

# FireFlyz

## Brochure

### Introduction

The FireFlyz are a Staffordshire based fire performance troupe. We specialise in Fire Staff and Fire Poi but we also use Contact Juggling, Stilts and Glo Equipment. We can be booked for corporate and charity events, private parties and festivals. You can see examples of a performance in the Photo Gallery at [www.FireFlyz.co.uk](http://www.FireFlyz.co.uk).

**E-Mail: [Info@FireFlyz.co.uk](mailto:Info@FireFlyz.co.uk)  
Telephone: 07811170200**



### **Disclaimer:**

Please note that all of the FireFlyz troupe are experienced performers and we do not recommend or condone the use of flammable materials by untrained people. Our troupe includes people trained in first aid, an ex-fireman and a sound comprehension of the risks involved.

## **Performances & Training**

This section briefly describes our current range of performances and training.

### **Fire Performances**

For an evening outdoor performance we use a variety of fire equipment including Poi, Staff, Nunchux, Rope-Dart, Fire Ropes and more!

Performances are usually broken up into 10-20 minute sets but this can be altered to suit your event. Alternatively we can free-style to fill a space in your line-up such as while guests are arriving.

Daytime performances are more limited due to the visual effect of the fire at night. As of yet we do not do indoor fire performances, if you wish to hire us for an indoor event please see the sections on Glow Performances, Walk-Abouts and Circus Workshops.

We recommend a minimum of two performers for a fire show. The more performers you use the more variety and impact a fire show can have. If you do require more than three performers please give us as much notice as possible so that extra personnel can be booked.

We can tailor our glow performance to suit your event by using your music and wearing costume matching your theme. If you do want us to tailor our show in any way then please contact us as soon as possible to ensure we have time to make the alterations.

We are a professional fire troupe and take pride in our safety record and procedures.

### **Glow Performances**

Glow Performances use a mixture of different glow equipment such as Poi, Staffs, Nunchux and Rope Dart. The illumination is achieved in two ways, through high intensity L.E.D's and non-toxic chemical lighting.

Performances are usually broken up into two or three 10-20 minute sets but this can be altered to suit your event. We recommend a minimum of two performers for glow performances but please feel free to contact us and go over details.

For a glow performance we would require an area separated from the audience (such as a stage or cordoned off area) as the equipment we use is travelling at high speeds and can cause injury. We can tailor our glow performance to suit your event by using your music and wearing costume matching your theme. If you do want us to tailor our show in any way then please contact us as soon as possible to ensure we have time to make the alterations.

Indoor events such as Nightclubs, Halls or Marques cannot include fire equipment due to the fire hazard.

### **Walk-Abouts**

A walk-about is where we mingle with guests and provide a more intimate and close-up show. We can also provide stilt walkers if required. If you want us to tailor costumes to suit the theme of your event then please give us as much notice as possible so that we have time to make the alterations. A walk-about set can be up to 1 hour long or 30 minutes if you require stilt walkers, however we can do more than one set in a night. Being up-close with the audience does limit the equipment we use. There is no fire aspect to a walk-about. If you want stilt walkers at your event then we will also supply a marshal to accompany each walker, as stilt walkers are inherently defenceless!

## **Circus Workshops**

The FireFlyz can offer a variety of circus workshops aimed at the whole age range from 4 to 104.

- Schools
- Corporate Events
- Charity Events
- Team Bonding
- Festivals

Our circus workshops focus on aspects of the modern circus that we use in our performances such as poi, staff, juggling and contact juggling. However we also include some of the more traditional circus elements such as Diablo and devil sticks. We can offer formal workshops where there are set times and lesson plans or offer a drop-in workshop where people can come and go as they please during the course of a day.

### **Circus Skills and Health**

Learning a circus skill has many health benefits in its own right along with being a lot of fun and getting you out in the fresh air! All of the disciplines promote co-ordination, flexibility, balance and mental agility due to the way you have to focus and some of the disciplines, such as staff and poi also improve your core muscle groups in a similar fashion to yoga or tai chi.

