



3 Day Private Stunt Intensive

Cost: \$1500.00

Instructor: John Cann

### Training Schedule

Each day will begin with a warm up and stretching session including rolls

#### Day 1

Basic stunt theory, safety concepts and set etiquette

Low level falls and rolls and working with mats and pads

Basic gymnastic/balance skills

Intro to fight scenes

#### Day 2

Air sense training/trampoline

Advanced Fight scenes

Intro to Working with weapons/swordplay

Intro to rigging and wire work

#### Day 3

Intro to stunt equipment mini tramps, air rams, ratchets

Catcher systems i.e. shortfall breaks, box catchers, porta pits, air bags .

Intro to working with fire and explosives

This is merely a template guideline for the program and allows for customization depending on the participants current skill sets and areas of instruction desired.

**This program is designed to equip new stunt performers with proper safety techniques and current stunt standards and practices in order for them to have a solid foundation from which to launch a career in the motion picture stunt industry. The skill sets emphasized are the "Bread and Butter" skills needed to acquire entry level stunt positions and prevent injury to performer and those around him/her and in no way constitute an advanced level of expertise.**