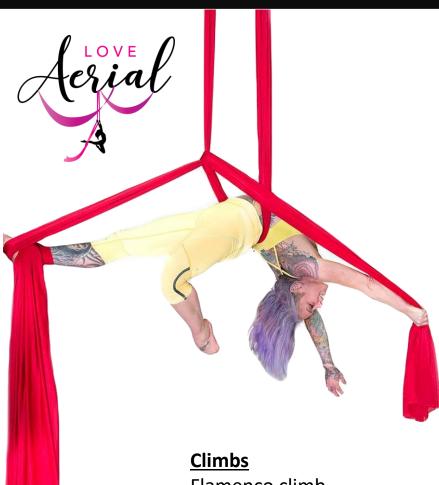
## INTERMEDIATE AERIAL SILKS

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



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



## 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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