

# INTERMEDIATE AERIAL SILKS

Once you've mastered the skills of beginning Aerial Silks, you will be placed in more advanced class with more advanced skills.



## Climbs

Flamenco climb  
Bicycle climb  
Various knee hook climbs  
Big Russian climb  
Synchronized climbs

## Drops

Double Waterfall  
Star drop  
Pencil drop  
Bird cage drop  
Shooting Star



Don't let the fear of  
falling  
Keep you from  
flying

## In the Air

Knee hangs  
Ankle hangs  
Egg beaters  
Split balances  
Arm balances  
Various roll-ups  
Hip key sequences  
Thigh key sequences  
S wrap  
Belay

## Performance Development

Attention to details/lines  
Strength & flexibility training  
Sequencing  
Choreography  
Synchronization  
Safety in the air



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