



Classes & Workshops Available (List & Descriptions)

Since 2009, Fire to the Max has hosted workshops at circus centers, conferences, conventions and festivals globally.

Spreading love and knowledge of movement arts to as many people as possible is our motivation for teaching.

Dedicated to inspiring interest in and helping everybody learn flow, movement, and fire arts, and with widespread experience as a teacher, instructor Max presents material in a clear and concise way for students of all backgrounds to understand.

Our organized, accessible classes are available at a range of skill levels.

List of Workshops Offered (descriptions follow below)

- Staff Spinning (Beginner, Intermediate, Advanced, Footwork, or Throws)
- Contact Staff (Beginner, Intermediate, Advanced, Footwork, Fishtails, Tosses, or Comprehensive Intro Series)
- Double Staffs (Beginner, Intermediate, Advanced, Footwork, Tech, Anti-spins, Tosses, Doubles Contact, Fishtails, or Comprehensive Intro Series)
- Triple Staffs (Beginner, Intermediate, Juggling, or Contact)
- Fei-cha / Dragonstaff (Beginner, Intermediate, Footwork, Throws, or Fishtails)
- Poi Spinning (Beginner, Intermediate, Stalls, Wraps, CAPs & Anti-spins, Footwork, or Comprehensive Intro Series)
- Fan Spinning Tech & Dance (Beginner)
- Juggling Balls (Beginner or Intermediate)
- Juggling Clubs (Beginner)

- Juggling Stuffs
- Musicality
- Gloving and Tutting
- Orbs and Orbits
- Movement with Poi
- Movement with Stuffs
- Footwork for Flow Arts
- Acroyoga (L-based Partner Acrobatics)
- Acrobatics (Partner Standing Acro-Balance)
- Basic Partner Acro Series: Acroyoga, Partner Therapeutics, (Standing) Acrobalance, and Acro for Fire Shows (with additional teachers)
- Stretching & Flexibility for Flow Arts
- Character Development
- Stage Presence
- Fire Safety
- Private lessons also available.

Workshop Descriptions

Staff Spinning (Single)

- Beginner Staff Spinning

Learn to spin like a Ninja Warrior! This introduction to Planes, Forward & Backward Weaves, Front Rotor, and Behind the Back Spinning is an incredible foundation for becoming a quick staff master. Everyone will finish the class knowing all of these moves!

- Intermediate Staff Spinning

Already comfortable with a staff in your hand? We'll practice Reels, the 1- 2- 3- & 4- Beat Weaves, Basic Anti-Spins, Stalls, Transition Theory, Horizontal Spinning, Passing Under the Leg, What to do with your other hand, Mock Fighting, and more...

- Advanced Staff Spinning

Think there's nothing left with hands-on staffs to explore? Think again, as we learn Jumps, Turns, 360's, Wrist Rolls, Shoulder Wrap, Palm Spins, Isolations, Advanced Anti-Spins, Head Spins, Kick Flips, Tosses and more!

- Footwork for Staff Spinning

A class for staffers of any level who want to add active dance and grand movement beyond just-standing-there-spinning. We will learn stances and steps which accentuate the authority of warrior staff style, various 180° & 360° Turns, Jumps, Moves while Walking & Running, and how to Use All the Space Available to Play & Give a Show.

- Staff Throws ...and Catches!

Techniques for throws and, more importantly, catches with staffs. Applicable to single or double staffs, as well as juggling of course, and tips on contact throws (hands-off, fishtail or otherwise) for those interested. Learn Inward & Outward Throws, Timing vs Height, Catch Positions, and fun additions like Behind the Back and Under the Leg! Bring a staff that you're prepared to drop a few times ;)

Contact Staff (Single)

- Beginner Contact Staff

Learn how to spin without hands and beautifully maneuver a staff with your body! Improve your balance, concentration, and spatial-awareness with the basics of wraps and rolls – achievable moves broken down and easy to understand. Starting with Neck, Shoulder, and Wrist wraps, we'll focus on dancing with the staff while building towards more elaborate moves like Duck-outs, Halos, Conveyor Belts and the SNES (Shoulder-Neck-Shoulder wrap).

- Intermediate Contact Staff

Already know some contact basics like neck, shoulder & wrist wraps? You'll excel in this course as we blast through more compound contact moves like The Steve, Conveyor Belt Variations, Angel Roll, Work Towards Fishtails, and Turning During Contact Moves.

