

Spring in their step: High flying stilt wearers show off their skills in acrobatic display

By [Daily Mail Reporter](#)

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Back-flipping through the air, these adrenalin junkies really do have a spring in their step.

They are showing off their moves in the art of 'bocking', a sport that involves strapping yourself into a pair of spring-loaded stilts and taking to the air.

And the sport, which was the brainchild of Alexander Bock, is growing in popularity across the UK.



Spectacular: These three bockers back-flip in unison as they show off their skills at Cardiff Bay



Flying high: This bocker jumps into the sky on the spring loaded stilts that can see users go up to 5ft in the air

With people thrilled by the prospect of jumping five feet in the air, taking three-metre strides and running at 20mph or more, large numbers of participants are flocking to organised gatherings.

One fan is Matthew Lock, who founded the Welsh Bockers group, and discovered the craze while watching videos on Youtube.

'I stumbled across a clip of someone bocking on YouTube and I thought "I've got to have a go at that!" explained Matthew, 34, from Cardiff.

'Setting up a group took some time, though. Initially it was me and a 14-year-old boy who lived in the next town.



Stunned: One woman looks shocked as this bocker performs a flip during a show . Matthew Lock says that people often want to take part once they see the performers in action

'Now we have about 20 members who range in age from 12 to about 40.

'I like the freedom of the sport and the way it makes you push yourself.

'It's a very good workout. The two things that surprised me when I first started was how much fun it is, and how hard work it is.'

The Welsh Bockers recently performed at Cliffhanger Festival, Sheffield, where they wowed crowds with their aerial displays of dexterity and daring.

As well as performing somersaults, backflips and leap-frogging one another, the group also gave workshops on how to walk in the orthopedic-looking boots.



Honing his skills: Bocker Jake Turner flies over some railings as he practices at Cardiff Bay



Leapfrog: Jake performs a flip over his own mother during a show in Sheffield earlier this month

However, the bockers are regularly found honing their skills in Cardiff Bay.

Matthew said: 'When we perform, people react in one of two ways. They either immediately want to try it themselves, or they are happy to watch and enjoy it.'

'I don't think it's ever going to become a mainstream sport, but that's not going to stop my going out and enjoying myself.'

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