



# 渡邊 尚

## Hisashi Watanabe

Body Research Practitioner

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Circus Artist



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### Bio

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From a young age, Hisashi displayed an unconventional approach to movement—practicing quadrupedal locomotion nightly during elementary school years. At the age of 20, they began independently studying juggling, contortion, and movement, gradually developing a unique set of techniques and a personal philosophy that transcends traditional boundaries of dance and circus arts. His work has taken them to over 30 countries, where they have performed and conducted workshops, offering a distinctive perspective on movement and physical expression.

In 2023, they founded Japan's first-ever handstand-focused festival, "Hallucigenia Handstand Festival", attracting over 100 participants for two consecutive years. They continue to promote an "upside-down culture" by establishing local handstand communities across Japan.

In 2025, they earned two gold and two silver medals at the Asian Yogasana Championship held in India, further solidifying their position as a leading figure in physical performance and bodywork.

Selected Awards and Achievements:

2023: Performer in "Evangelion Beyond", directed by Sidi Larbi Cherkaoui

2018: Winner of the Elsur Foundation Newcomer Award

2017: Triple award recipient at MASDANZA (Spain), including the Artistic Association Prize

2016: Finalist at the TOYOTA Choreography Award

2023–2025: Founder and director of Hallucigenia Handstand Festival (Japan)

## Work

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### Performance

- Inverted Tree (Solo/15~20 mins)
- Yokai KEMAME (Trio/50 mins)  
Collaboration with French circus company  
Cie Defracto.
- Improvisation Act (Solo/5~10 mins)

### Workshop/Personal Lesson

- Stretching and Handstand workshop  
(2 hours each. For begginer to advanced)
- Online Lesson  
(Personal or Group)

## Career

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### Performance

- Festival Spring (France) / 2017 / Solo
- Mirabillia Festival (Italy) / 2017 / Solo
- Yokai KEMAME (Japan、Europ) / 2019~
- EU Japan fest-Matera 2019 (Italy) / Solo
- APAC Festival (Australia) / 2020 / Soolo
- Sziget Festival (Hungary) / 2022 / Solo
- CIAM (France) / 2022 / Solo、Yokai KEMAME
- "Evangelion Beyond", directed by  
Sidi Larbi Cherkaoui (Japan) / 2023



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### Teaching

- 2016 to now
- Workshops in Japan, Korea, Taiwan, France, taly, Spain,Vietnam, Thailand, China, and Singapore.
- Starting in 2023, Hallucigenia Handstand Festival will be held in Kyoto, Japan's first and only experiential event specializing in handstands. Renowned instructors from a variety of genres from Japan and abroad will be invited to the event, which attracts over 100 participants every year.

## Inverted Tree



## Yokai KEMAME



## Video Works





## Workshop



## Hallucigenia Handstand Festival

