

Riccardo Federico Saggese

Acrobat

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Summary

Passionate acrobat with expertise in a variety of disciplines, including straps, aerial hoop, silks, double trapeze, and partner acrobatics. Self-taught, dedicated to honing skills and refining technique through global mentorship with elite instructors. Extensive experience performing and teaching at prestigious circus schools and organizations, with a focus on performance excellence, precision, and creative collaboration.

Expertise & Skills

- **Aerial Disciplines:** Double Trapeze, Straps (Solo & Duo), Aerial Hoop, Aerial Silks
- **Acrobatics:** Hand to Hand, Partner Acrobatics, Handstand
- **Additional Skills:** Rigging, Counterweight, Show Direction, Coaching
- **Languages:** Italian (Native), Spanish (Native-like), English (Native-like)

Professional Experience

Performer | BLESS

Various places | Jan 2024 – Present

- Perform in *BLESS*, first solo show

Performer | Teatro alla Scala

Milan, IT | March 2026 – Present

- Perform in *Pelléas et Mélisande*, showcasing tight wire technique.

Performer | Sonics

Turin, IT | Dec 2024 – Present

- Perform various skills, showcasing advanced aerial and acrobatic techniques.

Performer | ArteMakia

Turin, IT | Dec 2024 – Present

- Perform various skills, showcasing advanced aerial and acrobatic techniques.

Performer | Welsh National Opera

Cardiff, UK | Dec 2023 – Present

- Perform in *Death in Venice*, showcasing advanced aerial and acrobatic techniques.

Performer | NoFit State

Cardiff, UK | Oct 2021 – Dec 2025

- Perform in *Sabotage*, specializing in double trapeze, straps, hand-to-hand acrobatics, and drag.
- Responsible for counterweight rigging and additional rigging duties.

Performer & Actor | Elan Frantoio

Fucecchio, IT | Aug 2021 – Present

- Performer and actor, involved in multiple acrobatic acts, including **double trapeze base**, **aerial acrobatic (various)**, **straps**, **handstand**, **hand-to-hand acrobatics**, and **drag**.
- Contribute to the creative process, blending **acrobatics** and **acting** to enhance performances.
- Responsible for **counterweight** and **rigging** duties for the acts.

Performer | Gravity Live Productions

UK | Nov 2023 – Present

- Perform in a cabaret act, showcasing aerial hoop, straps, and hand-to-hand acrobatics.

Performer & Director | Compagnia Barlafus

Milan, IT | Jun 2019 – Present

- Double trapeze base and straps performer, specializing in hand-to-hand and counterweight techniques.
- Oversee the administration and directorial duties for the company.

Performer | Pelle d'Oca

Milan, IT | Apr 2018 – Sep 2019

- Performed aerial silks, hoop, straps, and hand-to-hand base acts.
- Engaged in drag performances, as well as supporting technical rigging.

Performer | Heart Ibiza Cirque du Soleil

Ibiza, SP | Apr 2015 – Dec 2016

- Aerial silks, trapeze, straps, hand-to-hand base, and drag performances.
- Served as MC for dinner shows and performed front-of-house duties.

Performer | Kristal Shows Ibiza

Ibiza, SP | Apr 2015 – Oct 2016

- Performed aerial silks, hoop, and trapeze acts.

Coaching & Teaching Experience

Coach | Ululi Milano

Milan, IT | Sep 2019 – Present

- Specializing in **hand-to-hand**, **partner acrobatics**, and **hand balancing**.

Coach | Stria Aerial Lab

Milan, IT | Sept 2020 – Present

- Providing coaching in **aerial disciplines** and **hand balancing**.

Coach | CRE@ Valencia

Valencia, SP | Apr 2022

- Led **aerial straps workshops** for aspiring acrobats.

Coach | Sport in Garage

Melegano, IT | Sep 2019 – Nov 2021

- Taught **aerial disciplines** and **acrobatics**.

Coach | Piccola Scuola di Circo

Milan, IT | Sep 2019 – Nov 2021

- Focused on **aerial disciplines** and **acrobatics**.

Coach | SpazioCirco Cologno Monzese

Milan, IT | Sep 2019 – Nov 2021

- **Aerial disciplines** and **acrobatics** instructor.

