

Zip Zap Circus *MOYA* Audience Guide

Zip Zap CIRCUS *MOYA*

2024-2025 Season

children's
theatre
company

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At CTC, our mission is to create extraordinary theatre experiences that educate, challenge, and inspire young people and their communities. This Audience Guide is just one of the ways in which we aim to enhance your experience and further your engagement with the shows on stage.

It includes a summary, context, fun facts, and activities plus details that can help you decide what's right for your kids.

If you have any further questions, please contact our friendly Ticket Office Associates at 612.874.0400 during their regular business hours or email them at tickets@childrenstheatre.org.

Summary

Summary

Existing within the familiar comfort of a fruit market where the merchant juggles his apples, to the dark, windy streets of Cape Town where pedestrians bustle and tumble, perhaps even a young woman flies away on the sheets of her washing line, the artists reveal themselves to the audience, telling their stories of escape, encounter, brotherhood and *ubuntu*. Reality bends and anything is possible. This uniquely South African production is set against the backdrop of Nelson Mandela's Rainbow Nation: the manifestation of a dream that all of South Africa's people, a nation of 11 official languages and diverse cultures, can unite and cultivate a future of peaceful co-existence and harmony.

Featuring ten dynamic young artists, MOYA exudes the tangible African spirit of ubuntu, joy, and resilience—all backed by pulsating South African pop music. With breathtaking acrobatics, comic jugglers, and exuberant dance, you'll explore the spirit and vitality of township life.

“ The spirit of *Ubuntu* reflects our warm and rich South African heritage premised on values such as compassion, consideration, empathy, kindness, equality, human dignity and oneness. ”

- Nomonde Mnukwa, Director General South Africa

Content Advisories

Language: 0 out of 5 stars ★ ★ ★ ★ ★

Little spoken English is used. The performance is primarily non-verbal and uses a score of South African pop music written specifically for MOYA.

Sensory Advisories: 3 out of 5 stars ★ ★ ★ ★ ★

Music can be loud and audience cheering is encouraged. Lighting moves quickly from dark to bright and lights are flashed. Our sensory-friendly performance is Friday, October 11 at 7pm.

Potentially Anxious Moments: 2 out of 5 stars ★ ★ ★ ★ ★

Professional performers perform death-defying stunts. While it might be nerve-racking, they are trained professionals.

Where does this show come from?

Zip Zap is a South African professional circus located in Cape Town, the country's legislative capital. In addition to performances, Zip Zap offers free educational programming for youth to learn circus arts. Students in their programs have the opportunity to continue to grow and hone their skills with the possibility to one day join the professional company.

History of South Africa

Some of the earliest humans lived in South Africa. About 24,000 years ago, tribes of hunter-gatherers began moving in. To this day, many of their descendants still live around the Kalahari Desert in the northwest region of South Africa. In the 1400s, European ships heading for the Far East began stopping in South Africa to refill their supplies. In 1652, the Netherlands colonized part of what is now South Africa and established the southern city of Cape Town, today's legislative capital. In 1806, wars in Europe left the British in control of the Cape Town colony.

