

GET A GRIP

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A column by
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Get a grip and learn the truth about pole dance and everything surrounding aerial sports!

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ZERO GRAVITY
POLE DANCE

Contributors



Heather Loraine, master mind 智多星

Heather is an intermediate level pole dancer and cocktail enthusiast living in Shanghai. She has been writing passionately since she was 8 years old, poetry, essays and creative prose. Now she is writing with Zero Gravity on the riveting subject of all things pole sport and aerial arts related!

Heather是一位居住在上海的中级钢管舞者和鸡尾酒爱好者。她从8岁起就开始充满热情地执笔着墨，题材包括但不限于诗歌、散文和创意散文。现在，她为Zero Gravity撰写有关普及钢管运动和空中艺术相关的有趣内容！

Phoebe Huang, language genius 语言小能手

There is a dynamic spirit shining in ZG's studio - Phoebe from China, a pole dancer and bilingual translation assistant. As a cross-cultural art practitioner, she accurately conveys the subtle emotions between different cultures in ZERO GRAVITY. In the world of pole dancing, she is like a free bird, constantly breaking through the secular prejudices and physical limits. ZG的舞室有一位闪耀着独特光芒的灵动精灵——来自中国的Phoebe，一位钢管舞者兼双语翻译小助手。做为跨文化艺术实践者，她在ZERO GRAVITY精准地传递着不同文化之间的微妙情感。而在钢管舞的世界中，她更是如同一只自由的飞鸟，不断突破世俗的偏见和身体的极限。



Johanna Spee, pole mama 钢管妈妈

In a bustling city known for its glitz and glamour, there is a hidden gem that defies gravity, and stereotypes – ZERO GRAVITY Pole Dance Studio in Shanghai. Founded by the fearless Johanna aka Pole Mama, a pole dance enthusiast from Germany, this studio is a testament to pursuing your dreams against all odds.

在一个以浮华和魅力著称的繁华魔都里，有一颗打破重力和刻板印象的隐藏明珠——上海的ZERO GRAVITY钢管舞工作室。它由大名鼎鼎的Johanna，又名Pole Mama创立。她是一位来自德国的钢管舞爱好者，这家舞室证明了她在重重困难中追求梦想的决心。

The Good, The Bruised and The Ugly

——*Tips For Down Days in Aerial Sport (Part 1)*

美好、磨砺与瑕疵 ——空舞运动低迷日的小贴士（卷1）

What we love doesn't always love us back. This expression couldn't be more true than with aerial sports and dance.

我们所爱的，并不总是以爱回报我们
——这句话对于空中舞蹈和运动来说，
再合适不过了。



In the beginning with any aerial sport there is a lot of pain, and the truth is that this pain doesn't necessarily stop. It just becomes part for the course and we don't attentively feel it as the years go on.

In pole, your bare skin bruises from sticking to the metal. In hoop/lyra you deal with abrasions, broken callouses on your hands and also bruise spackling from the thin rod you must cling to for life. In aerial pole, where the device hangs freely, the pole has to be a very sticky texture which can easily lead to ripped skin. And in silks your limbs and torso are squeezed by the cloth winding your body, so yeah sometimes silks aerialists even feel like they have invisible bruising deep inside.

With any sport, but especially these highly risky (literally life threatening) feats, there must be pain for progress.

在任何空中运动的初期，我们都会经历一些苦痛。残酷的是，这种苦痛并不会在未来停止，你只是习惯了它，成为了家常便饭。只是随着岁月的流逝，我们不再会那么刻意地去感受它了。

在进行钢管运中，你裸露的皮肤会因为紧贴金属摩擦而出现瘀伤；在吊环时，你的手会因为抓握而磨损起泡，甚至淤青；在飞管时，钢管附着了摩擦力更强的胶管材质，更容易导致皮肤撕裂；而在绸缎运动中，你的四肢和躯干会被布料挤压。没错，有时候绸缎舞者甚至感觉他们体内有看不见的瘀伤。

任何运动，尤其是在这些高风险（我是指字面意义上的危及生命）的特技中，进步往往伴随着痛苦。

“Why am I doing this to myself?”

But we forget that progress is not perfection. Since there is no end-goal with these activities, we see others flying through moves that mentally and physically perplex us. Or, we find that our strength cannot match our intentions. Or sometimes, instinctual fear simply stops the body from performing that lay back, drop, or leg switch. And no pun intended : we get down on ourselves.