- Advanced Contact Staff

Instruction in advanced contact moves requiring a decent background in and familiarity with hands-off staff spinning. We'll learn the Prayer Steve, Vertical Steve, Anti-Spin Steve, Hand-to-Foot Steve, Fishtails, Kick-Flips, Waist-Wraps, Armpit Entry Halos, Behind the Back Angel Roll Entry/Exit, Scalp Spins, Chest Spins, Jesus, Holy Trinity, Half-Matrix, and Full-Matrix.

- Footwork for Contact Staff (Intermediate & Above)

Learn how to walk or spin around while doing back-to-back contact moves like the SNES, Waist-Wraps, & Jesus endlessly; get down and back up during Duck-outs; and do Chest Spins & Steves lying on the ground. We'll also go over Stances and Positions to Accentuate Contact Moves, Cartwheels with Contact Staff, and how to Use All the Space Available to Play & Give a Show.

- Fishtails (Advanced Contact Staff)

Know the basic fishtail? There's so many variations to learn: Fishtail in Forward & Reverse, in your Elbow, 2-, 3- & 4-Beat Weaves, Isolations, Anti-Spins, Propellers, Stalls, Pirouettes, Reversals, and more can all be done on the back of your hand!

- Tosses from Fishtails, Duck-outs, Feet, and more! (Advanced Contact Staff)

Contact staff... throwing? A beautiful and physically demanding oxy-moron! Learn to do Magic-looking Fishtail Tosses, Duck-out Pops, Angel Roll Tosses, Steve Throws, Foot to Foot Tosses, Kick Flips, Step-Over Kick Flips, and to keep spinning Contact Staff During Aerial Jumps like Butterfly Kicks!

- Comprehensive Intro to Contact Staff, as a Series

This course will get you from ground zero to wrapping the staff around your body – without hands – like a contact pro in no time. Starting with the necessary hands-on moves to easily transition, gain confidence, and find flow (see above: Staff Spinning Beginner & Intermediate); about a dozen impressive hands-off contact moves (see above: Beginner Contact Staff); all the way to compound contact moves (the SNES, Halos, Duck-outs, Conveyor Belt, Steve, and more), contact transitions, footwork, and moves that look like magic. Learn to Move, Dance, Turn, & Jump with staffs, and get tips on Stage Presence, Style & Technique. (In the style of Fire to the Max's Online Course in Comprehensive Intro to Contact Staff)

Double Staffs

- Beginner Double Staffs

What's better than wielding one of the most versatile tools? Two! Double Staff basics including grip, timing, and direction; reels and tracers; weaving the staffs without having them hit; and moving and turning with both staffs spinning!

- Intermediate Double Staffs

This Double Staff workshop will cover Clean Planes, wicked Weaving Patterns, Anti-Spins, Tosses, and more! We'll go over how to Turn, Move, & Dance with staffs, and a bit on Stage Presence, Style & Technique with doubles.

- Advanced Double Staffs

Learn 180° and 360° Turns & Jumps, Advanced weaving moves such as the Archers Cross, Tosses and Throws with two staffs, and how to add in Contact Moves and Fishtails.

- Footwork for Double Staffs (Intermediate)

Learn how to move & jump while continuously spinning Double Staffs, spin around while doing Isolations, get down and back up using Anti-Spins, and get in and out of Contact moves. We'll also go over Stances and Positions to Accentuate Double

Staffs Moves, Aerial Jumps with Two Staffs, and how to Use All the Space Available to Play & Give a Show.

- Double Staff Tech without Finger Twirls (Intermediate)

Ever seen a double-staffer give a bad-ass show, look all authoritative and commanding, spinning like a warrior and also break down into some crazy fast tech? Learn how to do it yourself – hint: the super-fast wild-and-crazy-but-in-control tech isn't done with finger twirls. We'll be drilling Reels, Anti-Spins, Weaves, and combos with hands on our staffs, fists in control to safely enable whipping staffs around your body like a powerful warrior.

- Anti-spins with Double Staffs (Intermediate)

Come explore the vast world of anti-spins with double staffs! Learn Anti-Spins with fist-on (no finger twirls): Outside vs Inside, pointing Out vs Down, 4 points vs 3 (triangles), CAPs (Continuous Assembly Patterns), Timing & Direction switches, Static vs Isolation vs In-spin, Combinations, Turning during Anti-Spins & more!

- Tosses with Double Staffs (Intermediate)

Throwing double staffs! So many possibilities, tossing builds towards and even looks like juggling. Learn Double Staff patterns involving Inward & Outward Throws, various Catch Positions, Timing vs Height, 2-At-a-Time, and fun additions like Behind the Back and Kick-flips!

