



An intimate one-man show for adult audiences,  
created for small-scale venues.

**CIA JOSE PARRA PRESENTS**

# **MEN DON'T BLUSH**

**WHEN DID YOU LAST GO RED**

**What** happens when we stop trying  
to be what is expected of us?

A show that invites us to laugh and free  
ourselves from what we believe we should be.



HIGHLY RECOMMENDED

*'...totally on point, a joy to  
watch, a very unique  
experience.'*

FringeReview

@photo by Aydan Tair

**Genre:** Interactive physical theatre with text and humour

**Venue:** Indoors small and medium, outdoors enclosed

**Language:** English, Spanish or Catalan

**Running Time:** 60 min

**Age:** 14+ recommended



**Ignacio** is a man who feels he's never quite fitted into masculine roles. As he looks at a tomato, his mind drifts and we experience the different lives he imagines.

@photo by Jonathan Dadds  
Colchester Fringe

With a **rich** visual language, humour, text and direct interaction with the audience, this solo performance combines different theatrical styles to explore identity, fear and vulnerability.



*"...genre defying, both hilarious and profound."*

GJD Reviews



@photo by.wilderdirection

An **intimate**, irreverent and sensitive piece that creates a warm atmosphere from the very beginning. It invites the audience to laugh, recognise themselves and let go of expectations.



*"Great fun and thought-provoking."*

The Voice Radio



@photo by jackfilmtaylor

## Technical Requirements

**Stage dimensions:** 4 x 3 m minimum.

**Set:** A table and two chairs.

**Sound:** P.A. system and soundboard.

**Lighting:** Not essential, the show can adapt to what the organisation provides.

**Get in / get out:** 30 min / 15 min / 120min technical rehearsal (if necessary)

**Audience:** Proscenium or thrust seating.





Original Idea  
**Jose Parra y Jamie  
Wood**

Performer & Deviser:  
**Jose Parra**

Director & Deviser:  
**Jamie Wood**

Music & Sound:  
**Dominic Kennedy**

Costume Design:  
**Viviana Rohmer**

Lighting Design:  
**John Lewis**



@photo by catoproduccions

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## What They Say

'...it is a beautifully interactive show, gentle and non-intrusive...the wonderful, honest way of staging makes this a very unique experience,' FringeReview

'...gender defying, both hilarious and profound...a beautiful and heartfelt piece about gender stereotypes from a brilliant performer.' GJD Reviews

'Jose's playful freedom onstage is wonderful, and included plentiful audience interaction and connection throughout, giving it a joyful feel.' Fringe Theatrefest

'A mesmerising watch, captivating, engaging and beautiful on the eye. I laughed and I loved it. Bravo.' Mark Rutterford

'A delightful hour' Dan Lees, International, London Clown Festival

'...Jose moves with grace and comedy that play so well together... such a rich show...absolutely brilliant' The Wit

'Jose Parra gifted us with a divinely funny and disarming hour while defying toxic stereotypes.' Audience Reaction

'A joyous and powerful exploration and celebration of imagination and identity. Super!' Audience Reaction

'I loved how available the performer was and how much I connected with him on a human level even though he was dressed in a ridiculous costume and was being so silly.' Audience Reaction

'So tender and sincere, you don't always feel safe as an audience member in a show with interaction but I absolutely did.' Audience Reaction