Instructor | Various Locations

2017 – Present

- Conducted a wide range of workshops specializing in aerial disciplines such as **straps**, **aerial hoop**, **silks**, **hand-to-hand acrobatics**, and **handstands**.
- Worked with students of all levels, from beginners to advanced practitioners, helping them develop their skills in both group and private settings.
- Taught at notable circus schools and festivals, including:
 - **Piccola Scuola di Circo** | Milan, IT
 - **Ululi** | Milan, IT
 - **CREAT. Formació i Creació en Arts del Circ** | Valencia, SP
 - **Lavolta Circ** | Barcelona, SP
 - **Unit15** | Bristol, UK
 - **NoFit State Circus** | Cardiff, UK
 - **Big Top Monza** | Monza, IT
 - **Westchester Circus Arts** | New York, USA
 - **Tadam** | Piacenza, IT
 - **4 Monkeys** | Pisa, IT
 - **Spazio Kabum** | Varese, IT
 - **Festimome** | Aubagne, FR
 - **Art'Euro** | Auriol & Penne-sur-l'Heuvanne, FR
- Focused on both **performance preparation** and **technical proficiency**, tailoring lessons to suit the individual needs and goals of each student.
- Developed specialized training programs to improve strength, flexibility, and aerial techniques, ensuring students' progress in a safe and supportive environment.

Awards & Recognition

NoFit State – Sabotage

- **Best Ensemble Performance** – *International Circus & Physical Theatre Festival* | 2022
- **Audience Choice Award** – *UK Circus Arts Festival* | 2021
- **Wales Theatre Awards** – Best Circus Production – *NoFit State Circus: Sabotage*

Welsh National Opera – *Death in Venice*

- **2024 Sky Arts Award for Opera** – *Welsh National Opera's production of Death in Venice*
- **Outstanding Performance by Ensemble Cast** – *UK Theatre Awards* | 2024

Riccardo Saggese – *BLESS*

- **Best Performance** – *MittleYoung Fest (TABOO)* | 2025

International Festivals and Productions

- Letní Letná (Czech Republic)
- Festimome (France)
- Mirabilia Festival (Italy)

- Nuits de Fourvière (France)
- Isle of Wight Festival (UK)
- Zomer van Antwerpen (Belgium)
- Milano Clown Festival (Italy)
- Tendenza Clown Festival (Italy)
- Bia

Projects

Creator & Artist | **BLESS – In the Underground of Memory**

2025 – Present

- Conceiving and performing a solo acrobatic show that integrates aerial arts, physical theatre, and contemporary storytelling.
- Collaborating with renowned author and director **Firenza Guidi** to shape the thematic structure, exploring themes of memory, identity, and personal transformation.
- Designing and executing choreography, integrating acrobatic skills with emotional storytelling to create an immersive, transformative experience for the audience.
- Leading the creative process for rehearsals and performance, working with a team of designers and technicians to bring the vision to life.

Director | **Carmen Perfetto – 8 Lives Later**

2025-2026

- Directing and overseeing the creative vision for this upcoming production, combining elements of acrobatics, performance, and theatrical storytelling.
- Collaborating with a multidisciplinary team of artists, performers, and designers to bring the unique vision of *Carmen Perfetto – 8 Lives Later* to life.
- Crafting choreography and stage direction for key acts, ensuring cohesion in the production's theme and flow.
- Responsible for overall artistic direction, coaching performers, and managing rehearsals to ensure technical and artistic excellence.

Education

- **MBA** | *Marymount College* – New York, USA
- **Business Administration** | *Cambridge MC Institute* – Cambridge, UK
- **Circus Arts Training** | *Icarus Ibiza* – Ibiza, SP
- **Circus Arts Training** | *Circus Warehouse* – New York, USA

Certifications

- First Aid Certified
- Rigging Certified
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Featured In

- Welsh National Opera (WNO)
- NoFit State Circus
- Famiglia Cristiana
- BachTrack
- The Guardian
- Art'Euro
- Città Metropolitana di Firenze

References

- Firenza Guidi (Director, Elan Frantoio) - firenza@firenzaguidi.org
- Tom Rack (Artistic Director, NoFit State Circus) - tom@nofitstate.com
- Paolo Dei Giudici (Founder, Piccola Scuola di Circo) - terzotempoululi@gmail.com

Additional Skills

- **Rigging & Counterweight:** Experienced in technical rigging for aerial acts and performances.
- **Show Direction:** Hands-on experience directing and creating both group and solo performances.
- **Performance Coaching:** Dedicated to helping performers achieve their highest potential in acrobatics and aerial arts.