. Multidisciplinary artist and director. He studied acting in the school of Mar Navarro and Andrés Hernández and in the Institut del Teatre of Barcelona. He set up the Company Lucas Escobedo in 2011, where he explored different artistic territories such as mask and puppet theatre; at the same time, clown is also an important part of his work. He consolidates his facet as a creative artist with pieces of own authorship such as Room 801, The Handimen, YOLO.

As a circus artist, juggling is his field, specialised in hoops, clubs, balls and bouncing balls; he received the Silver Big Top Award in Circuba Festival and Chilean Jury Award with his bouncing ball act Boiiiing.

As a stage director he has worked with many theatre and circus companies such as La Trocola Circ or Aerea Company. His last work, YOLO, a production of Escalante Theatre of Valencia, received the FETEN Award 2019 for Best Big Format Show and Best Sound Space. To conclude, he will be in charge of staging the Gala of Performing Arts of Valencia Awards 2019, in October, in the Principal Theater of Alicante.



Raquel Molano. Actress and musician. She graduated in Interpretation at the *Institut del Teatre* and she expanded her training with Mar Navarro, Christian Atanasiu, as well as at CNTC, at *Teatro de la Abadía* and at *Workcenter* by Thomas Richards. She obtained the Professional Degree in Piano at the Conservatory of Valencia; she also trained in singing and percussion with Caro Guiral, Felipe Forastiere and *Taller de Músics*. In her professional career, projects like *Rumba* by the multidisciplinary company Mayumana stand out, as well as her remarkable work with directors such as Alberto Velasco, Lino Ferreira, Joan Cusó and Andrés Corchero.



Marta Sánchez. Circus and music artist. He obtained the medium grade in the specialty of flamenco guitar at the professional conservatory of Arturo Soria in Madrid. He masters several musical styles and broadens his training at the school of creative music in Madrid, deepening his knowledge of more modern musical styles, both in guitar and singing.

In the field of the circus his main discipline is aerial tapes. He works as an artist with different companies in the national scene while he teaches in several training centers in Madrid. Other areas of the circus he also explores are the vertical rope and the aerial ring.



David Sessarego. Trained since he was a child in the Chinese Marcial Art Kempo, he incorporated both artistic gymnastics and Marcial Art Capoeira since a very early age, where he developed movement as the base for the rest of his disciplines.

In the main time, David is multidisciplinary in acrobatics, specialised in Cyr Wheel, Aerials and Juggling. He acquired his acrobatic training in schools of Argentina and aerial dance in Cuarto Rojo and Xielo, both Central American schools. He played the main role in a piece of contemporary circus called “Mar del Sur” and in a Vertical Dance show called “90º Punto de Fuga”.

He combines his artistic stage activity with teaching acrobatics to children and teenagers in workshops, initiation and advanced level.



Pablo Meneu. Circus artist, show director, teacher and *rigger*. He trained at the *National Center for Circus Arts* (NCCA) in London in the aerial straps specialization and at the *Jasmin Vardimon* Dance Company in dance and physical theater. He has worked for different companies such as Vaughan Pilikian, SHUNT, Keziah Serreau or Firenza Guidi. He is co-artistic director of Circumference Productions (London). He has directed several shows such as *On the night of November 28th*, *Staged* and *The Capricious Exhibitions*. He is also a professor of aerial straps, creation and staging. He is also a professional *rigger*, specialized in the design and creation of new air structures.



Iván G. Torre. Circus artist trained in diverse disciplines such as juggling and acrobatics, specialised in handstand. He has performed in galas and festivals such as the Great Gala EUCIMA, Kalealdi, Kaldearte or the Glastonbury Festival. He has been teaching handstand in a regular basis for many years and has organized lots of intensive workshops in this discipline. Moreover, he was one of the creators of the Iberoamerican Circus Festival (FIRCO).



Jana López Apararisi. She is a circus artist since she was 14 years old, she took her first steps in El Espai de Circ (Valencia). She handles different circus disciplines, being her specialty the aerial (hoop, trapeze, etc.). She has worked in different companies and shows such as the Finestra nou Circ, Circo Gran Fele, or Circuba.

"To stay where you are you have to run as fast as you can ... and if you want to go somewhere else, you should run at least twice as fast."

"Oh, you'll always get somewhere, said the cat, if you walk enough."

