



TVPosted by Mariko Izumi on December 10, 2009

Hookin' Up in Miami was a ton of fun - from shark fishing to flying in the air to DJ school, I was constantly on the move and I loved it!

I was looking forward to hookin' up with Mark the Shark because I'd been fishing in Miami with him before so I knew there was a good chance we'd catch something...in fact, I knew there was a good chance we'd catch something and that it would be big! Last time I fished with him, we landed a nice size hammerhead so I was hoping we could catch a different kind of shark this time. As per usual, Mark the Shark delivered and within a half hour of having our rods in the water, we hooked a sandbar shark...the thing I love about fishing in Mark's boat is this chair that hangs out over the water, making shark fishing even more intense! We took a few pics with the shark then Mark and his crew released him - not to be tried at home!

<http://www.marktheshark.com/>

Next up was trapeze school. I wasn't scared or nervous at all until we got to the site and my calm state of mind quickly turned into panic. The people from the Flying Trapeze School were all smiles which made me feel a bit better, but there was no denying that I was now officially nervous to a) climb up the steep and shaky ladder and then b) swing through the air at such a tall height. That said, the crew at the school are super professional and clearly know what they're doing which is why there was no way I could back down! I got all harnessed up, got the rundown from LJ and Lock and began my climb to the platform. Once up there, I'd love to say that I was more comfortable, but that would be a lie. My palms were sweating profusely and my legs a bit shaky, but in the end, I listened to what the experts told me to do and let myself fly in the air...I ended up doing this 4 times and by my last try I had accomplished the "catch and release"...I'm not even going to try to explain this one, I just hope you watch the Miami episode on WFN to see for yourself...all in all, it was a ton of fun and if you're ever in Miami, I would highly recommend you check the school out for an afternoon of unique and exhilarating fun.

<http://www.theflyingtrapeze.net/>

Lastly, I couldn't leave Miami without checking out the music scene. I headed over to the Scratch DJ academy in the design district and while I mostly loved dancing to the tunes as DJ Immortal did his thing, I also enjoyed learning how to "scratch" myself. The cool thing is, anyone can take DJ classes at the academy so it's yet another fun and unique activity you can do if you're visiting or live in Miami. <http://www.scratch.com/flash/>