- Contact with Double Staffs (Intermediate & above)

We will get in-to some crazy Contact Staffing with our bodies while working in two staffs. Practice Halos, Duck-outs and Steves, Shoulder and Waist Wraps, and Angel Rolls with different Entrance & Exits such as Armpit, Behind the Back, 2-in-1-Hand, and the Under-the-Wrist Fishtail Trap – all with two staffs! (Prerequisite: some ability to execute, with single staff, the contact moves mentioned)

- Fishtails with Double Staffs (Advanced)

Staffs can be manipulated on the back of your wrist in nearly every shape they can in your hands! Come test your fishtail prowess as we introduce Extra Beat Fishtails; Stalls, Reversals and Pirouettes; Anti-Spins, Isolations, and their Combinations; getting In and Out of Contact Moves; and 180° & 360° Turns...all with two staffs fishtailing at once!

- Comprehensive Intro to Double Staff, as a Series

(Comprehensive Double Staffs Intro course coming soon...)

Triple Staffs

- Beginner Triple Staffs (not-much-throwing)

Triple Staff for Beginners! We will focus on fun non-throwing tricks for triple staffs, and also introduce the basic juggling pattern & give tips on practicing throws. Learn various shapes to hold 2 or 3 Staffs in One Hand and weave them all around your body, Basic Contact Juggling, and some fun & simple flair tricks to spice up your play!

- Intermediate Triple Staffs (not-much-throwing)

Want to learn more not-throwing? In this class we delve deeper into: more Contact Juggling Balance Points; getting In and Out of tricks from Single Tosses, Fishtails, and Behind the Back; using 3 Staffs as Devil Sticks (Flower Sticks); and Angel Rolls, the Archers Cross, and how to incorporate Dynamic Flair to Inspire Awe.

- Juggling Triple Staffs (Intermediate)

Balls & clubs too boring for you? Come juggle staffs and learn other fun things to do with 3 staffs. We'll cover: the Basic Cascade, Wall vs Wheel Plane Patterns, and other variations; Drills for learning to juggle staffs for the first time; and non-juggles like Hand Switching, Weaving, Kick-ups, and more.

- Triples Contact (Intermediate)

Throwing gotcha down? Learn some crazy and not-that difficult tricks balancing staffs all over your body! Come try your hand at various Contact Juggling Patterns,

as well as in and out of contact-staff moves such as Traps, SOSC (Staff-on-Staff Contact), the Steve, Duck-outs, Angel Rolls & the Matrix while manipulating 3 staffs!

Fei-cha / Dragonstuffs

- Beginner Dragonstaff (Basics of Fei-Cha)

Fei-cha! no, I didn't sneeze, it's the martial art of rolling a trident. Come learn the basics: the essence of Dragon Staffing. We will cover Rolling Up & Down the Arms and Back, the Chi-Roll, Cheating Death, Minimal Steve, Chest Steve, introduce 1-Arm Moves and a few basic Tosses.

- Intermediate Dragonstaff

Already got the basics? Come learn Rolling Fishtails, Rolling Propellers, Angel Rolls, Pops, 1-Arm Rolls (Wrist, Elbow, and Shoulder), 1-Arm Chi-Roll, Behind the Back Rolling, Inverse Steve, Static Steve, Roll Reversals, Stalls, and Tips for Commanding Presence with Dragonstuffs!

- Footwork for Dragonstuffs (Intermediate)

Learn how to walk or spin around while doing back-to-back moves like the Steve or Angel Roll endlessly; get down and back up during Duck-outs; and do Chest Spins & Steves lying on the ground. We'll also go over Stances and Positions to Accentuate Dragonstaff Moves, 360's with Dragonstuffs, and how to Use All the Space Available to Play & Give a Show!

- Dragonstaff Throws (Intermediate)

Gigantic Dragonstuffs can be used to do Gigantic Throws! Learn how to: Generate Momentum and Precision to do big Throws, Catch the Dragonstaff with roll in a certain direction, and Toss In & Out of Steves & Angel Rolls.

- Dragonstaff Fishtails (Advanced)

Fishtails with Dragonstuffs? Yes, they're possible – and even extremely dynamic, versatile, and easier than you'd imagine! We'll teach the basic Rolling Fishtail

(reverse) as well as Pop to Transition into Angel Rolls, Steves, Forward Fishtails, and Horizontal and Vertical Fishtail Tosses!