-Lewis Carroll -

YOLO *values*

What is YOLO? In YOLO, through different circus disciplines such as acrobatics, juggling, aerial techniques or humor, different situations appear, apparently impossible.

The show integrates, in addition to the circus, musical and interpretative techniques, various values that have been used as a basis for its creation and are expressed in its representation.

Show values

Self-confidence. The security that getting what seemed impossible depends only on you. Learn that you can get everything you want.

Creativity. The circus is the art of making the impossible possible. You only need to see things from another point of view. There are no limits and you only have to imagine and implement your intuition so that incredible things arise.

Perseverance. Have a goal in mind and try again and again until it comes out. Discovering that work has its rewards is very easy from the circus.

Risk. Change the fear of risk by controlled risk and trust.

Fellowship. In a competitive world, learn that your classmates make you better. That among all, not only is more fun, but you go further.

Tolerance. All prejudices are set aside. Learning, enjoyment and fascination is more important than any hate or resentment.

YOLO

artistic team

Production: Teatre Escalante. Diputació de Valencia

Direction and Original Idea: Lucas Escobedo

Director assistant: Joan Cusó

Musical composition and direction: Raquel Molano

Lyrics songs: Raquel Molano, José Agustín Goytisolo, Gabriel Celaya and cantos de tradición

Performers: Jana López, David Sessarego, Marta Sánchez, Iván G Torre, Pablo Meneu, Raquel Molano and Lucas Escobedo

Lighting design: Juanjo Llorens

Lighting technician: Libe Aramburuzabala

Sound design: Eduardo Soriano

Sound technician: Óscar Guzmán

Scenography design: Luis Crespo

Engine driver: Álvaro Villahoz

Rigger: Pablo Menu

Costume design: Amaya San Martín

Production in creation: Producirk

Production on tour: Lucas Escobedo Company

National distribution: Amadeo Vañó – Cámara Blanca

International distribution: Lucas Escobedo Company

Acknowledgements: Blanca Escobedo, Carlos Rodes, Laia Sales, Plácido Militano and Edu Martínez

ACTIVITIES

pedagogical

Below are several concepts to bring the students to the show they will see. The information provided aims to promote learning about the circus and provide knowledge about it in general and about the show in particular.

Teachers are proposed to share the content of these notes so that the students know the terms described. It is also suggested that before and after the viewing of the show a colloquium be opened in class to answer the proposed questions and comment on the impressions and emotions that the show has transmitted to them.

Before seeing YOLO:

What is the name of the show we're going to see?

Have you ever been to a circus show?

What disciplines of circus do you know?

Do you like music?

What instruments do you know?

After seeing YOLO:

Have you identified the artists that appear?

What circus techniques have been done?

What instruments have intervened?

Did you like it? What has the show conveyed to you?

What has impressed or amazed you the most?

"Circus, a show of illusions, laughter and astonishment. A place where both boys and girls and adults unite without age difference and put their imagination to the test"

- Ángela Romero-

CIRCUS

concept

"Nowadays, the contemporary circus is a circus as diverse and atomized as are the personalities of its creators / performers. It is a form of spectacle that, having always placed acrobatic and balance techniques at the service of concepts and emotions, in recent years has experienced a growing inclination toward formal minimalism, a minimalism also consistent with the evidence that, currently the prowess for the feat is no longer the main objective of the artists or the maximum desire of the public."

- Jordi Jané -

What is the circus?

It is a show consisting of very varied performances involving acrobats, jugglers, contortionists, tightrope walkers, escapists, magicians, mimes, unicyclists, clowns, puppeteers, fire-eaters, swallowers, trapeze artists, ventriloquists, stilt walkers, etc. The circus has always been a classic form of entertainment; the word comes from the

Latin circus and designated the Roman stage where many of the numbers that can be seen today in a circus performance originated. The circus, as we know it, first appeared in Britain in 1770, a man named Philip Astley, cavalry sergeant, opened the first modern circus in London. So that the public did not get bored with the riding

numbers, he thought of adding other artists to the show, and invited a clown, an acrobat and a juggler, who acted on a circular outdoor stage and surrounded by wooden stands. In the following century the circus activity spread to a large number of countries. The word circus can also designate the site where the circus performance is represented, which is traditionally a mobile tent or a permanent amphitheater. In the circus shows do not necessarily appear animals, there are many NGOs for the defense of animal rights, citizens and groups aware of the

issue that not only criticize harshly the treatment given to animals that are used in some circuses , but they disapprove of the fact of removing the animals from their natural habitat against their will, enclosing them and using them as objects to entertain. Therefore, they campaign to ask people not to go to circuses in which animals are exploited.