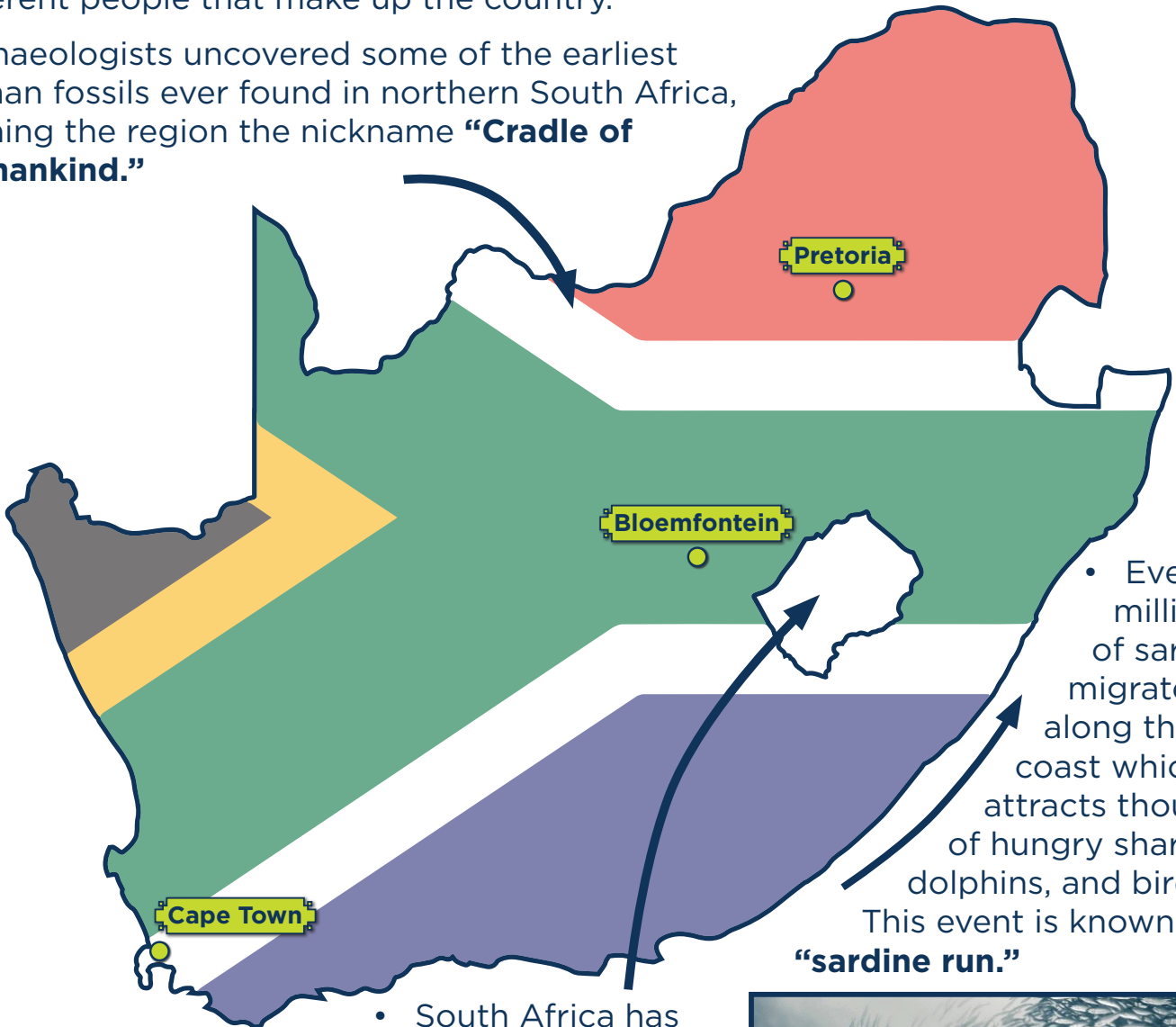


Nelson Mandela

In 1910, the British united four colonies in the region and created South Africa. They established laws that separated white and black South Africans. Under these laws, black people and white people were forced to lead separate lives. They weren't allowed to live in the same areas, attend the same schools, or even sit together on a train or bus. Additionally, black people were not allowed to vote in the country's elections. This practice of segregation was called apartheid and led to decades of conflict.

In 1963, Nelson Mandela, the head of the anti-apartheid African National Congress, was given a life prison sentence for "terrorist" activities. In 1990, after almost 30 years in jail, Mandela was freed, and in 1994, all races were allowed to vote and elected him president of South Africa. Mandela became South Africa's first black president. That same year, apartheid was officially abolished.

- South Africa has **11 official languages** and many more unofficial languages.
- South Africa's nickname is "**rainbow nation**" due to the many different people that make up the country.
- Archaeologists uncovered some of the earliest human fossils ever found in northern South Africa, earning the region the nickname "**Cradle of Humankind.**"



• Every June, millions of sardines migrate north along the east coast which attracts thousands of hungry sharks, dolphins, and birds. This event is known as the "**sardine run.**"

