

CenterStage Flyers (Aerial Silks)

Tuck jumps

Skater jumps

Straddle jumps

Tuck into Straddle jumps

Inverted Straddle

Layback Inverted/Inverted split R & L

Mermaid

Mountain

Sunbather

Hip Lock - Hip Key/Meathook

In the Air

Iron T

Standing Hip Lean (Witches Broom)

Sitting hip lean

Bow and Arrow

Arabesque

Sideways Middle Split

Basic Leg Roll Up

Backward Leg Roll Up

Clothes Line

Knee Hang

Starfish

Lady Sit

Manta Ray

Pigeon

Flying Locust

Inverted Locust

Candlestick

## Description

Student may use double, single, or no wrist wrap. Pressing shoulders down and using back muscles, jump from both feet into a tuck j

Student may use double, single, or no wrist wrap. Student should slide (or jump into a second position in the air) side to side, using b

Student may use double, single, or no wrist wrap. Pressing shoulders down and using back muscles, jump from both feet into a stradd

Advanced students should be able to jump into a tuck, developpe both legs into a straddle, return to a tuck position and lower.

Hip bones in hammock, press body up and over into a straddle position.

Standing upright in hammock, with hands bracing silks down by hip, straighten and press the supporting leg into the hammock, while

Standing in hammock, crochet feet out and around hammock both sides. Change grip so that hands are meeting the fabric from the fi

Standing in hammock, crochet feet out and around hammock both sides. Using upper body, lift to separate your legs to a seconde pos

Standing in hammock, face one of the fabrics. Push away from the fabric with your feet and arms, while leverage the opposite silk do

Student should be in a parallel harness, keeping fabric tight around hips, slide behind fabric pole so that arms are reaching for the flo

Student should be in a hip lock, passe one knee and stretch the other

On the ground, backpack double wrist wrap, tuck, and take to stag/pike/T position. In the air, climb into hammock, no wrist wrap, rep

Standing hammock, single foot lock, same arm as locked foot goes through center to learn towards opposite pole, opposite pole shoul

Standing in hammock, single foot lock, squat down in fabric. Make sure fabric is over your hip as you lean

Standing in hammock, single foot lock, opposite leg extends behind to arabesque, fabric comes between buttox of arabesqued leg. Pu:

Standing in hammock, single foot lock, extend opposite leg behind the poles, bring same shoulder as extended leg through fabric and

Standing in hammock, fouette en lair into knee lock. Opposite fabric pole creates hammock on lower back as student inverts into strac

Standing in hammock, footlock on leg, rotate to opposite both hands. Pull up, press leg in footlock back to create slack. Fabric pole co

Harness en lair around foot or knee.

Harness en lair to knee lock, free leg comes behind the pole and bites. Student can hold foot and arch. Arch and extend locked leg. Ca

From inverted straddle, choose leg to bite, pull up on opposite fabric pole. Body has to complete 360 degrees to knee hang. From ther

Knee lock, free intverted crochet, pulling up same pole as crotech to tilted second position. Release opposite arm.

Harness en lair with one leg, pull up so fabric poles are even. Bend leg in harness, and sit with back up against the opposite fabric pol

Harness en lair, extend leg straight in harness and passe other leg

Inverted straddle, crochet one leg, allow the other leg to be in a back attitude or arabesque upside down

Horizontal with the floor, fabric should be across hip bones. Lift both upper body and lower body at the same time.

Create the locust position with an inverted mount. Sitting on hammock, cross both fabric pulls, pull up into a backwards roll

Choose a wrist wrap, inverted tuck, straighten legs.

Syllabus 1   Syllabus 2   Syllabus 3

\*

\*

\*

\*

\*

pitching bac \*

\*

\*

\*

or

eat. Student should be working out of a no wrist wrap position.

d be in hip crease, as you lean towards the sign, take both hands to opposite pole, slide locked leg out keeping it straight to, pass

sh up and out with arms to create diamond in the fabric.

out to seconde to become support under the armpit. Extend foot lock leg, and flamenco grip on supporting side.

ddle. Crochet side not in knee lock, tilt to opposite side. Can release into hammock or meat hook.

mes inside of moving leg to create split. Additional catch foot with opposite arm.

an rotate into meathook.

re, body can release into pidgeon or pull into split

e. The pole should pass one side of the ear

use other foot, holding on to hammock pole. Option to extend leg to split