

BEGINNING AERIAL SILKS

In this class you will learn to climb, how to do foot ties and poses. You will build strength, flexibility and endurance. As your skill level grows, we will advance into drops and spins.



Foot Locks

Tie in the air
Double foot locks
Cross-back straddle
Split roll-ups

Climbs

French climb
Russian climb
Foot lock climb
Crochet climb
Straddle climb (just once)

In the Air

Knee hook to Swing
Double crochet
Hip key to Cupid
Waterfall
Knee drop

Performance Preparation

Attention to details/lines
Strength & flexibility training
Sequencing
Synchronization

Slipknot

Box
Cocoon
Sailboat
Diaper drop
Candy cane
Diaper drop

Wrist Locks

Tuck hold
Skin the cat
Birst nest
Candlestick
Inverted straddle

Now is
the time
to try
something
New.



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