

AUTUMN CLASSES - APRIL 2021

Workshop Descriptions and Prerequisites

These workshops are for experienced aerial students from beg - adv level.
New to aerials? Please enquire about our Intro to Aerial Workshops!

BEAT IT! Silks: Foundational Beats for Silks!

Prereq's:

- Consistent aerial inverts with straight legs & bent or straight arms
- Engaged neutral (straight arm) silks hang for 10+ seconds
- Leg raise to L sit position

POP IT! Silks

Link beats & pop throughs to create exciting dynamic sequences. Prereq's:

- Straight arm straddle beats
- Bell beats, front back beats, turn pike beat

C-SHAPE rolling Silks

Silks rolls up & down utilising C shaping! Learn the slow, hands free roll down & more!

Prereq: consistent clean form aerial inverts, experience with tap taps/windmill roll downs, strong back balance

Hip Lock Roll Ups + Dynamic Entries/Exits SILKS

Master hip lock roll ups with in depth technique tips and conditioning drills! Plus some fun dynamic entries & exits to add to your repertoire

Prereq:

- Consistent aerial inverts, straight legs + bent arms
- Consistent aerial hip lock with correct form
- Basic dynamic beats experience

Lyra FLARES

Learn the theory of spinning flares and apply it on lyra!
Mastered 2 arm spins? Let's start your progress to 1 arm!

Prereq's:

- Consistent, straight leg inverts under the bar (Min. 4 reps without touching the floor)
- Straight leg, straight arm lower from invert under bar

Back Flag & Meat Hook Madness LYRA

A variety of drills, technique tips and shapes for meathooks! Learn how to safely and progressively train for back flags and back flag variations.

Prereq's:

- Strong one arm meathook hold, both sides
- Unassisted skin the cats x 3 minimum

Lyra/Silks Flow 1.1 & 1.2

Learn beautiful flowing chorey on lyra or silks for current Beginner to Intermediate level students

Lyra/Silks Flow 2.1 & 2.2

Learn beautiful flowing chorey on lyra or silks for Intermediate to Advanced level students

Aerial Hammock 1 & 2

Learn fun, new skills and sequences on aerial hammock!

Level 1: Beg - Inter on other apparatus

Level 2: Inter - Adv on other apparatus