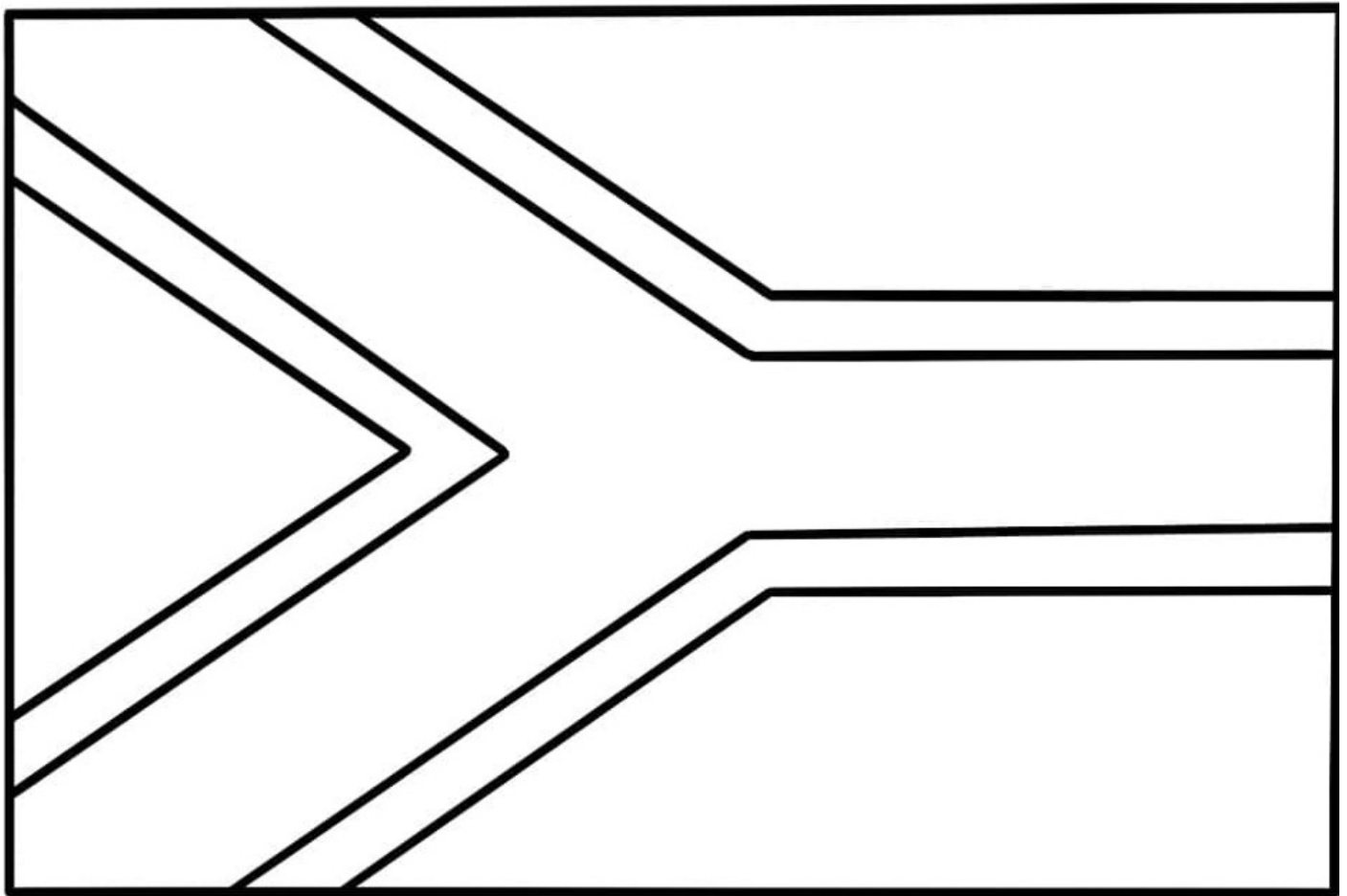


- South Africa has another country within its borders! **Lesotho** is in the mountainous Drakensberg region. Most of South Africa's water comes from the snow-capped mountains of this tiny, landlocked nation.
- South Africa is home to almost **10%** of the world's known bird, fish, and plant species and about **6%** of its mammal and reptile species.
- South Africa is the only country in the world with three national capitals. **Cape Town** is the legislative capital, **Pretoria** is the executive and administrative capital, and **Bloemfontein** is the judicial capital.

Color the South African Flag!

Color the South African flag below. The **top irregular polygon** is **red**, the **horizontal Y shape** in the middle is **green**, and the **bottom irregular polygon** is **blue**. These three shapes are separated by **white lines**. The **triangle** on the left is **black** with a **yellow line** separating it from the **green Y**.

South Africa



Did you know?

One of the most colorful flags in the world, the South African flag uses large shapes and vivid hues to share the story of the country: a story of freedom, unity, and *ubuntu* (or rather compassion and humanity). Today's South African flag was adopted at the end of apartheid in the 1990s. The horizontal Y shape symbolizes the diverse peoples of South Africa joining onto one path of unity.

3 Things to Look and Listen for During the Performance

Look for...