Poi Spinning

- Beginner Poi

An easy way in to the world of flow arts – Poi are so mobile, they let you take your practice anywhere you go! Learn the Basics of Spinning, Planes, and how to Make Beautiful Patterns with Your Body and Poi. Improve your balance, concentration, hand-eye coordination, & self-awareness, and gain a great fun skill with a community of flow artists around the world!

- Intermediate Poi

Already have basic control of Poi? We will work on Extensions, Fountains, Weaves, Stalls, and Wraps while learning more about Timing, Direction, and preliminary Stall Theory.

- Poi Stalls (Intermediate)

This class is all about stalls: the many ways to practice and use them. Learn Vertical, Horizontal, Inside, Outside, Up and Down Stalls, and different timing and direction combos. Careful & clean poi stalls enable Reversals, Transitions, Turns, Applause Points and more!

- Poi Wraps (Intermediate)

Poi Wraps can be done anywhere – Wrist, Arm, Thigh, Calf, Waist and more! Learn Single & Double Wraps and practice Timing & Direction change concepts while improving control. Wraps can be dynamic additions to anyone's flow – we'll even go over the conditions for safe wraps with fire poi!

- Poi CAPs & Anti-spins (Intermediate)

All about Poi Anti-Spins and Combinations! Learn beautiful Extension CAPs (Continuous Assembly Patterns), Triquetras, and other Anti-Spin moves while we practice concepts of In-Spin & Timing in Various Directions.

- Footwork for Poi (Intermediate & above)

Learn how to Move & Jump with Poi: Footwork for 180's and 360's with Extensions, getting Down and Back Up using Anti-Spins, and Stalling to Get In and Out of Turns. We'll also go over Stances and Positions to Accentuate Poi Moves, Aerial Jumps with Poi, and how to Use All the Space Available to Play & Give a Show.

- Comprehensive Intro to Poi, as a Series

(Comprehensive Poi intro course coming soon...)

Fans Spinning

- Fans Spinning Tech & Dance (Beginners)

Fans are a great dance prop – but they can be spun too! Learn the Basics of Fans Spinning and Tech: easy Fundamental Patterns, how to Grip & Switch Grips, and how to Work Tech into your Dance.

Juggling

- Juggling Balls (Beginners)

Ball Juggling is one of the oldest sports in the world! Learn the patterns & techniques fundamental to juggling every other possible object. We'll focus on the Cascade, Reverse Cascade, Juggler's Tennis, Half-Shower, and 2-in-1-Hand while exploring the space around us and what's capable with our playful balls!

- Juggling Balls (Intermediate)

Think you know the basics of juggling? Try your hand at more 3 ball patterns like the Shower, Windmill, Mill's Mess, 423 Site-Swap, and more as we play around with spaces Above the Head, On the Ground, Behind the Back, and Under the Leg!

- Juggling Clubs (Beginners)

Basics of Club Juggling: get some clubs and get into this ever increasingly popular pastime! Learn how to Throw with Consistent Rotation, where to Grip for Control,

Drills to make it easy, the 3 Club Cascade, and Double Spins. We'll discuss the principles behind Multiplexes, Wall Plane patterns, and Passing to a Friend!

- Juggling Stuffs

See above [Triple Stuffs: Juggling Triple Stuffs (Intermediate)]

Musicality

- Musicality with Props

Learn to dance with your chosen prop to accentuate music, captivate audiences, and really feel the flow. We will explore Speed, Timing & Size variation; Use of Space; how to Analyze Conventional Music Structure; and Appreciation of Individual Differences. Musicality masters look like they're part of the song – come connect to the music and take your performance to the next level!

Gloving, Tutting, and Orbits

- Gloving and Tutting (Dancing with your fingers, LED lightshows)

Gloving has become a movement in California and across the globe. Learn Techniques to Accentuate LED fingertips, as well as do Dynamic Hand-Centered Dancing (Tutting), and Gain Flexible and Dexterous Fingers while learning about timing and using all the space available to give a show.

- Orbs & Orbits (LED String Manipulation, LED lightshows)

A unique little tool for roving entertainment, an Orbit is comprised of 2 to 6 LEDs tied to the middle of a string held between the hands. So simple, yet so capable: the colorful ultra-bright LEDs are spun to weave endless beautiful patterns of light, and whipped and swirled around the body to create acrobatic infusions of wonder. Learn how to control one with mesmerizing speed and precision!

