

## **Advanced Aerial 1.5 Hours**

<b>Warm Up</b>		<b>20 Min</b>
Explain Rules		•Be Warm • Be Respectful • Be Aware
Active Warm Up	•Running:(High Knees, Kick Butt) •Sashay •Bear •Hopping •Jumping Jacks •Skipping Rope	
Stretching	<u>Include Every Body Section:</u> •Hips •Legs •Back •Shoulders •Wrists •Ankles	
Shoulder and Lat	•Pulses •Tiny circles raising and lowering arms •Elbows Together Windshield Wipers • Plank at hands to Plank at elbows • Plank Knee To Same and Opposite Elbow • Plank Touch Hand to Opposite Shoulder	
Body Position Flexibility	<u>Awareness of Shape &amp; Engagement:</u> •Hollow Body •Tuck •Pike •Straddle •Lunge •Point •Flex •Splits •Straddle •Froggy •Bridge •Pike	
<b>Equipment Warm Up</b>		<b>15-20 Min</b>
<b>Trapeze</b>	•Shoulder Shrugs in a Hollow Body •Beats: Plank, Hand Switches, Toe Touch, Beat to pullover pike down to beat, knee hang beat to touch toes	
	•Single Knee Hang: Free Leg Straight to Front, To Side, To Back and Reverse. Switch Sides Without Using Hands to Reset	
<b>Fabric/Rope</b>	<u>Climbs:</u> •Russian, French, Opposite and Same Side on Both Sides, Pike or Straddle, Double Knee hook, Bicycle, Fly "Spider-man"	
	<u>Beats:</u> Plank, Toe Touch, Straddle, Box Inside, Box Outside	
<b>Skill Training</b>		<b>35-45 Min</b>
<b><u>Reductive Skills and Fundamentals</u></b>		
<b>Fabric</b>	•Climb w/ Good Form (no 'body wave', shoulder And Core engagement,hollow body)	
	•Hip Key (from fan)	
	•Meet Hook	
	• <u>Pass Through Wraps</u>	
	•Straight Leg Straddle Up	
	• <u>Beats:</u> Flat Plank, Break Beats	
	• <u>Drops:</u> •Wheel Down Maintaining Hollow Body, •Open Star Finish with Good Form •Shoe Fly and Dive on Top of Star	
	<b><u>Terms and Positions</u></b> •Flamenco Hand •Arabesque •Crucifix •Double Crucifix •Double Crochet	
<b>Trapeze</b>	• <u>Beats:</u> Knee Hang, Plank, Toe Touch, Straddle, Beat To Pull Over	
	<u>Meet Hook</u>	
	• <u>Toe Hang</u> • <u>Heel Hang</u> • <u>Neck Hang</u>	
	•Hip Key In Ropes: From Opposite Side Knee, From Fan	
	•Pike Under Bar Pop to Back Balance	
	• <u>Front Hip Circle</u> • <u>Mill Circle</u> • <u>Back Hip Circle</u>	
<b>Rope</b>	•Understanding: Language of S-Wrap, Same Side, Opposite Side, Hip Key	
<b><u>Suggested Sequences/ Skills</u></b>		
<b><u>Largely Based on Teaching Style and Intention of Coach with the Follow Underlying Intentions</u></b>		
•Development Towards a General Understanding of the Language Used for Apparatus.		
•Link Moves Together Smoothly and be Thinking of Sequences as Sentences Rather Than Trick to Trick.		
•Working Towards Finding Multiple Ways in and Out of Skills		
•Adding to Skills and Sequences		
• <u>Stamina:</u> Moving Through Phrases Without Pause or Rest		
• <u>Emotion:</u> Ability to Translate Mode and Emotion into Phrases to Have Them Read Differently		
•Continuation Out of Drops into Next Sequence		
<b>Conditioning</b>		<b>10-15 Min</b>
<b>Trapeze</b>	Beats, Tuck/Pike Holds, Pike Pull Ups, Sit to Stand, Pull Ups	
<b>Fabric</b>	Beats, Tuck/Pike to Hollow Body in Knot, Holding Hollow Body in Knot, Climbs	
<b>Stamina</b>	Staying in the Air and Performing to an Entire Song	
<b>Emotion</b>	Practice Moving to Different Music, Find the Rhythm and Feel of Song, Character Work: Same Moves Performed with Different Intentions	
<b>Ground</b>	Hollow Body Holds, Plank Holds, Rotator Cuff, Thera-Band	

### **Aerial Fundamentals**

- Understanding of Apparatus to be Able to Develop Personalized Skills and Movement
- Developing Awareness of Taking Smart and Safe Risks
- Developing Awareness of Correct Body Positions
- Ability to Self Train
- Developing Unique Movement Style and Sequences
- Understanding of Terminology