CIRCUS

disciplines and terms

Circus arts. Arts and techniques that are given in an artistic show, which can include acrobats, clowns, magicians, fire-swallowers, and other artists.

Acrobat. Person who, with risk and great skill, jumps, dances or does any other exercise on the trapeze, the tightrope, etc., in the shows.

Verticalism. Specialty of balancing consisting of vertical and strength balances.

Unicycle. It is a single-wheeled vehicle, and pedals like those of a bicycle. It is a requirement for every unicyclist to have a good balance and control of the center of gravity.

Clown (from the Italian pagliaccio). It is a stereotyped character commonly depicted with extravagant

costumes, excessive makeup and flashy wigs. Generally his function is to make people laugh, to play jokes, to do tricks and sometimes funny tricks, but he is also a satirical actor who makes fun of everyday life.

Juggling. The art of manipulating and performing shows with one or more objects at the same time turning them, keeping them in balance or throwing them into the air alternately, ordinarily without letting them fall to the ground. Juggling is known for its difficulty and visual beauty, for this you need a certain psychomotor skill on the part of the performer, who is called a juggler. He uses different parts of the body, mainly the hands, but also the feet, arms and / or head. Juggling is one of the classic attractions of the circus, among the best known are the

following toys that allow them to perform: juggling balls, bouncing balls, clubs, rings, diabolo, cariocas, etc.

Contact juggling. It is a form of manipulation of an object that focuses on the movement of the object, like balls in permanent contact with the body. It has few things in common with "pulling" juggling, since it usually involves the implantation of one or more completely transparent balls in the hands and arms to create visual illusions, such as a fixed ball in space.



Puppeteer. Person who handles the puppets or performs puppet or puppet shows.

Aerial fabrics. Aerial apparatus consisting of a piece of synthetic fabric normally provided with a certain elasticity, approximately between 8 and 12 m long and 1.5 m wide, suspended in half to the ground, which the aerial acrobat uses to make aerial acrobatic figures.

Air hoop. Aerial apparatus consisting of a circular metal piece of variable diameter suspended by one or two points, which the aerial acrobat uses to make figures of aerial acrobatics. In the aerial hoop you can execute static, rolling or rotation movements.

Flying trapeze. Aerial apparatus consisting of a bar suspended at its ends by two ropes or two cables.

Aerial straps. Aerial apparatus consisting of two independent ribbons, usually synthetic fiber, about 3 cm wide and several meters long, suspended vertically from a metal plate and often finished in the form of a handle, which the aerial acrobat uses to make various figures.



Music. Music (from the Greek: μουσική [τέχνη] mousikē [téchnē], "the art of the muses") is, according to the traditional definition of the term, the art of sensibly and logically organizing a coherent combination of sounds and silences using the fundamental principles of melody, harmony and rhythm, through the intervention of complex psycho-psychic processes.

Musical instrument. Object composed of one or more pieces arranged in a way that produces musical sounds.

Gumboot dance or gumboots. It is an African dance that is performed by dancers wearing waterproof boots, also known as "Wellington boots". In South Africa, these boots are called *gumboots*. The boots can be adorned with bells, so that they sound when the dancers step on the ground. These sounds constituted a series of different codes or warnings to communicate something to another person located a short distance away.

Body percussion. It is a discipline that creates sounds and rhythms using only body parts. It is present in many traditions, cultures and folklore of many countries.

Contorstonism. It is the practice of various exercises (or contortions) in which people with great elasticity and/or flexibility (contortionists) adopt certain postures of enormous difficulty and practically impossible for the vast majority of people. The essence of these postures lies fundamentally in bending the joints in the opposite direction with ease, bending their extremities in an unusual way or prolonging the dynamic range of the natural movement in them.



Cyr Wheel. Circus specialty consisting of running figures, displacements and acrobatics with a cyr wheel: an apparatus consisting of a metal ring, the diameter of which measures 10 cm more than the acrobat, which is used to execute figures and acrobatics while in motion.



(Sources: TERMCAT, Wikipedia, Association Donyet Ardit, others).



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PRODUCTION



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