

Beginning Aerial 1.5 hours

Warm Up		20 Min
Explain Rules	•Be Warm • Be Respectful • Be Aware	
Active Warm Up	•Running: (High Knees, Kick Butt) •Sashay •Bear •Hopping •Jumping Jacks •Skipping Rope	
Stretching	Includes Every Body Section: •Hips •Legs •Back •Shoulders •Wrists •Ankles	
Shoulder and Lat	•Pulses •Tiny Circles Raising and Lowering Arms •Elbows Together Windshield Wipers	
Body Position	Awareness of Shape and Engagement: •Hollow Body •Tuck •Pike •Straddle •Lunge •Point •Flex	
Flexibility	•Splits •Straddle •Foggy •Bridge •Pike	
Equipment Warm Up		15-20 Min
Trapeze	•Shoulder Shrugs in a Hollow Body Beats: •Plank •Toe Touch •Knee hang	
Tissue	Climbs: •Russian •French •Opposite and Same Side on Both Sides Beats: •Flat •Straddle	
Skill Training		35-45 Min
<u>Reductive Skills and Fundamentals</u>		
Trapeze	•Wrapping Thumbs Around the Bar, Pike Under the Bar, Knee Hang, Pulling Up To Sit •Sit with Good Form (Center of Bar, Knees Together, Toes Pointed, Hand at Ear Height) •Stand on the Bar With Good Form (Tip-toes, Ankles Together, Body Between the ropes) •Moving From Sit to Stand with Good Form •Invert in Ropes (Egg or Birds Nest) •Beats (knee hang, Plank, Toe Touch, Straddle)	
Fabric	•French Climb w/ Good Form (NO 'Body Wave', Shoulder And Core Engagement, Hollow Body) •Foot lock on the Ground and in the Air (With Turned Out Foot, No 'Karate Foot') •Aerial Dance Foot Lock on the Ground and In the Air •Inverting Cleanly From The Ground and From a Climb Into Upside Down Double Crochet •Same Side and Opposite Side Knee Hooks From the Ground And In The Air •Terms and Positions: Flamenco Hand •Arabesque •Crucifix •Double Crucifix •Double Crochet	
Rope	•Foot Lock •Same Side and Opposite Side Climb •Crucifix to "Post to Front" See Fabric	
<u>Suggested Sequences/ Skills</u>		
Fabric	<u>From 1 Foot Lock</u> •French Climb, Single Fig 8 Foot Lock, Candy Cane, Arch Through, Air Split, Elsie Cross Rebecca Split, Arabesque, Criss Cross Applesauce <u>From 2 Foot Locks</u> •French Climb, Double Foot Lock, Split Roll Up, Variant: Crooked Split to 1 Split Up, 'Tear Drop' •French Climb, Double Foot Lock, Cross Back Straddle, Lowering to Knees, Ankles, Releasing 1 Fabric to Vertical Split, Ball Cross Back Straddle Entrance Variants: Arabesque, Georgia Twist, Emma Sit •Eggbeaters <u>Tools to Train For Inverting</u> •Push Me Pull You •Hollow Body Hold •Straddle-Back in Sling and On Floor •Tuck Rocks Between Fabrics	
Trapeze	Skills: •Pike Under Bar •Mermaid (Under and Over Bar) •Angel Belly Up/Belly Down •Corkscrew •Ankle hang •Catchers Lock •Hip Hang •Front Balance •Back Support •Birds Nest (Under and Over Bar) •Montréal •Candlestick •Gazelle •Gazelle Roll Up •Standing Balance • Open Up Down 1: Pike Under Bar (Feet Do Not Touch), Knees on Bar, Birds Nest, Knees on Bar, Pull Up to Sit (Beat to Pike to Sit), Mermaid Over Bar, Back to Sit, Lean back Foot to Bar, Pull Up to Stand (Straight Leg Never Bends), Star, Straight Leg to Sit, Slide Bar to Back of Knees Drop Butt, Hands to Bar, Pike Under Bar, Feet to Ground	
Conditioning		10-15 Min
Trapeze	Beats, Tuck/Pike holds, Pike Pull Ups, Sit to Stand	
Fabric	Beats, Tuck/Pike to Hollow Body in knot, Holding Hollow Body in Knot, Climbs	
Ground	Hollow Body Holds, Plank Holds, Rotator Cuff, Thera-band	

Aerial Fundamentals

- Learning The Foundations of Vertical and Bar Apparatus with Good Form and Technique
- Developing Awareness of Taking Smart and Safe Risks
- Developing Awareness of Correct Body Positions
- Understanding of Terminology