1. Performers balancing on their hands. What objects or people do they balance on?
2. A unicycle. What do they do when they're on the unicycle?
3. The backdrop. What do you notice about the setting? What mood does the set convey?

Listen for...

1. Changes in music to set the mood.
2. Performers creating elaborate rhythms with their shoes.
3. Performers celebrating each other. What ways do they cheer each other on?



Balancing Act

Explore the physics behind the amazing sights created by balancing objects or people.

Many circus acts focus on balance to create amazing acts. **Balance** is an equal distribution of weight so when a person's weight is spread out equally, or balanced, the person is able to remain upright and stable.

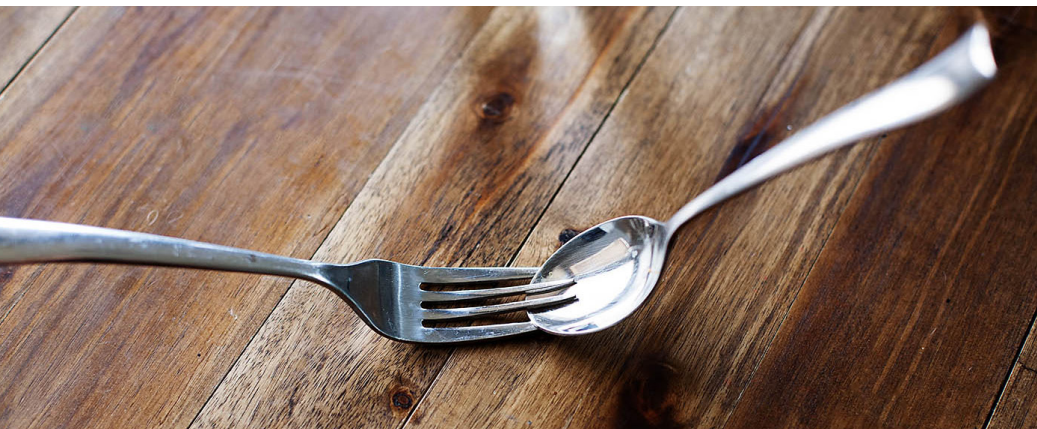
What circus acts can you think of that involve balancing skills?

Now it's your turn to practice.

Try to stand on one leg. Why do you think it is hard to stand on only one leg? A specific force (a push or pull that changes the movement or shape of something) is at work and makes it difficult to maintain balance. This invisible force is called **gravity**, and it pulls everything towards the center of Earth.

One way to maintain balance is to stare at a single point, also known as a focal point. Try balancing on one foot again, but this time, stare at a single point in front of you. Was it easier to maintain your balance this time?

Next, try to balance a spoon, fork, and pencil at the same time. How might you balance the three items together? Try sliding the spoon through the fork's tines, as shown below.



Then, try to balance the attached fork and spoon on the sharpened point of the pencil then on the pencil's eraser. Why do you think it is easier to balance the fork and spoon on the eraser? It is easier because the eraser provides a larger base of support than the point of the pencil.

The point where the fork and spoon were able to balance is called the balancing point, or center of gravity, which is the point where an object or person's weight is most affected by gravity.

Where do you think the center of gravity is in your own body? A person's center of gravity is usually slightly higher than his or her waist. Just like the eraser, your feet provide a base of support. People can balance more easily when they keep their center of gravity above their base of support, or their feet.



What you need:

- Fork
- Spoon
- Sharpened pencil with an eraser

Family Acrobatics

Zip Zap Circus *MOYA* showcases many talented performers working together to pull off exciting acrobatic feats. Before you see the show, begin some acrobatic training with your family and try out these balancing and counterbalancing tricks. All you need is an open space and some clothes you can move in!



Warm Up

Just as with any sport, it's important to warm up our bodies to prepare our muscles and prevent injury.

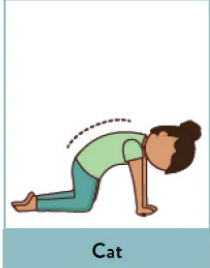
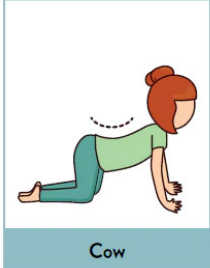
Standing Arm Circles

1. Stand with your legs shoulder-width apart and extend both of your arms out to the side.
2. Move your arms in little circles and see how many you can do!



