**The benefits of practicing diabolo as leisure:**

**Keywords:**

share, physical and mental development, social development, creativity, tolerance, perseverance

**For physical development**

Diabolo practice develops individual's gestures and physical skills. The diabolist learns to master an object in space, varying his pace to memorize a sequence of movement, to link several successive actions. He learns to be accurate and correct its motion for the execution to be efficient and harmonious.

The diabolist will also be able to develop his creativity by starting with a known exercise, then to change it to another move that reflects better his personality. He will invent new tricks and will be able to play on the execution speed. He will develop his physical expression, his movement relative to the object. And this he will be able show his emotion.

All these notions of memory, rhythm, creativity, expression, space management : anyone needs them for personal development. These are qualities that we need in everyday life and work.

**For Social Development**

The practice of diabolo allows the diabolist to have a valuable social contact. It allows to share his knowledge, his creations with others who share the same hobby, which promotes new encounters. There is a relationship of respect and trust getting set. The pleasure to share and receive knowledge in return helps to develop self-esteem. The individual is proud to create these exchanges, that knowledge should be recognized and used by others. The individual is valued for what he has acquired and for what he is, with tolerance and mutual respect. So the self-confidence and personal insurance develop positively, which is crucial for social integration.

It should be emphasized that the practice of circus techniques and in this instance, the diabolo, is in a non-competitive environment. It is very important for children, teenagers and even adults today because we live in a society that pushes have to be the best in all domains. For those who do not, too bad, they are rejected by others or society. This is a failure and frustration that devalue deeply the individual, which does not allow the proper psychological development of the individual.

Sports teachers may find that the difference (between individuals), whether physical or otherwise, is a source of rejection and ridicule. The child who is not "good" in sport is always rejected because it does not make the team!

It can be seen in the practice of circus techniques that everyone can find their place. The child who is slow can still play the diabolo, a child who is overweight can be a very good at carrier acrobatics, etc. Each child develops at their own pace, everyone finds his place according to his possibilities with the support of others.

The only competition that exists is to face oneself: pushing the limits as far as possible, always evolve positively to improve, to strengthen his capacities. Learn by watching others and with the advice and help of others brings a technical learning faster.

It therefore seems essential that the spirit of "no competition" is preserved and highlighted so that everyone can continue to find its place in the practice of diabolo.

Following all these qualities, he must not neglect the artistic aspect that is added when the individual who has persevered in the discipline wants to create a show. Use its know-how to achieve a specific artistic personality is the culmination of training for both amateur and professional diabolo players. This dimension brings artistic research, creativity, body expression, self-confidence in front of an audience. This culmination facing a public allows the diabolist to find satisfaction and recognition for his work. Public recognition make the diabolist to do more, to continue to improve and again and again ...

Again, we talk about the development of self-esteem, self-sacrifice, and perseverance in the face of difficulty.

**In conclusion:**

Amateur practice of diabolo is beneficial for physical and mental health of the individual.