Movement

- Movement with Poi

See Above [Footwork for Poi]

- Movement with Staffs

See Above [Footwork for Staff Spinning, Contact Staff, Double Staffs or Dragonstaff]

- Footwork for Flow Arts

A workshop on the footwork and principles of movement for dancing with almost any flow prop, even just your own body! Learn 180° and 360° Turns, Shoulder vs. Foot Orientation, Switching Flow Direction, how to Jump with Extensions, and tips for Safety, Stability, & Presentation!

- Acroyoga, L-based Partner Acrobatics (Beginners)

Basics of L-based partner acrobatics, which simply means the Base lying on their back with feet and legs straight in the air – making an L – and the Flyer balanced on the Base's feet! Known colloquially as Acroyoga, this introductory workshop will take you from ground zero through being a flyer, a base, and a spotter for safety for a number of postures such as Bird, Throne, and Fallen Leaf! We will conclude with techniques similar to Thai Massage for stretching Flyers, and giving "Leg-Love" to the Bases after.

- Acrobatics: Partner Standing Acro-Balance (Requires Fitness, but no experience)

This workshop will focus on easy counter-balances anyone can do with a base, a flyer, and a spotter for safety. Starting with slow transitions and static poses such as Flag, Titanic, Half-High, Armpit-Hold, and Shoulder-Bird, we may transition to dynamic moves such as Assisted Cartwheels or the Russian Roll-Up. Geared towards beginners – stability, ease, and balance will be emphasized.

- Partner Acro Beginner Series (with additional teachers Nick Capobianco and Elisa Orellana).

Series Sections: Acroyoga, Partner Therapeutics, (Standing) Acrobalance, and Acro for Fire Shows. Starting with stationary/foundational postures (Basic Acroyoga), we will progress to L-basing transitions (Intermediate Acroyoga), and finally standing postures (Acro-Balance). We'll cover grounding partner stretching and massage to

lighten intense practice and keep training well-rounded (Partner Therapeutics), and along the way highlight moves which are easy to do with fire props! (Acro for Fire Shows, integrated into each section and available as a class). Three instructors needed to demonstrate all 3 Acro roles: Base, Flyer, and Spotter for Safety.

- Stretching & Flexibility for Flow Arts

Stretch it out and get re-centered as we practice habits to keep our greatest flow prop safe – our body! We'll do Warmups for healthy Shoulders; Stretches for the Neck, Torso and Side-body; Dynamic exercises for Opening Hips; and Lengthen the Legs, Hamstrings, and Back. Bring a Mat and a Belt if you have one.

Character & Stage

- Character Development

Workshop games and exercises for developing character. Character work is fun! Let's Clown around, get Animalistic, accentuate our Funny Bodies, and learn what people really watch while you're on stage.

- Stage Presence

Learn to present yourself on stage to captivate viewers! Participate in workshop games to get real practice and feedback while we focus on how to Hold an Audience's Attention and What Makes a Performer Memorable. We'll work on Facial Expressions, Body Positioning, Using All the Space Available, Applause Points, Making Basic Moves Fascinating, and Building Up to a Crescendo.

Fire Safety

- Fire Safety

The must-knows of fire safety and tool maintenance. Required for all students wishing to play with fire. Learn about different Tools, Fuels, & Clothing Fabrics, as well as how to be a good Fire Safety, Extinguish Tools, Assess Emergency Priorities in a Performance Environment, and Put Out Different Types of Fires.

Private Lessons are also available

Check out the contact info below to book.

Come for a Free Beginner Staff Lesson, schedule permitting, at Ocean Beach Sunday Spin Jams in San Diego, CA.

More Information

Max has hosted workshops in all varieties of settings and events, in addition to teaching online through private lessons, tutorials, and video courses.

Along with coaching and writing about fire & flow arts, Max is also a passionate performer who leads fire safety classes & demonstrations all over the world.

Fire to the Max is available for spectacular Fire, LED, Flow, and Circus performances!

Videos, Series Details, Teaching History & Schedule

Check out FiretotheMax.com for pictures, videos, & information on:

- [Workshops](#)
- [Fire Shows & Performances](#)
- [Safety Requirements](#)
- [About Max](#)
- [Download Max's Teaching History and Instructor Resume/CV](#)
- [Download our full Performance History](#)
- [The Flow & Fire Arts Blog](#)

We'd love your support, please Like/Follow Fire to the Max on [Facebook](#) and [Instagram](#) to keep in touch.

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