Cat and Cow Stretches

1. Start on all fours with your arms directly under your shoulders.
2. Slowly lift up your head and arch your back into cow pose. Lower your head and curve your back for cat pose.
3. Slowly move back and forth between the two poses to stretch out your spine. Add in some "moos" and "meows" if you'd like!



Lunges

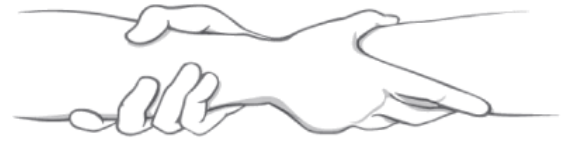
1. Stand with your legs hip-distance apart. Take a step forward on one foot while keeping the other foot where it is.
2. Bend your knees so both of your legs are bent.
3. Come back up so both of your feet are together again. Repeat with alternating your legs.



Family Acrobatics cont.

Circus Grip

For these counterbalancing tricks, it's important to use the **circus grip**—holding each other's forearms—rather than holding hands. This grip is much stronger and will help protect your wrists.



Standing Counter Tension

1. Stand toe to toe facing your partner and lock your arms together in a circus grip.
2. Slowly pull away from each other, straightening your arms to their full length until you make a V shape.
3. To exit the trick safely, slowly pull yourselves back to standing up straight.



The Elevator

1. Start from the standing counterbalanced position above.
2. Slowly bend your knees while leaning back until you are in a seated position.
3. When you're ready, slowly stand back up while continuing to lean back. Go slowly and communicate with each other to find your balance.





CTC Theatre Etiquette

At CTC, we encourage audiences to engage with the live theatre experience and react freely. It's ok to laugh if something is funny, exclaim if something is surprising, gasp if something is scary, and maybe even dance along in your seats if the music inspires you. We value the real-time, honest reactions of our audiences.

We do, however, thank you for your partnership in making sure that any reactions from your kids are kind and respectful towards the actors onstage and towards all of the people who worked so hard to make the show possible.

Accessibility

Mobility Accessibility

The Red Lobby and UnitedHealth Group Stage are on the 2nd floor. At the building entrance, turn right and head through the Mia (Minneapolis Institute of Art) entrance. Then turn left just inside the entrance and go up the flight of 28 stairs to get to the lobby. Or you can use the elevator to the LEFT of the entrance doors. The balcony is accessed by going up another flight of 18 stairs. There is no elevator access to the balcony level.

An Accessible/All-Gender restroom is located next to the elevator on the 2nd floor in the Red Lobby. Additional restrooms are located down one floor near the entrance to the theatre.

Quiet Room/Sensory Sensitivities

The Quiet Room is located at the rear left side of the main floor of the UnitedHealth Group Stage. There are 3 stairs to get to the seating in the Quiet Room. The Quiet Room is separated from the audience by a glass window, so patrons can verbalize freely. Those utilizing the Quiet Room can still see and hear the performance. The performance is also live streamed in the lobby. Please feel free to come and go from the Quiet Room as you need to throughout the show.

Please let an usher know if someone in your group would benefit from a fidget, ear plugs, noise canceling headphones, or coloring/activity sheets during your visit.

Assistive Listening Devices

Please let an usher know if you would like to use an assistive listening device. These devices come equipped with an over-the-ear earpiece. This earpiece can be unplugged, and other devices, such as cochlear implants, can be plugged into the receiver using the 1/8" jack. If you will be plugging in your own device, please bring the appropriate cord as CTC does not have these on hand.

Sign Interpretation and Audio Description

Each CTC production has a sign interpreted and/or audio described performance for each production. These performances are noted in the [list of performance dates](#).

Prayer/Private Nursing Space

During your visit, please ask a member of our staff to use our private space for nursing, pumping, prayer, or other needs.

Learn More About South Africa

[Fun Facts about South Africa Video](#)



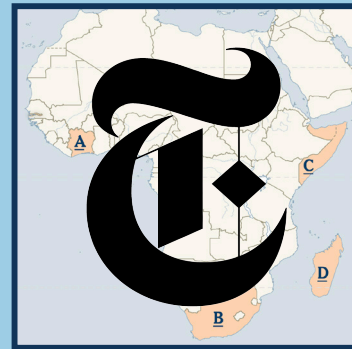
[National Geographic Kids](#)



[Geography Now South Africa Video](#)



[South Africa Quiz from The New York Times](#)



[South Africa and Apartheid Video from TED-Ed](#)