## **Jose Parra**

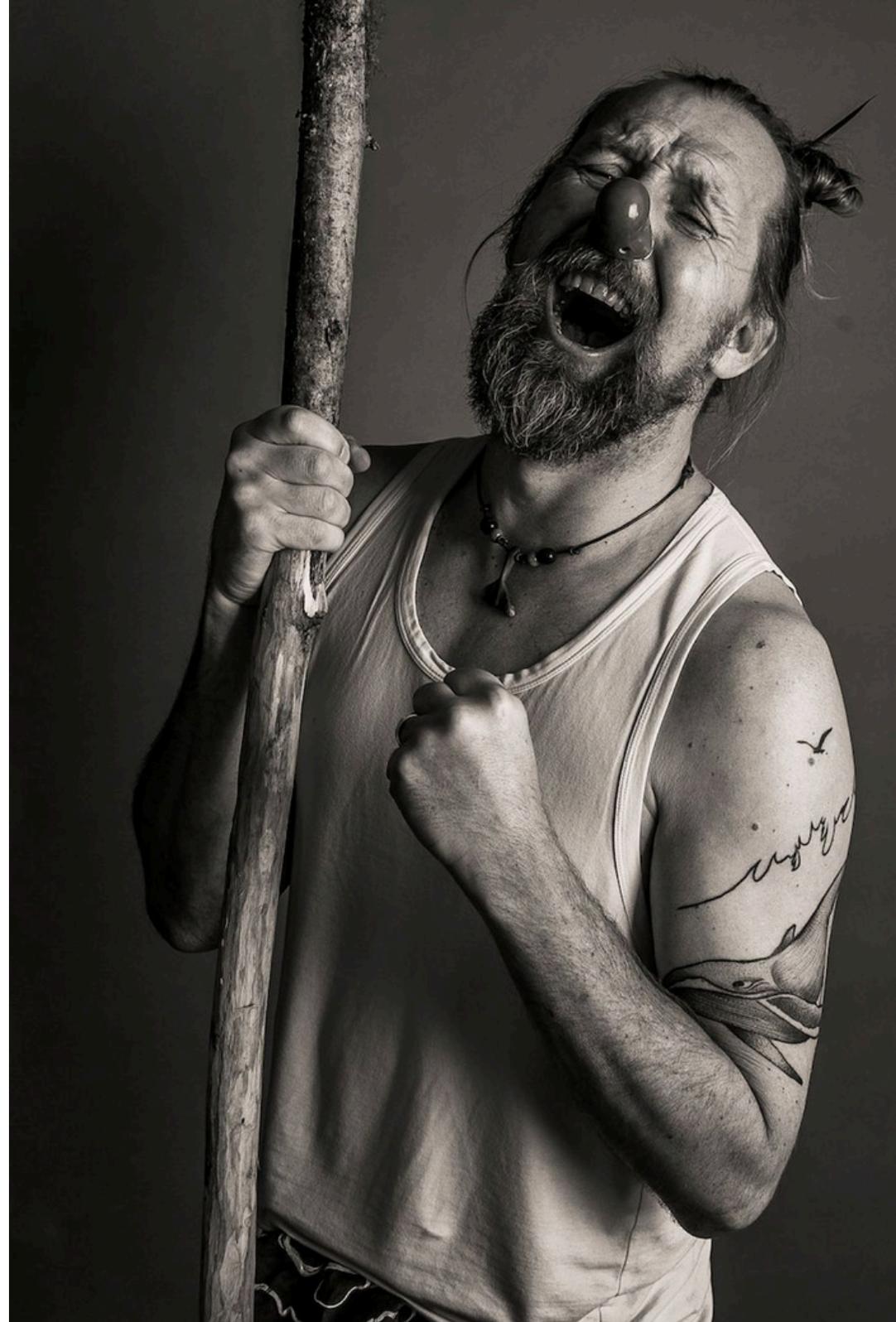
Performer and Deviser

José Parra is an international artist focused on small-format alternative theatre. His work blends clowning, physical theatre and text, always seeking emotional closeness and humour in his connection with the audience. He collaborates with a variety of artists to develop performances that critically explore themes such as identity, grief, and masculinity. Jose sees theatre as a space for shared encounter and reflection, where the human, the poetic, and the absurd meet to create vibrant, meaningful experiences.

## Jamie Wood

Director and Deviser

Jamie Wood is an international artist and director, known for accessible, poetic and provocative theatre. His background in fine art, clowning, dance and physical theatre informs a distinctive stage language where body, imagery and humour come together with both sensitivity and boldness. He has worked with companies such as The Frequency D'Ici and Petra's Pulse, and his acclaimed solo trilogy solidified his unmistakable style: theatre that connects, moves, and surprises its audience.



Click the link below or use the QR code to watch a trailer:

[Watch Showreel](#)



There is a video of the whole show available on request.

[info@joseparra.net](mailto:info@joseparra.net)



@photo by jackfilmtaylor

## Contact

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A show that invites us to look at ourselves without fear and with humour.



@photo by catoproductions