

Sticking points I'll help you overcome

A beginner highline is normally around 30m long, with 3m or so of sag. For most people this is a lot looser than they are used to.

There's a technique to safely dismounting on longlines to - you want to avoid having your feet get caught and ending up going head first down.

You want to be aiming to be able to do a mount confidently. (In fact the mount is often what people find harder than actually walking. When we started we used to joke that you can spot the highliners in the park because they are not doing any walking they are just practicing their mounts over and over again.)

Most people attempt to highline without having their skill up at this level.

Meaning often then get stuck in the beginner stages of highlining for a long time (or forever)

You also need to learn the other skills unique to highlining - including the mantle and the leash climb.

Sticking points I'll help you overcome

Keep in mind on a highline there are two additional factors than make it harder than a line on the ground:

- 1 is the fear or emotional response - shows up in both your body (as elevated heart rate) and mind (as being harder to be focused and present)
- 2nd is the less visual feedback and hence you can't use your visual sense as much for balance. You are higher up and when the line moves left or right, the ground is so far below your feet you don't notice this visually as much.

To deal with the fear; two things will help; 1 is more exposure to highlines, more time on them, 2 is having some sort of mindfulness practice to bring you into the present. I used to use a "5 senses" one when I started.

Training the Mind

Using the slackline as a tool to notice and then train our mind/body/thoughts/focus to achieve a different/better result

Concepts we work on:

- Focus. What happens just before we lose our focus. How we can keep focus for longer. How we can apply this to other areas
- Preparing/setting up/Positioning ourselves to handle bumps. How we can absorb wobble, where we should look. Body Position. Moving our awareness from our head to our feet and then our whole body in a balanced way.
- Centreing ourselves - what happens when we get outside our centre (such as projecting forwards into the future), how this affects and can make us lose our balance. How this shows up in other areas of our life
- How to move out of fear/thought/end results into complete mindfulness - the shutdown/5 senses drill and other tools

My intention is that this will improve the way you think and act in life - that is certainly what it has done for me - any improvement in your slacklining is a side bonus. But what you get out of it will be what you are able to intend, notice and apply.

These tools have enabled me to go from terrible balance and focus, to walking 70+m line, walking highlines, and performing at festivals at night time.

It is suitable for beginner to intermediate, we will set up a line for each person, the line will be at a sufficient length and tightness such that you are challenged. If you have never tried, I will lend you a line so that you can spend 30 minutes getting some time on the line before the workshop.

Why these concepts have changed not just the way I slackline but how I approach life: How you approach one thing is how you approach everything. The slackline doesn't wobble to you stand on it. Drastic self responsibility (ie our inputs affect our outputs) is very powerful.



You'll also get an intro and practice basic rigging techniques to assist other riggers and know what to look for to check the safety of a line

Required personal gear and slackline included

You'll need to practice in between lessons
(15-30 min/day)

Course Includes:

Highline Movement

- Tie in with figure of 8
- Clip hangover into line
- Roll out and in
- Leash CLimb
- Mantle
- Untangle/untwist Leash
- Leash falls technique

Rigging Skills

- Build anchors
- Fit weblocks
- Backup knots
- Tension webbing

Slackline Skills

Mounts (sit starts/Chongo)

Course Includes:

Slackline Skills

- Mounts (sit starts/Chongo)
- Posture & stance
- One leg
- Stepping
- Walking
- Training the inner ear and proprioception (to get away from visual reliance for balance)



Dan Willersdorf

5 years of slacklining & highlining

Slackline Australia Level 2 Instructor (highest level)

Taught and performed at Festivals including Jungle Love, Seal Rocks, Arcadia, Island Vibes Festival and soon - Woodford Folk Festival

And performed and taught on the following television shows: Totally Wild (Channel 10), Brain Buzz (Channel 9)

Snowboard and Ski Instructor (CASI & APSI)

Mine Rescue Squad, Cert III in Emergency Rescue & Response and vertical rope rescue





Slacklining is a gift anyone can access. You don't need to "have good balance" to start enjoying it. Slacklining is not just for performers or those with good balance.