

Kevin Shannon partakes in a Falkner.



“Suspension for me is a rite of passage. It marks my transition from one very important part of my life to the next. For me, it is also a part of self worth. When you come to grips with the pain and discomfort of suspension, and are effectively able to tune that out and turn something that seems so impossible and so painful into a positive, life changing experience, you discover how powerful you truly are. That feeling of empowerment is something everyone should feel.”  
—Kevin Shannon of Delaware, Ohio

## Background

Early suspension rituals performed by Mandan Native American tribe cultures located along the river banks of present day North and South Dakota.

Roland Loomis (Fakir Musafar), known as the father of Modern Primitivism, expanded such rituals as well as experimentation with piercings, corseting, branding, infibulation, and tattooing.

Suspension in film: *A Man Called Horse*, 1970; *Strangeland*, 1998; *The Cell*, 2000. Criss Angel has performed suspensions on television and his A&E “Mindfreak” series.

## Variations

Vertical Chest suspension (O-Kee-Pa)  
(named after Mandan tribe Okipa ceremony)

Vertical Back suspension (Suicide)

Vertical Chest with arm hooks (Crucifix / Scarecrow)

Horizontal Face Down (Superman)

Horizontal Face Up (Coma)

Inverted Knee (Falkner)

Tandem suspension (Stacked)

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