

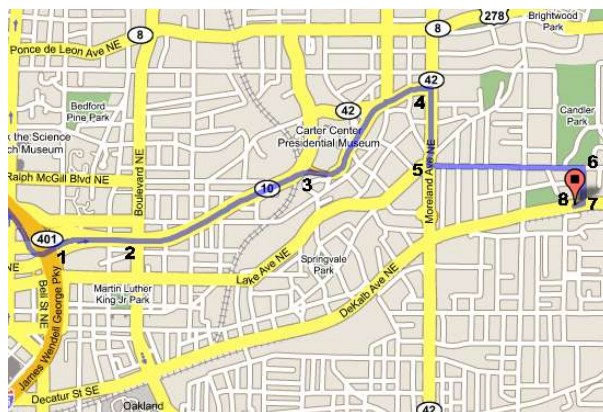


Shad Sterling began dancing in 1994, and moved to Atlanta to join the circus in 1999. He studied Aerial Dance at Carrie Heller's Circus Arts, taught at Circus Camp, and performed at many events for 7 Course Theatre. In 2001 he joined the handbalancing group Equilibris. Now he is looking to spread handbalancing as a fun activity for everyone.



**Candler Park Mixed Martial Arts Academy**  
1530 DeKalb Ave.  
Atlanta, GA 30307

<http://atlantamixedmartialarts.com>



From I-75/85 in Downtown Atlanta:

- 1.** Take the **GA-10 E / Freedom Parkway** exit **248C** to **Carter Center** - go **0.6 mi.**  
(Freedom Parkway goes only one direction – take this exit going either south or north)
- 2.** Continue on **Freedom Pky NE** - go **1.0 mi**; get into the right lane before entering the covered bridge.
- 3.** Take the **GA-42 E** ramp to **Carter Center** - go **0.8 mi**; pass the Carter Center.
- 4.** Turn **right** at **Moreland Ave NE** - go **0.3 mi.**
- 5.** Turn **left** at **McLendon Ave NE** - go **0.7 mi.**
- 6.** Turn **right** at **Mell Ave NE** - go **0.2 mi.**
- 7.** Turn **right** at **DeKalb Ave NE** - go **0.0 mi.**
- 8.** 1530 is immediately on your right.

The studio is inside, past the restaurant.

The Academy offers classes in a variety of martial arts, for students of all ages and skill levels. For more information about the Academy, contact Tommy Galloway:  
[ngmui2003@yahoo.com](mailto:ngmui2003@yahoo.com) | 404-434-7092

# Handbalancing



[ Shad Sterling, Rob Acree, Sarah Madden, and Megan Gieordano, in 2002 ]

Learn the art of Handbalancing!  
No experience necessary!

Taught by Shad Sterling  
<http://atlanta.circusdance.com/shad>  
[shad@atlanta.circusdance.com](mailto:shad@atlanta.circusdance.com) | 404-803-8399

## What's handbalancing?

Handbalancing is a performing art wherein people balance on each other – making human pyramids and other interesting shapes.

This club is not about performing, but rather intends to teach handbalancing as a recreational activity accessible to everyone.

## Who can do it?

Anyone! You don't need to be in good shape, or young, or skinny, you just have to want to do it. Of course, being strong and coordinated will help you learn faster, but practicing handbalancing can also help you build strength and coordination.

- Children under 13 must be accompanied by an adult (the adult does not need to participate).
- Minors must have a liability waiver signed by their guardian.

## What to wear:

Wear clothes you'll be comfortable moving in, are not baggy, and don't completely cover your wrists or ankles. Most attire suitable for dance classes or gymnastics is appropriate, or gym shorts and a fitted short-sleeved shirt.

## Schedule:

Sundays, 3-6pm  
Starting August 14<sup>th</sup>, 2005  
(See location on back)

## Fees:

First visit is free  
First month membership \$10  
Regular monthly membership \$30