We look in the mirror after a grueling aerial class where we didn't complete a single move, and see this sweaty mess of purple marks and hardened hands, sometimes a little blood or a clicking shoulder and think “Why am I doing this to myself?”

What's worse is we not only watched our class mates nailing those seemingly impossible moves, but then we scroll across a rerun of their success in social media flash-timing, overlaid by cool music, and cultivating likes. Ouch. Double ouch. Super double-f*ck-it-all, I-quit ouch! Then we sign up for next week.

但我们忘记了进步并不等同于完美，这些运动项目没有所谓的终极目标。当我们看着别人轻松完成那些让我们在精神和身体上都感到困惑的动作时；或者当我们发现我们的力量无法匹配我们的想法时；甚至有些时候，本能的恐惧阻碍了身体去完成一些后仰、下落或换腿的动作。这时，失望油然而生。

总有些时候，在上完一节高难度的空舞课程后，我们可能一个技巧都完成不了。看着镜子里这个汗流浹背、满是紫色印记和双手布满老茧的自己，有时甚至可能带着一点点血迹，肩膀咔咔响，不禁开始怀疑人生，“我为什么要这样对自己？”

更过分的是，其他同学们却完成了那些看似不可能的动作，并且在社交媒体上分享自己成功的视频，配着酷炫的音乐不断重播，收获着无数的点赞和评论。妥妥的身体和心灵的双重暴击！痛苦加倍！行行行，算了，老子不干了！就这样，骂骂咧咧地，我们拿起手机，进入后台系统，又约了新一周的课。



Here are five initial tips on how to re-motivate after those bad feelings.

那么究竟如何在经历负面情绪后，重拾自信呢？以下是五个小贴士。

1 Consider external factors

Are you hydrated enough? This includes multiple prior days' hydration, because truly taxing sports need your body to be in long term wellness. This goes for sleep, and diet too. If you had three days of ice cream, then threw a protein shake and a salad on top of your sports plans, sorry but that won't cut it. And I hope that boozing is a no-brainer. Hangovers and hanging upside down do not mix. (Never do aerial sports intoxicated, as a very serious note.) External factors can also be work or relationship stress, and we manage to hold ourselves together with all the mental and emotional throws, then break down at the studio when it's difficult.

1 分析外部因素

你是否摄取了足够的水分，包括连续几天的水分摄入？因为高强度运动需要你的身体长期处于良好状态，包括规律的睡眠和饮食。如果你连续三天吃冰淇淋，只在运动时安排上一杯蛋白质奶昔和一份沙拉，那对不起，这不够。还有酒精，它的负面影响不言而喻，宿醉和倒挂可不搭哦（顺便提醒一下，永远不要在醉酒状态下进行空中运动）。

外部因素也可以是工作或人际关系压力，我们可能已经累积了一些精神和感的负面情绪，然后在舞室遇阻时彻底崩溃。

2 Take a break!

This can be taking a 5 minute break during class or actually taking a few genuine rest days. The body is a complex machine, therefore it needs to relax for a minute and digest new kinesthetic information before trying again.

Recovery days let the body commit action to muscle memory, yes, but most importantly to rejuvenate. A single night of bad sleep means a major loss for repairs of broken muscle tissue. We take for granted that a flexibility class can take a huge toll on our sinews and tendons, and if properly done also uses muscle strength. So thinking that flexy on a rest day means hitting pole heights the next might not be ideal. Our ambition sees us feeding our minds with signing up for 6 days of classes, then day 3 we are too sore to even get a massage. The body speaks in it's own ways, and we must listen.

2 学会休息很重要!

可以在课堂上简单休息5分钟，或者干脆好好彻底放松几天。身体是一个复杂的机器，它需要适度的放松，消化新的运动感觉，然后再去进行新的尝试。恢复日让身体将动作付诸肌肉记忆，同时也恢复活力。仅一个晚上的糟糕睡眠，就会对破损肌肉组织的修复造成重大损失。众所周知，柔韧性课程会对我们的肌腱和韧带造成巨大的负担，殊不知柔韧拉伸也会使用到肌肉力量，对肌肉造成负担。所以在休息日进行柔韧性训练，然后第二天又开始上高难度的钢管技巧课，并不是理想的安排。野心驱使下我们可以连约六节课，但你可能到了第三天就支撑不住了，甚至身体酸痛到按摩都无法排解。我们的身体会以自己的方式诉求，我们要学会认真倾听。

The body speaks in it's own ways,
and we must listen.