Please note that none of our workshops, for adults or children, include fire. Our workshops are not crèches and children should be supervised by a responsible adult. As with all of our performances all of the appropriate certificates are available on request. For further information contact us at [Workshops@FireFlyz.co.uk](mailto:Workshops@FireFlyz.co.uk).

## **Weddings**

For Weddings we can tailor the performances to match the theme of the wedding. These can include matching the costumes to the colours or theme of the wedding.

We can also offer performances at after parties aimed at being either one of the main entertainments or aimed at entertaining the children. Alternatively you could hire us to do a circus workshop as an alternate way to entertain your guests.

As with all of our performances all of the appropriate certificates are available on request. For further information contact Beth on [Beth@FireFlyz.co.uk](mailto:Beth@FireFlyz.co.uk).

## Performer Profiles



### **Beth**

Beth is the best Poi performer from FireFlyz and is by far the most graceful. She also co-ordinates all of the work with children and runs her own creative workshops.

I was born and bred in the Midlands.....

I started dance classes at the age of Three.....

I started Drama classes at the age of Six.....

I have played music from as early as I can remember.....

I have a degree in Theatre and Performance Art.....

I have trained as a Drama teacher.....

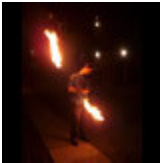
I organise and co-ordinate drama, art, and craft workshops with children and adults.....

.....and I love to POI!.....

I have been spinning now for over 5 years and although I am slowly picking up other toys and tricks, poi will always be my forte. My roles in the 'FireFlyz' include choreographer, costume designer and workshop co-ordinator. So if you want to discuss any of these in more detail then email me at [Beth@FireFlyz.co.uk](mailto:Beth@FireFlyz.co.uk).

Until next time.....

B;)



### **Tom**

Tom has been doing circus tricks to amuse himself and the audience for the past 13 years. He also has the knack for teaching the basics to absolute beginners and getting them hooked!

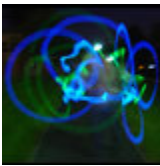
Hi I'm Tom, I have been involved in many different types of performance from circus to theatre to music performances. I began learning circus skills as most people do, by picking up three balls and teaching myself to juggle. From there I have slowly picked up more and more tricks from like minded people. I have now built up a large repertoire of tricks including Poi, Staff, Juggling, Contact Juggling, Stilt Walking, Diablo, Devil Sticks... Currently I am trying to improve both my contact staff and double long-staff skills. At University I studied Audio and Music Technology which comes in handy for the extras, like music to go with our performances.



### **Mike**

Mike is the relatively new member of the group having been spinning for less than a year, but has shown he has the ability even after this short space of time. He is a quick learner and a confident spinner.

Hi I'm Mike, the newest recruit to the group. I've only been swinging poi for a few months but I have picked it up fairly quickly and making good progress. Having previously been a fireman, I bring valuable knowledge to the group with regards to health and safety during our performances. This is the first time I have ever performed in public, and I'm really enjoying it. I really enjoy spinning poi but am also in the process of teaching myself Diablo, staff and contact juggling. By the time you have read this I'm sure I would have learnt a new trick. Happy spinning. :o)



### **Rob Nunchucks**

Rob is a new addition to the group originally getting into fire spinning through martial arts. Rob uses traditional martial arts weapons that have been modified into fire toys. Rob is a brown belt in karate and has been training with martial arts weapons since 15.

Hi I've been using the weapons my props are based on for about 5 years now. I'm often called Rob Nunchucks because of my signature skill, double flaming Nunchucks. I'm also proficient with sword, staff and 3-sectioned staff. I have taught martial arts to children and adults and enjoy teaching. As 90% of my props can't be bought I've become very proficient at building my own props, with most people unable to distinguish between my purchased toys and my custom built ones. I love performing, the more people the better.

## **FireFlyz History**

The FireFlyz have been performing as a group since April 2004, but various members have been performing independently since 1994. Our first performance was an un-choreographed piece (free-spinning) for the NSPCC at a charity ball, in Tutbury castle. After that we have slowly evolved more synchronized performances as well as improving our individual skills.

So I guess that's about it really – hope you like the website, Tom maintains it so any constructive criticism (& gripes) should be directed to him (Tom@FireFlyz.co.uk) – let us know if you have any comments or are interested in joining forces with FireFlyz somehow.... (info@FireFlyz.co.uk).

## **Previous Events**

Over the last year the FireFlyz have been involved in a wide variety of activities from a performance at Conkers bonfire night fireworks display with 6000 people to running “Introduction to Object Manipulation” workshops where we aim to teach the fundamentals to groups of 10 – 30 people.

To see photos from our performances and workshops visit the website and go to the events section of our photo gallery.



## **Fire Safety**

As a professional performance troupe we supply our own fire safety equipment such as Fire Extinguishers and Fire Blankets all of which are maintained and stored in appropriate conditions.

Each performer completes their own equipment check sheet prior to every event. For each event there is also a site safety check sheet which we complete to ensure the surroundings are appropriate for the planned performance.

For larger performances the FireFlyz troupe includes people trained in first-aid, a copy of their current certificate is available on request. They will also have a HSE approved first aid kit.

The fuels we use in our performances are all thoroughly tested in practise sessions prior to use in performances. The main fuel we use is Paraffin (British Standard – BS2869C1). When on site all fuel not in use is stored in a clearly marked and sealed steel container, reducing the risk of accidental ignition of the fuel supply. Only enough fuel for the performance will be brought on site.

One of our main performers, Mike, is also an ex-fireman.

## **Insurance**

Any performance involving FIRE carries with it a certain degree of risk.

This risk is minimized by:

- a broad range of experience,
- a professional working practice
- and efficient, comprehensive, safety procedures.

In case the worst should happen all of the FireFlyz performers have Public Liability Insurance (PLI) of up to £2,000,000.



## Glossary

### Poi

Poi are two flexible lengths, weighted at one end, which are swung around the body to form patterns. They come in various forms such as Fire Poi (with Kevlar wicks), Glo Poi (these illuminate or strobe), Sock Poi (these are long socks with weights) or Flag Poi (with streamers or tails). For more information see [www.HomeOfPoi.com](http://www.HomeOfPoi.com)

### Staff

Staffs are usually between 60cm and 160cm long with a hand grip in the middle. Fire staffs have a Kevlar wick at each end, allowing them to be lit. Other staffs are either brightly coloured, have tassels or illuminate in some way. For more information see [www.HomeOfPoi.com](http://www.HomeOfPoi.com).

### Double Staff

Double staff is the technique of using two staffs at the same time. This is also referred to as Double Long-Staff or Double-Short Staff depending on the length of the staff.

### Diablo

A Diablo is a more traditional circus skill where an egg-timer shaped object is manipulated on a string between two sticks. Think of it as a large yo-yo that is not tied to its string.

### Contact Juggling

Contact juggling is the manipulation of objects without them leaving contact with your body! The only pop-culture reference I can find is David Bowie in the film Labyrinth (or rather a body double). For an in-depth description you could hire us! ....or go to [www.ContactJuggling.org](http://www.ContactJuggling.org).

### Nunchucks

Nunchucks are basically two handles joined together by chain or cord. Nunchucks (or Nunchaku) were originally a Japanese farming tool used to crush rice husks they were then adopted as a discrete portable weapon. More recently they have been popularised by martial arts films most notably by Bruce Lee.

## Websites

The following addresses are for useful and associated sites.

<a href="http://www.HomeOfPoi.com">www.HomeOfPoi.com</a>	- General site for the Poi and Staff community.
<a href="http://www.ContactJuggling.org">www.ContactJuggling.org</a>	- Contact juggling site
<a href="http://www.FireToys.co.uk">www.FireToys.co.uk</a>	- UK source for equipment and chat forums.
<a href="http://www.soton-firespinning.co.uk">www.soton-firespinning.co.uk</a>	- Great community site based in Southampton covering the south of England offering forums, chat, galleries, downloads and more
<a href="http://www.Poitoy.com">www.Poitoy.com</a>	- Buy Poi Wholesale