3 Strength train outside of classes.

Converse to the previous tip, you may need to add workouts. Honestly, are you putting in strength training outside of the studio? Aerial sports are not purely for fitness, which is what makes them both appealing and annoying as f***. You can be fit, flexible, strong, whatever and somehow it's still not enough. Every major and micro-muscle in the body will come into effect as we progress through pole hoop and silk. And these sports are not the same, so a great hoop acrobat might become a clumsy complainer on a pole. Every skill requires special training, and the best artists put in their time away from the show-device. They lift weights and work on flexibility, usually adding multiple hours in a week. Inverting aerially requires hardcore abs, arms and even hip flexors. Training on the ground to target each zone will suddenly help you fly.

3 在课堂之外进行力量训练

与上一条相反，你可能需要增加锻炼时间。老实交代，你会在舞室之外做其他力量训练吗？没错，空舞可以帮助你塑造灵活、强壮的身体，但只用单项空中运动作为唯一健身途径，是不够的。当我们通过钢管、吊环和绸缎进行训练时，身体的每一块主导和微观肌肉都会受到不同的发力影响。这些运动并不相同，一个非常厉害的吊环杂技演员可能会在钢管上变得笨拙和搞笑，所以每项技能都需要专项训练。好的艺术家会在自己的专业之外，投入额外训练时间，包括负重和软开练习，通常每周增加几个小时。比如，空中倒立需要非常强大的腹肌、手臂甚至髋部屈肌力量，那平时可以多在地面上进行针对性肌肉群训练，久而久之，你便可以在空中自由飞翔。



Every skill requires special training, and the best artists put in their time away from the show-device.

4 STOP COMPARING TO OTHERS!!

Seriously, no two bodies are alike. We each have a history of scrapes and falls from childhood, diets and jobs and romances gone awry that contribute to our unique placement in time.

Bio-individuality is essential to recognize. It can't be overstated that someone's general appearance while they are standing still will not tell you what they can do in an aerial sport. Aerialists mostly love to eat. The training is so hard, they might have a cheese addiction (maybe that's just me?) or they're German and love a beer after training (*ahem* points to the ZERO GRAVITY studio owner).

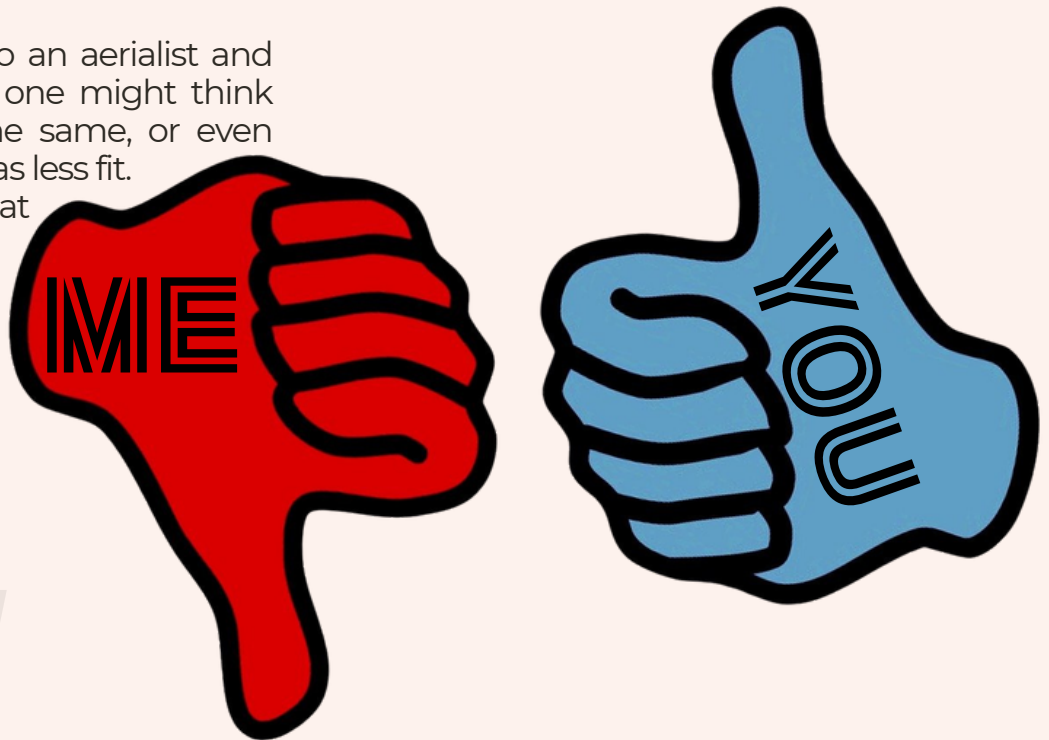
So standing next to an aerialist and comparing bodies one might think the capability is the same, or even gauge the aerialist as less fit. And then blamo, that person is 20 feet in the air hanging by an elbow!

4 停止与他人比较!!

我们必须要建立这个认知，每个人的身体都是不同的。我们都有不同的童年成长环境和生活习惯，各种挫折、跌倒、困难、饮食等等.....这些复杂的经历促成了我们独特的个体存在。要知道，你无法通过某人在静止站立时，判断他/她在空中的可能性。

还有，空中飞人们大多都是小馋猫。当然啦，训练如此艰苦，奶酪上瘾算什么（呃，也许只是我？）或者有些德国人，他们喜欢训练后喝一杯啤酒（咳咳，我没特指是哪个德国老板哈）。

所以，不要评判一个空中飞人的身材，你可能会认为跟普通人没什么差别，甚至没那么健康漂亮，但下一秒他们可能会突然在20英尺的高空用肘部做悬挂！



We like having goals
and improving
ourselves...

5 Get real.

If this isn't your job, then it really is your hobby, and then it's about the love for the sport/dance, not a paycheck, deadline or goal. We like having goals and improving ourselves, but when you push so hard that you start to hate what you love, it's time for a reality check. And if Aerial sports are in fact your job then wow, you definitely have to get used to tough days, and tougher and tougher ones than that! Our ZG master hoop instructor, and professional aerial performer, Slava, says "Sometimes I come to training and can't do 80% of what I planned and I'm still happy with that because I managed to do 20%. I listen to my body and if it's a no, I know I'm overtrained so I don't expect much." Are you being a perfectionist? Perfection is impossible with aerials. Get real!

...but when you
push so hard that
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reality check.

5 正视现实。

1. 正视现实。如果这不是你的专业，只是对运动/舞蹈的热爱，那就不要把它和薪水、截止日期或目标挂钩。我们喜欢设定目标，从而不断提高自己的能力。但当你如此努力地逼迫自己，以至于开始讨厌你所热爱的东西时，那就要重新审视一下了。如果它是你的工作，那么你必须经历并习惯那些艰难而痛苦的时光。我们的ZG高级吊环教练和专业空舞演员Slava就曾说：“有时候我来舞室训练，可能只完成了计划的80%，但我仍然觉得成就感满满。因为我知道我无法继续做剩下的20%。所以我选择倾听并尊重我的身体。如果它说不，那我不会过度消耗自己，我也不会抱不现实的期望。”如果你是完美主义者，要知道在空中追求完美是不可能的。学会正视现实！

At the end of the day, when we are working on a passion, there has to be lows so that there can be highs!

At the end of the day, when we are working on a passion, there has to be lows so that there can be highs (puns fully intended). Aerial sports hurt our bodies, but they steal our hearts.

The worse the day, the more time to cheer for others in the community, take inspiration from them and from our own ability to show up. Cut yourself a break, or a slice of cheese, grab a beer, take a lazy morning, or even make a bloopers reel of your efforts on your journey.

Try to laugh at it all, and think about how far you have come. Even just pointing your toes more is a win. Every aerialist has stories about setbacks and injuries. We should celebrate, not ruminate. Have a cry, and then get back up there!

在日常生活中，我们总是带着满满的激情，结束着一天又一天充实和忙碌的工作。总有些时候，我们会经历低迷而消沉的日子，但只有这样才能有高峰（没错，就是要这个双关语意）体验的对比。

空舞运动塑造着我们的身体，也同时牵动着我们的心。在感受糟糕的日子里，不如为其他同学欢呼，从他们的进步中获取灵感。身心疲惫时不如给自己放个假，来点奶酪、喝杯啤酒，享受一个懒散的早晨，甚至可以给自己的失败记录制作一个搞笑的鬼畜视频。试着对这一切一笑置之，想想你已经从最初到现在已经走了多远，哪怕只是一个简单的绷脚背也是一个胜利。

每一位空中飞人都有关于挫折和伤痛的故事，我们应该为之喝彩，而不是过分内耗。如果实在想哭，那就大哭一场，然后重新振作起来！

